

MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE
OCTOBER 29, 2018

A meeting of the Sports Medicine Committee was held on Monday, October 29, 2018 at 8:00 a.m. at the MPA office.

MEMBERS PRESENT: Molly Bishop, Charles Brown, Don Fournier, Tim Smith, and Tim Spear.

LIAISONS PRESENT: Dr. William Heinz, Dr. Chris Lutzykowski, John Ryan, and Chris Sementelli.

LIAISON ABSENT: Emily Poland.

GUEST: Hannah Willihan.

STAFF PRESENT: Michael Burnham.

APPROVAL OF MINUTES: On a MOTION by Heinz/Ryan, the minutes of the August 8, 2018 meeting were UNANIMOUSLY APPROVED.

CORRESPONDENCE: The Sports Medicine correspondence was reviewed and placed on file.

MCMI UPDATE: Ms. Willihan provided an update on the work being done by the Maine Concussion Management Initiative (MCMI).

INDIVIDUAL SPORT UPDATE:

Basketball: No issues discussed.

Cheer: The Cheerleading Coaches' Association will be developing practice guidelines to be followed by all teams. These guidelines will be presented at a future meeting.

Ice Hockey: No issues discussed.

Indoor Track: No issues discussed.

Ski: The MPA Ski Committee has now implemented a rule that all athletes participating in the Giant Slalom event must wear an approved FIS helmet. The question was raised about requiring the same type of helmet in the Slalom event. After discussion, it was determined that almost all Alpine athletes participate in both the Slalom and the Giant Slalom and would, therefore, already have the FIS helmet.

Wrestling: The dates and locations of the regional and state championship meets were discussed. An attempt will be made to have trained medical staff present at all of the meets and that person should be in the locker room during weigh-ins. All medical providers should have the Mat Doc app downloaded to their phone or electronic device.

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HEAT/COLD ADVISORY: After discussion, it was determined that the current Heat and Cold Advisory information be reviewed and updated on the MPA website. It was also suggested that a link to the appropriate advisory be included in the appropriate sport bulletins.

AED'S IN SCHOOLS: The MPA has currently applied for a grant that would place an AED in every school in Maine.

ATHLETIC TRAINERS TRAVELING WITH TEAMS: The committee discussed the conflict that many athletic trainers now experience when their football team is traveling and other school teams have home contests on the same day.

NEXT MEETING DATE: The next meeting date of the Sports Medicine Committee will be on Monday, March 4, 2019 at 8:00 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by Ryan/ Lutrzykowski, and VOTED UNANIMOUSLY, the meeting adjourned at 10:18 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director

/tjm
11/20/18

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