



MINUTES
SPORTS MEDICIEN ADVISORY COMMITTEE MEETING
October 29, 2015

Members Attendance:

Dr. Javier Cardenas
Mark Strom, ND
Steve Erickson, MD*
Dave Hayward, AT, ATC, M.Ed
Kristina Wilson, MD
Roger McCoy, MD*
Randy Cohen*
Michael Lavoie, PhD
Tamara McLeod, PhD
Christina Kwasnica, MD

AIA STAFF PRESENT:

Harold Slemmer, Ed.D, Executive Director
David Hines, Assistant Executive Director
Mark Mignella, Legal Council
Tayler Coady, Executive Assistant

GUESTS:

Matt Belden
Rob Roberson
Scott Stienguard, TOPS
Dave Stillcox, TOPS

➤ **TOPS**

- Mr. Stienguard discussed the issues with in TOPS with the newest forms introduced into the program last year.
 - Most concern from parents regarding the following:
 - EKG / ECO Area
 - Concussion
- TOPS representatives suggested trying to make the forms more uniform
- The parents section seems to bring the most concern as there are items that they are not aware of.
- TOPS feels it would be more user friendly if the forms were condensed as opposed to be 3-4 pages.
- Dr. Cardenas informed the TOPS Mr. Stienguard that the committee will be reviewing the PPE forms prior to the end of the calendar year to update / change as needed.
- Dr. Cardenas asked Mr. Stienguard to gather information and present at the November meeting.
- Rob Roberson indicated that the parent signature on the PPE forms is the most missed item. Suggested to have it enlarged.

- **OVERUSE INJURIES IN CROSS COUNTRY**
 - Keith's Law stress factors are being seen in runners.
 - Maybe this is an indication that there is too much training on the students at a young age.

- **OVERUSE INJURIES IN BASEBALL AND SOFTBALL – PITCH COUNTS**
 - Dr. Cardenas showed the committee data gathered about the pitch count recommendations from the NFHS SMAC.
 - This data included the percentage of injuries occurring in baseball and softball.
 - Dr. Wilson shared some data regarding little league baseball guidelines that have been implemented at an early age.
 - These guidelines are not anything foreign to these students.
 - With the limitation of pitch counts it has helped prevent upper extremity injuries.
 - Our guidelines already exceed the amount of pitches a student is able to pitch in a game.
 - Most states have adopted the Little League guidelines
 - The committee has asked to have member of the Sports Advisory Committee for baseball and softball present at the next SMAC meeting.
 - The committee recommends to use the following language to define “rest”:
 - “Rest means no live pitches, including batting practice. Pitchers may need to ‘loosen up’ with a flexibility routine on the second rest day and can participate in hitting and field drills.”

- **WRESTLING SANITATION POLICY (Dave Hayward):**
 - Dave Hayward talked about the sanitation policy of wrestling.
 - After a discussion with John Valencia, ATC in Tucson, Dave was informed that when hosting a tournament the mats are cleaned 3 times a day.
 - Before meet begins / during the day / end of day (would repeat for multiple day tournament)
 - Other topics discussed regarding sanitation were:
 - Frequency and it's importance
 - Types of products that should be used
 - Shower availability at sites of tournaments (hygiene is a huge aspect of staying clean.)

- **TRANSGENDER ATHLETE POLICY PROPOSAL (Dr. Wilson & Dr. Cardenas):**
 - As an action item the committee motion, 2nd and unanimously approved to pass the policy onto the Executive Board for review and final approval.

- **EMERGENCY ACTION PLAN UPDATE (Tamara McLeod):**
 - Tamara updated the committee with the results from the SMAC Survey that was sent out to all membership.

Meeting Adjourned 9:00 am

Next Meeting: November 19, 2015