



MINUTES
SPORTS MEDICIEN ADVISORY COMMITTEE MEETING
January 28, 2016

Members Attendance:

Dr. Javier Cardenas
Kristina Wilson, MD
Christina Kwasnica, MD
Michael Lavoie, PhD
Roger McCoy, MD
Randy Cohen*
David Hayward
Tamara McLeod*
Kevin Turley
Mark Strom
Aaron Nelson*
Steve Erickson

AIA STAFF PRESENT:

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

GUESTS:

Rich Wellbrock, Desert Edge
Brandon Sanders, Pueblo
Eric Kibler, Horizon

➤ **WRESTLING SANITATION POLICY (Dave Hayward):**

- Dave Hayward provided the committee with a document of infection-control requirements that would help keep the sanitation regulated during tournaments.
 - These are not specific requirements, but does state there should be some sort of requirement for sites to have procedures in place.
- Most infections in wrestling are from the abdominal area and up. Skin checks can help minimize the number of infections.

➤ **BAGS AND DUMMIES FOR OFF SEASON FOOTBALL (Brandon Sanders & Rich Wellbrock)**

- The use of bags/dummies during off season to help tackling practice. The use of these items helps the body and muscles grow and get used to the tackling steps.
 - If tackling is done properly could reduce the amount of concussions.
- In order to properly teach tackling coaches need more time during the off season.
- The Heads Up program is a great tool/program but doesn't always work for every school. Not all schools are able to implement this program into their football programs.

➤ **USA PITCH COUNT**

- Eric Kibler from USA Baseball and Horizon High Schools Baseball coach presented the committee with information about a new program that launched in 2015 through USA Baseball.
- PitchSmart.com has all documentation and information about the program.
 - Parent education
 - 45 minute video on pitch count for coaches
 - Days of rest requirements
- A study was done that resulted in 45% of games played had no pitch count tracked. With those stats a regulation needs to be set in place.
- The committee discussed gathering a bylaw amendment for next years Legislative Council meeting to include a pitch count protocol. This would follow the USA Baseball pitch count.

➤ **BARROW BRAINBOOK UPDATE (Dr. Cardenas):**

- Dr. Cardenas showed the committee a Brainbook course that is currently being updated.

Meeting Adjourned 9:00 am

Next Meeting: February 25, 2016