

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

November 18, 2009

The IHSA Sports Medicine Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Wednesday, November 18, 2009, beginning at 10:00 a.m. Committee members present were Gregory Gaa, Dr. James Green, John Wator, and Dr. Preston Wollin. Also in attendance were guests Amy Ingraffia-Welp and Tony Garfalo, and Assistant Executive Director Kurt Gibson. Present via conference call was committee member Dr. Cynthia LaBella. Not present were members Dr. Richard Everett, Dr. Bill Marcuzzo, Phil Morrison, Dr. Chadwick Prodomos, and Dr. James Rehberger.

RECOMMENDATIONS:

1. Making certified athletic trainers exempt from taking first aid portion of ASEP training.

Recommendation: The committee recommends adding ATC's to the approved list for individuals who may be exempt from taking the first aid portion of ASEP training.

Rationale: As the role and over-all number of certified athletic trainers has grown over the last 20-25 years, the committee believes the training and expertise of certified athletic trainers warrants their inclusion on the list of professionals exempt from the first aid portion of ASEP training.

Approved

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed and approved minutes from their April 2009 meeting.
2. The committee received an update of the status of the IHSA's PED program. Additionally, the committee reviewed the results, to date, of the association's PED survey with member schools.
3. The committee heard a presentation from Tony Garofalo, Dr. Wolin, and Amy Ingraffia-Welp concerning the increasing number of shoulder and elbow injuries for high school baseball pitchers. Given this increasing problem, the committee is going to provide member schools with information regarding the importance of pitch counts for high school baseball pitchers for the 2010 season. Additionally, the committee will meet with the Illinois Baseball Coaches Association to enlist the support of coaches with this initiative. The committee hopes to make a presentation to the NFHS Baseball Advisory Committee in the early summer of 2010 to allow Illinois to conduct an experiment that focuses on monitoring pitch counts for high school pitchers.
4. The committee reviewed the new return to play language following concussions that will be included in all NFHS Rules Books, effective with the 2010-11 school term. The committee will discuss providing IHSA member schools with a clearer definition for a licensed health care provider at its April meeting.
5. The committee reviewed the results of the football medical coverage survey and was encouraged by the level of coverage being provided by IHSA football-playing schools at regular season contests. The committee will discuss this again at their April meeting to see if

any recommendation regarding medical coverage at play-off games should be moved forward at that time.

6. The committee discussed pre-season acclimatization guidelines for football. For some time, the committee has been concerned about the potential for students to lose their acclimatization for football in the approximate 10 day period between the end of summer contact and the start of the football season. Committee member John Wator will develop a possible recommendation concerning this for review by the IHSA's Strategic Planning Committee.
7. In reviewing their schedule, the committee rescheduled its April meeting to April 14, 2010.