



**MINUTES**  
**SPORTS MEDICIEN ADVISORY COMMITTEE MEETING**  
**November 19, 2015**

**Members Attendance:**

Dr. Javier Cardenas  
Kristina Wilson, MD  
Christina Kwasnica, MD  
Michael Lavoie, PhD  
Roger McCoy, MD  
Randy Cohen\*

**AIA STAFF PRESENT:**

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

**GUESTS:**

Dr. Scott Stienguard, TOPS  
Amela Hidle, TOPS  
Andrea James, Santa Cruz  
Marcos Garcia, Agua Fria

➤ **PRE PARTICIPATION EVALUATION FORMS**

- Dr. Stienguard and Dr. Cardenas went through the current PPE forms and made suggestions on what to update and/or change to make it more user friendly.

➤ **PITCH COUNT -BASEBALL (Dr. Wilson)**

- Reviewed the pitch counts for baseball that were presented at the October meeting.
- Dr. Wilson would like to propose to adopt the Little League Guidelines for high school athletics.
- Coach Marcos Garcia from Agua Fria High School spoke to how he tries to keep his student athletes pitch counts below 100. In 30 years of coaching he has never let/had a student go over that 100 pitches in one game.
  - He feels that it's based more on knowing and understand each athlete.
- There was a motion made to adopt the Little League Baseball guidelines for pitch counts for our high school athletes.
  - Dr. Kwasnica motioned to approve the adoption
    - 2<sup>nd</sup> by Roger McCoy

➤ **PITCH COUNT – SOFTBALL (Dr. Lavoie)**

- Dr. Lavoie reviewed a PowerPoint of information regarding the pitch counts for softball.
- The pitch counts for softball are very different from the pitch counts for baseball. They are two completely different subjects, pitches and limitations.
- Coach Andrea James from Santa Cruz Valley Union High School spoke about the differences and struggles for pitch counts in softball.

Meeting Adjourned 9:00 am

Next Meeting: January 28, 2016