

## MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

December 12, 2022

The IHSA Sports Medicine Advisory Committee conducted an online meeting on Monday, December 12, 2022, beginning at 9:05 a.m. Committee members present were Dr. Cynthia LaBella; Dr. Preston Wolin; Dustin Fink, Mt. Zion; Aaron Kremmel, Belleville (East); DeVale Stubbs, Calumet City (Thornton); Ashley Logan; Greg Garofalo, Hoffman Estates (H.S.); Aaron Kremmel, Belleville (East); and Eric Benson, Somonauk. Also, present was IESA Executive Director, Nicole Schaeftbauer. Absent was Dr. Darr Leutz; Dr. Darren Hancock; Dr. Jason Robin; and Mark Bacys, Danville (H.S.).

**Recommendation:** The Committee recommends requiring post-season hosts to submit information regarding on-site medical provisions and protocols.

**Rationale:** A form would be developed and available to post-season hosts to complete prior to their contest. The information would then be distributed to the participating schools and officials. The information would be helpful in making sure everyone is on the same page with what will be provided and how to proceed if an emergency arises.

Approved by Consent

Discussion Items:

- 1) The Committee discussed the Wrestling Body Fat Certification process. The Committee would like to see all of the possible weight classes and the decent plan for those weight classes available for female wrestlers in the School Center. The Committee will discuss further at next meeting.
- 2) The Committee discussed the body fat testing protocol for Transgendered wrestlers. Further discussion will be conducted at next meeting and information will be gathered with regard to testosterone and its impact on body fat testing.
- 3) The Committee discussed the Body Fat Assessors process. Additional discussion to be conducted at next meeting. The Committee would like to see the certification process synchronized and streamlined.
- 4) The Committee discussed the rise of reported concussions in Cheerleading. There is concern that athletes are performing skills before they are ready. The Committee would like to the Cheerleading Committee develop and require a plan for the progression of strength and skill training within the sport.