TO: MEDICAL ADVISORY COMMITTEE  
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR  
RE: MAY 17, 2017 MINUTES  

I. Steven J. Timko, Executive Director  
   i. Motion to approve minutes of March 22, 2017  
      Approved unanimously  
   ii. Update on Paterson Eastside situation  
   iii. Steve advised the committee that the budget request presented to the Governor for signature to apportion $45,000.00 to NJSIAA to help offset the cost of year round steroid testing in schools was vetoed by Governor Christi. The governor stated that the NJSIAA should not be doing testing it should be the Department of Health. Steve also stated that he would like to see the banned substances included in the drug tests at our state games.  
      Dr. Mike Coyle stated that the NJSIAA should not link the opioid testing with steroid testing because the opioid epidemic is not just athletes. Dr. Coyle also supports year round steroid testing.  
   iv. Dr. Jill Brooks voiced her dismay about not receiving notification of the May 2 Opioid Focus Meeting by Success Communications and Garden State Pharmacy Owners association. (GSPO) Apparently there was some confusion all the way around as to who should have attended this focus meeting. Dr. Brooks felt that the Medical Advisory committee should have been invited. Dr. Jim Baker also stated that he never received a notification. NJSIAA will follow up with Success Communications.  
   v. Dr. Jack Krispak stated that his wife was given a packet at the Junior League Summit and it contained a Deterra pouch which can be used to safely deactivate prescription pills. The pouch is made from recycled material and is biogradable. The company, Verde Environmental Technologies, Inc. is trying to partner with pharmacies throughout the country to distribute these packets when prescriptions are given. Right now they can be bought at Walmart or online. The committee recommended that the NJSIAA post information on its website regarding Deterra. The NJSIAA will contact its attorney to ensure that wording regarding Deterra is appropriate.  
   vi. Steve announce that there will be a Brain Injury Alliance Seminar in mid-June. Dr. Brooks will be speaker at this event.
II. Cali Whedon, Athletic Trainer

Cali stated that the workload has increased during the years and felt that there were not enough Athletic Trainers to cover wrestling tournaments, citing the addition of 112 wrestlers at the Individual wrestling tournament in Atlantic City. Cali suggested one AT per mat at AC. Steve appreciated the fact that the addition of 112 additional wrestlers added to the workload, but was concerned about the cost of having those many additional Athletic Trainers at the States.

Dave Csillan suggested using in-training (student) Athletic Trainers to assist at the tournaments to alleviate the workload. Strict protocols must be in place and recommendations as to what these students may do must be based on those protocols. The committee was in agreement and agreed that strict guidelines would have to be followed because these students are under the Athletic Trainers license. Dave and Cali will follow up and report back to the committee at next meeting.

III. Dr. Damion Martins

Reviewed the upcoming Atlantic Sports Health & NJSIAA Spring Symposium being held on June 5

IV. David Csillan, Athletic Trainer, NATA and NFHS Representative

Dave presented his overview letter. The committee made some recommendations as to wording and a revised overview letter will be presented at June 3 seminar and placed in the webinar on the NJSIAA website.

It was recommended by the committee that for one year the information be posted on the NJSIAA website under the heading Evidence Based Guidelines then evaluate the response and continue with additional education, then go to recommendation and then required in the future. Guidelines will also be posted regarding cold environment participation. The committee members stated that the school physicians many times are not notified of any recommendations or requirements by the Medical Advisory Committee because of the lack of a communication system. Colleen Maguire advised the committee that the NJSIAA and Jack Kripsak are working on a tool which will enable the NJSIAA to communicate with the school physicians.

V. Jack DuBois, Assistant Director

Review of Scholar Athletic Luncheon scheduled for May 21.

Football League & Conference Committee Report

Jack reviewed the requirements for the 2017 summer session with regards to football. A list of the requirements and recommendations were presented to the committee
VI. Larry White, Assistant Director - Pitch count update

Larry advised committee that violations of the pitch count rule have been minimal. The possibility of requiring schools to hire a pitch counter has been discussed with the baseball rules committee. Larry will follow up and report to committee on any directives. Larry also stated that for the NJSIAA State games an adult must be assigned as pitch counter.

VII. Dr. Jack Kripsak

Jack asked Dave Csillan and Dr. Rob Franks to give a view of the seminar they attended on Collaborative Solutions for Safety in Sports held in Kansas City, MO from March 28 – 29.

VIII. Tony Maselli, AD, DOE Liaison

Tony suggested that in collaboration with the Dr. Marshall Mints and the NJSIAA, something be placed on the NJSIAA website as a reference regarding mental health of students. It was also suggested to place an instructional webinar on the NJSIAA site providing resources for parents. The possibility of having the parents sign off on a form stating that they reviewed an instructional webinar was suggested. The committee felt strongly that this is an important issue and further discussion will follow in the upcoming meetings regarding mental health. Dr. Brooks stated that hazing should be included in this webinar.

IX. Dr. Jack Kripsak - Tanita Scale

Jack informed the committee that the Tanita Scale which is currently validated will no longer be manufactured and discussed what direction the NJSIAA should go regarding certification of wrestlers.

Skin fold, Ultrasound, Bod Pod, Near Infrared Reactance were all discussed.

Accuracy, training and costs were the concerns. Jack has been in contact with several other states to see how they calculate body fat for wrestlers and the majority of the states contacted use skin calipers which has been proven to be accurate and the least expensive device. Drs. Rob Franks and Rob Monaco are in favor of skin calipers and both stated that with proper training the process is very accurate. Jack will continue his search and report back to the NJSIAA at our next meeting with his findings. In the meantime, schools that do not have working Tanita scales will be asked to borrow one from neighboring schools. Jewel Sellers will work with the schools that need assistance.

Meeting Adjourned 12:10