

Sports Medicine and Science Network: Review and Recognition 2005

Charlene Boudreau, USA Swimming



Coaches,

The Sports Medicine and Science effort at USA Swimming continues to evolve. One year ago, three recipients of Science and Technology Research awards were selected based on the review and evaluation of applications and qualifications by an 18-member panel of sports scientists, sports medicine specialists and other qualified practitioners. 2005 grants were awarded to:

Rick Hinrichs, Arizona State University – “Asymmetrical Force Production During Swimming Starts”; to examine the grab and forward- and rear-weighted track starts in relation to overall advantage on performance. (*Competitive Non-Restricted Grant \$15,000*)

Joel Stager, Indiana University – “Accelerometry as a Means of Quantifying Work, Workouts, and the Training Plan”; uses a water-proof omni-directional accelerometer (measures in all directions) to quantify “physiological load” of a set, workout or weekly training plan in terms of caloric expenditure. (*Competitive Non-Restricted Grant \$15,000*)

Rajat Mittal, The George Washington University – “Full-Body Analysis of Swimming Techniques Using CFD and Computer Animation”; uses computational fluid dynamics and computer animation to develop software to quantify how differences in frequency and amplitude of the dolphin kick impact thrust. (*Technology Grant \$15,000*)

The Science and Technology Research Grants Program is one of several programs recommended and supported by the USA Swimming Programs and Services Task Force, which was created to suggest ways to allocate additional incoming funds from a recently adopted increase in membership dues. The original research grants program was discontinued in 2002 due to lack of funding.

In August, we were pleased to launch year two of the Science & Technology Research Grants program. As mentioned previously, the general purpose of this program is to stimulate activity in research and scholarship related to competitive swimming. We are confident that this program will continue to encourage, foster and increase participation in research and scholarship that will directly benefit competitive swimming in the United States. In 2006, another \$57,500 is up for award, including 2 competitive non-restricted grants, 1 technology grant, 3 exploratory seed grants, 2

undergraduate scholarships and 5 clinic presentation grants.

In addition to the research grants program, our system of progression through the National Network and High Performance Network continues to guarantee USA Swimming the highest quality of care for its athletes, both at home and on the road. In 2005, eight of **your** practitioners were recognized with two awards.

In many cases, the recipients of these awards are people who work closely with your team or whom you see on a daily basis. Thanks to all of you who participate in providing feedback on these individuals as they work with you and your athletes at home, Grand Prix meets, and National Team trips abroad. Please join me in congratulating each and every one of them on a job well done, and thanking them for their dedication to our fine sport.

2005 Gold Standard Award

Ken Haller, DO
Ian McLeod, ATC, LMT
Wade Alberts, LMT
Erin Quann, RN, LMP

2005 High Performance Award

Kathy Flippin Reilly, MT
Rick Eagleston, PT, ATC
Andrea Rudser, RD, ATC
Danny Mistry, MD

The High Performance Award is presented to members of the Sports Medicine and Science Network who have demonstrated commitment to quality care and teamwork while working with developmental swimmers around the country. Granting of this award is official acceptance to the High Performance Network, either as travel staff or as a member of the Performance Enhancement Team in their region.

The Gold Standard Award is the highest level of achievement within the Sports Medicine and Science Network, awarded to those who have demonstrated an exceptional level of commitment, teamwork and quality care to the National Team, particularly during International Travel.



Nominations to the Sports Medicine and Science Network can be made through the Coaches' Sports Medicine section of the USA Swimming website, www.usaswimming.org. GO USA!!!!