

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
April 17, 2013

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, April 17, 2013, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. James Green, Dr. Cynthia LaBella, Adam Tarr, Rick Vicenzi, and Dr. Preston Wollin. Also in attendance was Associate Executive Director Kurt Gibson. Not present was member Darcie Kubinski, Minooka.

Guests in attendance were IHSA Football Advisory Committee Members: Dave Bates, Auburn; Scott Battas, Mascoutah; Phil Morrison, Tolono (Unity); Mike Noll, Glenview (Glenbrook South), Kevin Poore, Belleville; Pat Ryan, Metamora; Matt Walsh, Chicago (Taft); and Rich Zinanni, Kankakee (McNamara); and IHSA Assistant Executive Director Craig Anderson. Other guests included: Michael Carroll, Korey Stringer Institute; Greg King, Illinois Football Coaches Association; Caitlin McElroy, Sports Legacy Institute; Dr. Len Messner, Sports Legacy Institute; John Novak, Sports Legacy Institute; and Drew Potthoff, Crystal Lake (Faith Lutheran).

Those in attendance heard a presentation on Acclimatization for football via conference call from Mike Carroll, Medical Advisory Board – Korey Stringer Institute.

ADMINISTRATIVE RECOMMENDATIONS:

None

ITEMS OF GENERAL DISCUSSION:

1. Pre-Season Acclimatization

There was consensus among both committees that a more defined pre-season acclimatization practice model should be utilized. The committees heard the science behind the NATA recommendations. Considerable discussion occurred on what a model could look like in Illinois for these first 14 calendar days of practice. The SMAC agreed to do additional research on the issue and will reconvene via phone conference within the next 10 days to determine if they will make a formal recommendation for Board consideration. Much of the discussion centered on total practice time versus the number of practices allowed in a given day. It is anticipated that if a recommendation comes forth, it will include an implementation date of the 2013 football season. It is also anticipated that a recommendation would include language that would recommend schools use a similar acclimatization period in the summer. During discussion, Mike Carroll reiterated the NATA's position that all students should go through the full acclimatization period, regardless of the student's conditioning program or conditioning status leading up to the student's first formal practice. This would include any students who may come to their school's football team late due to military training.

2. Contact

There was also consensus among the committees concerning player safety as it relates to head injuries. The committees agreed that the IHSA should develop a 'best

practices' video/presentation on blocking and tackling that can be shared with high school and youth coaches in Illinois. Such a video/presentation would focus not only technique but also practice philosophy and player safety. The committees also agreed that a by-law that would prohibit full contact in the summer would be another prudent step for the association to take. Representatives from Hersey High School agreed to work on drafting possible language for a proposal that could be considered during the 2013-14 legislative season. The committees recognized that a key component in addressing this issue will be establishing clear definitions or explanations for terms like: full contact, controlled contact, allowable equipment. The committees and representatives from Sports Legacy Institute were pleased to learn through discussion that the practice philosophies, both in summer and during the season, being used by coaches in Illinois are sound and do take player safety into account.

For both of these items, additional information will be shared amongst both committees as it becomes available.