

IHSA SMAC Minutes 10/2/2023

9:00 am virtual and in person at the IHSA office in Bloomington

Committee members Dr. Cynthia LaBella, Eric Benson, Greg Garofalo, DeVale Stubbs, Dr. Darren Hancock, Dr. Karan Rai, Mark Bacys, and Tanner Krumwiede, along with IHSA representative Stacey Lambert were present. Guests that were present were Dustin Fink, Aaron Kremmel, and Andy Renner. Absent was Dr. Darr Luetz and Dr. Jason Robin.

Discussion Items:

- 1) The Committee reviewed the minutes from the June meeting. By-law 3.153 was put forward on behalf of the Committee for the Legislative Commission:

New By-law 3.153:

*3.153 Persons who coach a sport at a member school may have a maximum of 18 days of contact or school represented activities/competition in that sport, with students from that school, during the period between the last day of classes or Monday of Week 49 in the IHSA Standardized calendar (whichever date is earlier) in the spring of each year and Sunday of Week 5 in the IHSA Standardized Calendar.*

*A day of contact is defined as any date on which any coaching or instruction in the skills and technique of any sport or any organization of sport-related activities or competition outside of weights and conditioning takes place. A school represented activity/competition is a time where the students participate in sport specific leagues or camps while representing their school with or without their coach present. These limitations apply to all sports except Baseball and Softball. The Executive Director may make an exception under the guidelines the Board of Directors adopted for competitions sponsored and conducted directly by the National Governing Body for the sport.*

*Violators of said by-law will be subject to sanctions imposed by the discretion of the Executive Director.*

***Rationale:*** *The committee feels this recommendation will help athletes' physical and mental health by reducing the number of contact days our high school athletes can have. Right now, many multi-sport athletes go year-round from sport to sport; this is weighing on our athletes to a point where we're more beat up coming out of summer than they are at the end of the season. This by-law amendment will still allow weightlifting and conditioning as long as no sport-specific training occurs. This policy recommendation will keep our kids active in our schools and hopefully give them the break they need over the summer to rest, relax, and enjoy their breaks from school.*

- 2) The Committee reviewed a possible update to the concussion wording. This review would update the return to school/return to play. The Committee asked Stacey to see if she could find more reasoning behind the NCAA update. This is a continuing conversation
- 3) The Committee discussed the number of boys lacrosse games players are playing per week. Minnesota allows for 6 quarters per day, Ohio allows for 2 games per day for girls' lacrosse, USA Lacrosse allows for 3 hours of game play per day. USA Lacrosse also requires at least 1 day in

between games. The Committee felt that if any restriction was placed on Boys Lacrosse it would also be necessary to require the same for Girls Lacrosse. The information is going to be shared with the Lacrosse Advisory Committee.

- 4) The Committee discussed eating disorders with Cross Country runners. It was reported by the Committee Athletic Trainers that they have actually seen a reduction in eating disorders over the last few decades. Generally, the Committee felt that the culture has evolved to positively support eating to properly fuel the body for performance.
  - a. Continued education for the coaches is important. The Committee is sending documents to be shared online for coaches and the public.
  - b. Stacey will see about working with the Gatorade Sport Science and work to share information with the coaches.
- 5) The Committee discussed the NFHS adjusting the number the number of events track athletes could participate in during a given meet from 4 to 6. While the Committee felt that some athletes could safely participate in the maximum number of 6 events as allowed by the NFHS, they felt that it would not be prudent for distance runners. They also believe that having a couple athletes participate in 6 events takes away opportunities from other athletes. A top track coach was contacted during the conversation, he believed that the limit of 4 events per meet was the smarter choice for the athletes.
- 6) The Committee discussed blood doping in Cross Country athletes. The Committee felt it would be very hard to monitor this without going back to implementing the drug testing piece of the IHSA Drug Policy. They asked to review the Cross Country times over the last 10 years and will keep an eye on major time changes moving forward.
- 7) The Committee talked about football equipment concerns, centering on the lack of enforcement of knee pads. If they're worn they're being worn improperly. The biggest issue seems to be that the pants are made to fit high school players, they're made for college players. When high school players purchase pants they start out not long enough to cover the knees. The committee asked if there was anything the NFHS could do to help.
- 8) The Committee talked about JV football player usage with games being played on Monday, this would prevent players from going full pads in practice on Tuesday. The committee talked how this was a compromise that was agreed upon when the player limitations were put in.
- 9) The Committee talked about requiring all coaches to get CPR/AED trained starting with the 2024-25 school year. They plan to make a formal recommendation at their winter meeting for the IHSA Board of Directors to review. The committee also wants to put out an FAQ to help schools.
- 10) The Committee talked about girls' flag football and the potential for an IHSA state series. The reviewed the possibility of requiring head protection for players. With the lack of NOCSAE approval on any of the soft helmets, SMAC would not require them, but feels they are important to prevent head lacerations.
- 11) The Committee reviewed the proposal to IHSA by-law 2.090. The Committee felt this proposal, giving coaches conditioning time through the school year, tied greatly with their proposal to cut summer contact days. The two would balance each other out and possibly provide more contact with players.
- 12) The Committee talked about the Severe Weather Policy. They would like to review and update the Policy so that it applies to all seasons, not just the post season. They also want to update the chain of command. This policy will be reviewed at the winter meeting.