

## Montana Swimming Admin Vice Chair Report – Fall 2013 – May 2014

The Fall and Winter were active times for me with USA Swimming and continuing to learn more about MTS.

In November, Richard Allen and I attended a USAS workshop for LSCs with less than 2500 swimmers. The full report is on the MTS site, but one of the main topics was how to keep the fun in swimming thus keeping more swimmers in the water. MTS took the first step by initiating the All Montana Mixed Meet this April and I expect we will continue with this mission of keeping the athletes working hard, but still having fun.

Our MTS by-laws are cleaned up and as many corrections made as I could find as directed by USAS and our H.O.D. If you enjoy watching grass grow, paint dry, concrete set, or the 1500 on a hot sunny day please feel free to go through the by-laws to check for any mistakes.

The monthly board conference calls Curt has set up have been invaluable to helping run MTS. Whoever is the General Chair after our Fall H.O.D. meeting needs to continue these conference calls. Hearing what the other members, including the athlete reps, have to say has provided insight as to the needs of the member teams of MTS. Several of these calls discussed the Shared Services Group participation and the decision to better use MTS monies unless more cooperation of other LSCs is established.

I was also appointed to the Sports Medicine and Science Committee of USA Swimming. This has consisted of monthly conference calls to organize sub-committees to research and provide articles on such topics as nutrition, concussion, immunization, tendon injuries, eating disorders, recovery from injury, and psychological issues just to name a few. These papers, videos, webinars then go on the USAS website for all members to use. Most of the members of this committee have the opportunity to travel with our national team and you may be interested to know USA Swimming has a significant network of volunteer, multidisciplinary healthcare professionals.

The last weekend in April, 24-27, the Sports Medicine and Science Committee held their annual conference in Colorado Springs at the Olympic Training Center. I attended this conference instead of the All Montana Mixed Meet, obviously, it was important to represent Montana on this national committee. The highlight speaker of the conference talked about the Olympic team's experiences in Sochi and then gave us a tour of the brand new sports medicine building and training facility.

Other speakers addressed topics consistent with age group and Olympic athletes. They are constantly looking for new topics to cover, so if you have a health concern you'd like addressed, let me know and I'll submit it. My goal is to help our Montana athletes by being an active contributor on this committee.

Submitted May, 2014

Dr. Tony Popp