

MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE

MARCH 7, 2017

A meeting of the Sports Medicine Committee was held on Tuesday, March 7, 2017 at 8:00 a.m. at the MPA office.

MEMBERS PRESENT: Molly Bishop and Tim Spear (Chair).

MEMBERS ABSENT: Charles Brown, Don Fournier, and John Morin.

LIAISONS PRESENT: Dr. William Heinz, Dr. Chris Lutrzykowski, Emily Poland, and Chris Sementelli.

LIAISON ABSENT: Audrey McKenzie.

GUESTS PRESENT: Jill Haskell and Stan Skofield.

STAFF PRESENT: Michael Burnham.

APPROVAL OF MINUTES: On a MOTION by Heinz/ Lutrzykowski, the minutes of the November 10, 2016 meeting were UNANIMOUSLY APPROVED.

CORRESPONDENCE: The following correspondence was reviewed and placed on file:

- An e-mail sent from three students discussing safety in high school sports.
- An e-mail discussing legislation introduced in the U.S. House discussing Sports Medicine Licensure.
- An e-mail from a Maine college asking for all athletic administrators to complete a survey regarding athletic participation and the use of an athletic trainer.
- An e-mail with a question about timeouts in the sport of soccer.

INDIVIDUAL SPORT COMMITTEE DISCUSSION:

Baseball: The baseball Pitch Count Rule that was UNANIMOUSLY ADOPTED at the MPA Fall Conference was reviewed.

Football:

Acclimatization Guidelines: After discussion, the preseason acclimatization guidelines were revised to allow teams the opportunity to hold a controlled scrimmage on day six of the pre-season. This proposal will be presented to the membership in April.

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One-A-Day Practice Guidelines: After discussion, the one-a-day practice guidelines were revised. This would allow teams to hold one extended practice in place of two a-day practices. This proposal will also be presented at the MPA Spring Conference.

Wrestling: The new wrestling guidelines put into place this past year were discussed. It was the feeling of the committee that the practice of attempting to have a medical professional familiar with skin diseases be present at all wrestling championships would continue for the next year. Once the 2018 sites have been determined then attempting to secure medical coverage will begin.

OFF-SEASON CONDITIONING: A presentation on the development of a comprehensive off-season conditioning program was done by Jill Haskell, MS, ATC, CSCS, MaineGeneral Sports Medicine and Stan Skofield, ATC, CSCS, OA Centers for Orthopaedics. After discussion, it was determined that the program would be made available to all schools in Maine, as well as being available on the MPA Sports Medicine webpage.

COLLABORATIVE SOLUTIONS FOR SAFETY IN SPORTS: The Collaborative Solution Sport Safety Conference will be held on Tuesday, March 28 and Wednesday, March 29 in Kansas City, MO.

DEFINED ROLE OF ATHLETIC TRAINER: After discussion, this item will be placed on the next agenda so that protocols for dealing with bystanders, other medical providers (nurses, doctors, EMT/Paramedics), may be established.

OTHER:

Late Start Legislation: There was discussion about the proposed legislation that would mandate late start times for Maine high schools.

Cheering Safety: There has been an increase in cheer injuries due to teams practicing on consecutive days without a day of rest, as well as holding practice for 5+ hours on a single day. Mr. Sementelli will bring this concern to the MPA Cheering Committee.

ITEMS FOR NEXT AGENDA:

- A Protocol for dealing with
 - Bystanders
 - Other Medical Professionals
 - Doctors
 - Nurses
 - EMT's
 - Paramedics
 - Cheer Safety

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NEXT MEETING DATE: The meeting dates for the 2017-2018 school year were set. Sports Medicine Committee meetings were scheduled for August 10, 2017, November 7, 2017, and March 6, 2018 at 8:00 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by Lutrzykowski /Sementelli, and VOTED UNANIMOUSLY, the meeting adjourned at 11:52 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director

/tjm
4/14/17

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