

**GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):**

Despite the title of the talk this discussion focused mostly on concussions. Also hit on the heart “It’s the Heart That Matters” and the Female Athlete Triad. Dr. Danny Mistry was the presenter. He with USA Swimming Sports Medicine are creating “A Team Approach Today – for a Better Tomorrow.”

**POSSIBLE MAIN POINTS OR TAKEAWAYS FOR...**

<p><b>LSC Board/Committee Members</b></p>	<p><b>Teams in Wisconsin</b></p> <ul style="list-style-type: none"> <li>• Team Approach to Science Study: 1. Outcome Analysis, 2. Vision &amp; Outreach, 3. Protocol Implementation.</li> <li>• CARE: <b>C</b> = Communication Consistency of Care, Continuing Education. <b>A</b> = Access to Core Awareness, <b>R</b> = Research Initiatives, <b>E</b>= Evolution</li> <li>• Concussions: Vast majority of study on sports are done with vertical sports...swimming is mostly horizontal. Working to find more sport specific conclusions. Check out the “Return to Swim Protocol”. Encourage swim clubs to develop partnerships with medical providers.</li> <li>• Sports Cardiology creating in network of physicians nationwide to see swimmers regionally.</li> <li>• The Female Triad, embrace, strengthen, understand, create a balanced diet to include iron and other nutrients.</li> </ul>
<p><b>Coaches</b></p>	<p><b>Officials</b></p>
<p><b>Athletes</b></p>	<p><b>LSC Others</b></p>

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES