

MINUTES OF THE IHSA BASEBALL ADVISORY COMMITTEE MEETING
September 1, 2010

The IHSA Baseball Advisory Committee met at the IHSA Office, Bloomington, Illinois, on, September 1, 2010 beginning at 10:00a.m. Committee members present were Kenny Fullman, Chicago (Harlan); Kyle Nelson, Burlington (Central); Ken Miller, Coal City; David Garcia, Granville (Putnam County); Ben Davis, Mt. Zion; Patrick Hake, Lincoln; Lee Bennett, Centralia; Kevin Mallehan, and Craig Anderson, IHSA. Also in attendance were Dan Schoessling, President Illinois Baseball Coaches Association; Dr. Tony Grafola (ATC), Dr. Preston Wolin, and Kurt Gibson, IHSA.

The Minutes of the September 2, 2009 meeting were accepted.

TERMS AND CONDITIONS RECOMMENDATIONS:

No recommendations at this time.

ADMINISTRATIVE RECOMMENDATIONS:

1. Recommend that the Regional and Sectionals receive more balls as bad weather ruins many balls and more are needed to conduct a regional or sectional tournament.
2. Provide an update regarding Composite bats use for the 2011 baseball season based upon the most recent rulings of the NFHS and the potential of more bats being approved by the NFHS.
3. The committee recommends a joint effort between the SMAC and the baseball advisory committee in creating a short video with information and recommendations regarding shoulder and elbow injury prevention related to baseball pitchers. Included in the presentation should be a guideline for pitchers by age regarding the number of pitches in an outing and the number of days of rest prior to another pitching opportunity. Included with the presentation could be a hand-out that coaches, players, and parents could receive to maintain a copy of this recommendation for reference during the high school baseball season as well as other playing opportunities throughout the year. It was additionally suggested that this information be made available to media outlets to educate the public on this growing concern in injuries to young baseball players.

ITEMS OF DISCUSSION:

1. The committee heard a presentation from Dr. Preston Wolin and Tony Grafola (ATC) regarding the recent increases in shoulder and elbow injuries. During the presentation the committee received statistical information on injury rates as well as ideas to implement an injury prevention program for baseball players in our state.

2. Discussion occurred concerning the Baden baseball.
3. Discussion occurred on having the top four teams host the regional in sectional complexes. This mirrors a discussion item from the 2009 advisory committee meeting.
4. Discussion occurred on possible changes to the season limitation to allow an earlier start to the practice date allowing for the conditioning of players' arms for the season.
5. Discussion occurred on sectional sites being held at small college facilities when possible to give qualifiers a unique opportunity to play at a bigger host site.
6. Discussion occurred regarding the selection of facilities with lights when possible for the sectional and beyond.
7. Discussion occurred regarding Super-sectional sites having a school administrator or IHSA representative familiar with the by-laws of the IHSA to make sure the Super-sectional was conducted under the proper guidelines.
8. Discussion occurred on moving the seed meeting date later into the season so more games could be played allowing for a more accurate seeding of teams.