



Appendices



REC'D JAN 16 2003

NATIONAL GOVERNING BODY FOR TRACK AND FIELD, LONG DISTANCE RUNNING AND RACE WALKING



Kansas City
December 7, 2002

CONVENTION REPORT

The Medical Services Committee's primary role is to provide world class service to our USATF athletes. We provide hands-on medical care when indicated and also serve as a resource for information concerning the prevention, diagnosis and treatment of injuries and medical conditions relating to athletics. We continue to support the search for legal methods to enhance human performance. We provide team physicians, athletic trainers, massage therapists and chiropractors for international teams. Our staff works year-round with Coaches Education in classes and workshops.

We provided resources, including manuals and guidance to the local organizing committees of the various national championships, other major meets in the United States, and the Outdoor National Championships in ~~██████████~~ Harmon Brown, M.D. again performed magnificently in organizing and coordinating our sports medicine, sports psychology, biomechanical, and nutrition personnel at the Championships. He hosted a summit with USOC Sports Science/Sports Medicine officials at Stanford.

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Our physicians, athletic trainers, chiropractors and massage therapists staffed our international teams in 2001. Denise Richardson, A.T.C. coordinated the training staff schedules and Gary Lang, A.T.C. loaded and shipped the training trunks. He maintains our inventory of medications and supplies. Jack Ransone, Ph.D. has assumed the scheduling duties from Denise.

Harmon continues to serve as an IAAF Sports Medicine Committee member and as Chairman of the Education Committee. He is editing an updated issue of the IAAF Medical Manual and continues to direct the sports medicine courses at the IAAF Regional Developmental Centers. He served as the IAAF Medical Delegate to the World Junior Championships in Jamaica and the NCAC U-25 meet in San Antonio. He organized had chaired an international seminar on "New Directions for Youth Athletics" in Madrid at the World Cup for the IAAF Development Commission, which will provide guidance to the IAAF for future directions for its youth programs.

Mark Troxler, D.O. advised the organizing committees of several Youth and Junior Championships and Joan Stratton, M.D. serves on the Masters Track and Field Committee.

Lil Mahoney did an outstanding job in helping to rewrite the Medical Manual for Track and Field Championships. Our committee is also rewriting the manual for International Teams.

Harmon is organizing and will chair a USATF/USOC workshop on Restoration and Recovery in Dallas in January.

Major medical issues which our committee has addressed include credentialing of medical professionals, guidelines for eating disorders, trans-gender participation, pregnancy and post partum activity, uniforms for medical staff, and coordination with athletes personal medical teams.

Thanks to all of you for your valuable help, support, and time throughout the year.

Respectfully submitted,

Bob Adams, D.O.

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USATF Sports Medicine & Science 2002 Annual Report Sport Psychology

Mission of the USATF Sport Psychology Program

The sport psychology program of the USATF seeks to provide education and related psychological support services to athletes and coaches participating in track and field, cross country, race walking, and long distance road racing. The services of the sport psychology committee are extended to athletes of all ages and ability levels ranging from youth and age-group athletes to junior and senior elite athletes, including Olympians as well as masters level competitors.

Our committee endeavors to accomplish this mission: (1) through educational sport psychology presentations at camps, clinics, workshops, seminars and coaching education schools; (2) by traveling with USATF national teams (members of the sports medicine staff) in order to provide psychological support services for athletes and coaches during the course of international and national competition; and (3) by providing individual consulting opportunities for athletes and coaches.

In an effort to achieve our goals the following activities were conducted for 2002:

- Development Camps and Clinics (12)
- Team Travel (3)
- USATF Level II National Coaching Education Schools (1)
- USATF Level III National Coaching Education Schools (3)
- USATF High Performance Seminar – Distance Summit (1)
- Seminars at USATF National Convention (1)
- Support Service at National Championships (1)
- Individual Athlete Consultations (approximately 50)

Similar activities are planned for 2003

MAJOR ACCOMPLISHMENTS IN 2002:

- Development Camps and Clinics. In 2002 we assigned a committee member to serve as a staff member for approximately 12 development camps and clinics for elite and developing athletes. The camps/clinics were held at various sites throughout the country and several of our committee members (Tracy Shaw, Jennifer Bessel, Keith Henschen, Rich Gordin, Gloria Balague, Ralph Vernacchia) were responsible for providing sport psychology

educational materials and presentations to coaches and athletes at these camps. We also administered psychometric evaluations at several camps and provided interpretations of the inventory results to the coaches and athletes who were in attendance. These inventories are helpful to athletes who are interested in learning more about their mental preparation for competition.

- Team Travel. Several of our committee members served as sport psychology consultants on the medical staffs for the following national teams:

- World Junior Championships (Amy Wheeler and Jennifer Bessel);
- World Cup (Rich Gordin);
- U25 Meet (Dave Yukelson).

- Coaching Education. Two members of our committee were instructors for the Level II sport psychology curriculum at the 2002 USATF National Coaching Education School, held at Boise State (Drs. Ralph Vernacchia and Amy Wheeler)

A Level III High Performance Endurance Seminar will be held in Las Vegas, NV in December—Ralph Vernacchia will be the panelist/instructor for the sport psychology curriculum.

- Sport Psychology Seminars at USATF Convention. Our committee will conduct a half day seminar at the USATF Convention in Kansas City.

- Individual Consultations. When requested we provide individual consultations for elite athletes. There is no charge for this service and it is becoming a very effective mechanism for the delivery of follow up services we can provide once initial contacts with athletes and coaches are made at camps, clinics, and during team travel. We refer athletes on a regional basis to one of our committee members who resides near their home.

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SPORTS MEDICINE AND SPORTS SCIENCE COMMITTEE
2002 SPORTSCIENCES SUBCOMMITTEE CONVENTION REPORT - Kansas City
David E. Martin, Ph D

This subcommittee continued its broad-based role in providing scientific/technical services directly applicable to enhancing athlete performance. In some situations it is better to bring scientists to the athletes, as with the field events and sprints/hurdles - where biomechanical filming by scientist experts provides data for subsequent analysis and interpretation to athletes and coaches. In other situations it is better to bring the athletes to the scientists, as with the endurance running/walking events - where highly sophisticated physiological performance profiling can be done in a lab setting designed to provide information relevant to competition and training. These scientists are being increasingly integrated into the various High Performance Divisions as USA T&F continues its restructuring.

Publications continue to result from the work of the various sports scientists; Harmon Brown collates these every year into an impressive package for distribution to relevant important folks within the organization. The 40-page altitude physiology manual, for example, authored by Rob Chapman and promised for release at the 2001 convention (and it was!), continues to be in great demand by coaches and athletes interested in using the Live-High-Train-Low system for improving performance.

At the 2001 convention the subcommittee promised to have completed for the Kansas City convention a comprehensive publication on the transgender issue in sport competition. The Transgender Task Force was formed in 1991 within this Subcommittee to provide information to the Executive Board in deliberating cases where athletes filed grievances against transgender athletes participating in competition. The Executive Board of the organization has preferred not to develop legislative guidelines for transgender participation in sports, but rather to discuss on a case-by-case basis issues as they arise. It is the Sports Science Subcommittee's belief that a more informed Executive Board will be able to discuss how transgender athletes can effectively participate in sports within the traditional male/female context. The committee is happy to announce that a 43-page single-spaced typewritten manuscript entitled "Far from the Finish Line: Transsexualism and Athletic Competition" has been completed, and accepted for February 2003 publication in Volume XIII of the

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prestigious journal "Fordham Intellectual Property, Media and Entertainment Law Journal." Authors are Jill Pilgrim, General Counsel/Director of Business Affairs of USAT&F, David E. Martin (Chair of this Subcommittee), and Will Binder, a law student. Reprints will be sent to the Executive Board, and will be available for convention attendees at the 2003 USAT&F convention.

A 13-page technical report entitled "Climatic Heat Stress Assessment During Top-Level Marathon Racing" was produced and sent to the IAAF for their November Council meeting as reference material for helping decide the best time to hold the Athens 2004 Olympic marathons and walks. The report recommended a 7 p.m. start, so that athletes would compete into more favorable competitive conditions rather than less favorable. The Council in fact voted for this recommendation, after hearing the strong presentation provided by Professor Arne Ljungqvist, who used the materials provided, but subsequently changed its mind with TV producers offering that lighting conditions would be inadequate in the evening. The polemic continues and as of this writing the matter is still not officially decided. The IOC has the final say, and Professor Ljungqvist is also on the IOC Medical Commission.

In view of the venue of Palo Alto being used increasingly for national championships, the Subcommittee monitored in detail the medical climatological status of the stadium and competition environment during the 2002 national championships. Copies of the two-page report are available, which hopefully will provide suggestions for an even better-organized championships in 2003.

The final item worthy of mention relates to the IAAF decision, as a result of recommendations by the IOC pulmonary medicine group, that for the 2003 World Championships in Paris all athletes with asthma and therefore who have a bona fide need for inhaled corticosteroids or beta-2-agonists will need spirometry-derived documentation of pulmonary function impairment during exercise. The question is one of where such testing will be done, who absorbs the costs, and what the evaluation protocol will be. My lab at Georgia State University specializes in pulmonary function evaluation, and if requested we could gear up to follow a specific protocol meeting IOC/IAAF guidelines. The testing done at the Salt Lake City Winter Games (a eucapnic hyperventilation test) was not considered acceptable by experts, for various reasons. We await final decisions on the test protocol accepted.

Respectfully submitted

David E. Martin