

# 2022 USS Congress – May 20<sup>th</sup>, 2022

## **Medical Commission**

Commission Attendance

Updated Commission Members Contact info

Added (1) additional Physician to our Physician Pool

Discussed PPE (prep Participation Exam) requirements

Discussion COVID mitigation protocols for NTP, beginning June 1

Revisited current Concussion protocols and education strategy for the upcoming year

Sent our USS Medical Manual for review

## **Sports Science Commission**

Sports Science Commission member review and attendance

Review of 2018-22 projects completed by the commission

Discussed goal and role of the commission moving forward

Discussed the focus on Pareto Gains, and the process of discovering Pareto Gains

Discussed future procedures and communication channels for the commission

## **Long Track Task Force**

Long Track Task Force member review

Long track proposals review

Discussed Highlights of 2021-22 season

- Regional training centers
- Coaching collaboration and education
- JR/SR NTP Camp
- Olympics highlights
- Senior highlights (World Cups, personal bests, records)
- Junior highlights

Discussed 2021-22 HP Goals and Jr. HP Goals

Discussed Vision for future

- Teamwork and collaboration
- Improvement & learning
- Peaking & Tracking
- Mental training in practice

Discussed Training Camps for 2022-23

### **Masters Task Force**

Introduction and thank you to the task force members

- Glenn Corso in attendance in person
- Andrew Love in attendance via Zoom
- Melissa Koenig unable to join

Proposals regarding masters were dealt with in LT & ST task force

2021/22 Masters recap including participation numbers in USS races

Review of upcoming 2022/2023 Master events

USS' planned activities to involve the master's group (luncheon, Master Spotlight)

Presentation and recognition of the MAT 1 and MAT 2 members for 2022/2023

Discussion and brainstorming on how to encourage more master skaters to participate

Meeting adjourned

### **Coaches Task Force**

Introduction and thank you to the task force members

- All task force members in attendance via zoom or phone (Wong, Cushman, Lambert, Adamek)

Presentation of the proposal and current viewpoint of the task force

Further discussion and elaboration on the proposal by Katherine Adamek

Acceptance of the proposal as listed in the proposal outcome

Recap of the current coaching numbers and coaching education in USS

Outlook and mentioning of engagement opportunities for USS coaches at upcoming camps

Congratulations to USOPC Volunteer Coach of the Year and USS Development Coach of the Year

Presentation of coaching resources on the web

Thank you and meeting adjourned

## **Membership Task Force**

Introduction and thank you to task force members

- Rob Woodbury and Bob Halden in attendance via zoom
- Frank, Penland, Liu and Miller excused

Recap and presentation of some key numbers of the Tour of Olympians

2021/2022 recap of membership activities, camps, educational opportunities and other membership pr

Recognition of the Clubs of the Year

Presentation of current USS membership numbers

USS Goals & Activities for 2022/2023 were presented

USS membership was asked what points and markers would be important to them

Discussion started and was continued in the Membership Workshop session

Meeting adjourned

## **Alumni Committee**

Introduction and thank you to the task force members

Standing of USS Alumni Commission - brief by-law Review

Social opportunities for current alumni members and how to gain more members

Member benefits for current Alumni members

Reviewing the speed skating alumni Facebook group

Reports for the past season's social reunions/ gatherings and current Alumni memberships

Goals for the upcoming season

Reviewing the auto-renewal process for members

Thank you and meeting adjourned