Minutes of the Medical Advisory Committee Meeting May 8, 2019 10:00 AM
NJSIAA Office

I. A. At 10:05 AM, Larry White, Executive Director NJSIAA, called the meeting to order. He welcomed everyone and proceeded to have everyone introduce themselves and their positions.

The following members of the NJSIAA MAC were present:

Dr. Jack Kripsak – Chairperson of the MAC
Dr. James Baker
Kevin Briles
Dave Csillan
Margaret Drozd
Christina Emrich
Daniel Evans
Dr. Jeff France
Dr. Rob Franks
Dr. Charles Gatt
Ms. Karen Harvey
Dr. Damion Martins
Dr. Chris Mendler
Dr. Marshall Mintz
Dr. Rob Monaco
Dr. Greg Mulford
Rob Wagner
Cali Wheldon
Bill Bruno – NJSIAA Staff

The following members of the NJSIAA MAC were not present:

Dr. Jill Brooks
Dr. Michael Coyle
Dr. Richard Levandowski
Dr. Yvette Rocks

B. The minutes of the February 6, 2019 meeting were approved and seconded. There was no discussion. The motion to accept was unanimous.

C. In the packet of materials that was laid out at each seat, a copy of the 2019-2020 Banned Substances was provided for the committee. Mr. White informed the committee that there were no “new” banned substances for the upcoming school year according to the contact people at Drug Free Sports and the NCAA. The List of Banned
III. Marge Drozd, MSN, RN, APRN-BC, submitted a “Statement from FDA Commissioner Scott Gottlieb, M.D., on new steps to advance agency’s continued evaluation of potential regulatory pathways for cannabis-containing and cannabis-derived products” that came out on April 2, 2019. Obviously the concern here is what maybe the impact on our student athletes as the laws about cannabis-containing and cannabis-derivatives are changing and how do we, the NJSIAA MAC, get a leg up on this topic so that we are

D. Mr. White then gave a brief rundown of the NJSIAA winter sports. Please see document “MAC May 8, 2019 Meeting.”

II. Kevin Briles, ATSNJ Liaison, then addressed the committee according to his two topics. He started with letter “B” since it has already been addressed and moved by the NJSIAA Executive Committee, in that schools have been given the permission to continue using functioning Tanita scales for hydration and weight measuring for one more year. The discussion that ensued about this was that yes, 2019-2020 would be a “Grace Period” for using a Tanita scale but the committee was adamant about only using one or the other, Tanita or Ultrasound, for the entire testing at any one given event. This means if you use a Tanita scale for the first wrestler, you must use the Tanita scale for every wrestler that is tested (unless it breaks during that testing period). The committee felt that uniformity was key and that it really needs to be one or the other, not a combination of the two. It was made mention that Track Wrestling will accept either Tanita or Ultrasound results.

After the above topic was settled, we went back to Letter A, under Kevin’s agenda items. This situation deals with ATC’s coverage of state playoff contest, generally first round events, where sometimes the home/host venue ATC is not on site due to contractual situations, school not having an athletic trainer, trainers having multiple events on the same days/nights and can’t be at both, by contract not mandatory to be present at first round contests, etc. Visiting teams may bring their ATC but very often another playoff team for that school in another sport has a home event of their own.

This highlights the need for communication between schools. Dave Csillan spoke of the terminology he uses: care value versus coverage, which then goes to a mandate not an option. Rob Wagner spoke of the mindset that schools/Athletic Directors need to take, namely that one of their team(s) is going to make the play-offs for every season so the ATC must have a “full-contract.” He also shared that there are 21 schools in his league, the Cape Atlantic League and there are 20 ATC’s, one school does not have one. Cali Wheldon travels when she can but when there are schools that do not have ATC’s, the obligation is to take care of “her school’s teams”, which means stay at home instead of going to away school and servicing both teams. Kevin also stated that if there are 500 trainers in the state, there very well could be 500 different contracts. The committee was informed that at least in the South Jersey area, especially in the “Eastern half” of South Jersey, Rothman has an out-reach program for trainer services that schools can employ. Bill Bruno, NJSIAA Assistant Director, said if we are made aware that a school may not have ATC coverage for a home state championship event, we will get a trainer from our trainer’s group, Premier Training Service.
proactive and not reactive in terms of any policy/policies that we may need to research/discuss/initiate and then send to NJSIAA Executive Committee for approval. Marge asked if we should/would reach out to the Department of Education to find out what they are doing about this. As of right now the bill to make marijuana legal did not pass (but in the 5/10/19 edition of the Philadelphia Inquirer, the Region section, page 3, “Murphy still wants legislation on pot” article from the Associated Press speaks to his desire to legalize recreational weed for those 21 and over. Per NJSIAA Banned Substance testing policy, as a street drug, marijuana is not tested, but local school districts could have marijuana on their list of drugs to be tested perf their Board of Education protocols. The committee agreed that we need to stay informed.

IV. At this point in the meeting, the MAC went into the Executive Committee room for an abridged version of a power point presentation that Atlantic Sports Health presented to 65 attendees on two topics, Assessing Wrestling Weight: Body Composition Modalities & Demo, being the one that pertains to the members of the MAC. Dr. Robert Monaco, member of the NJSIAA MAC, was the main presenter and repeated his presentation albeit an abridge edition. It was at this point the MAC went over the dates for MAC meetings for the 2019-2020 school year. Please see addendum MAC Meeting Dates for 2019-2020. Dr. Monaco went through the power point quickly but effectively and efficiently explained the “nuts and bolts” of the Ultrasound testing system. It was unanimously voted on that Dr. Monaco and the Ultrasound trainers would train approximately 24 “Master Trainers”, 3 from each of the 8 Wrestling Regions, and these “Master Trainers” would then train the school ATC’s on how to test the wrestlers using the Ultrasound equipment. NJSIAA would pay the Ultrasound trainers for training the 24 Master Trainers and that training session would be on June 10, 2019 at NJSIAA office for a 3-4 hour training session. The tentative time for the training is 9 AM to 12:30/1:00 PM. The committee felt it best that NJSIAA collect whatever is determined the going rate for these 24 “Master Trainers” to train the school ATC via a purchase order so that the “Master Trainers” are sure to get paid.

V. Bill Bruno addressed the page 12 in the MAC packet, which was a page from the NFHS Wrestling Committee meeting agenda, namely Concussion. Basically, the rule now would allow for additional time to evaluate head or neck injuries when an appropriate health-care professional is present at a match. In addition to the one minute and 30 seconds of injury time allotted for each wrestler, an appropriate health-care professional will have a maximum of five minutes to evaluate injuries to the head and neck involving cervical column and/or nervous systems. At that point, the wrestler would have to continue or default the match.

VI. For the Good of the Order: There were three items under the Good of the Order. An article from Sports Neuropsychology Society was discussed by Dr. Franks.

VII. The first item under Good of the Order: Dr. Franks also discussed an unpublished study from Campbell University regarding hydration which suggested that it is not necessary to be hydrated when a wrestler is tested for body weight. He also said that there are several studies that are in the process of studying same. This provoked some discussion but ultimately since we are still using Tanita scales this year in some or maybe many cases, full hydration still is the norm this year.
VIII. The second item under Good of the Order was an article that spoke to the fact that University of Michigan played their spring game in “Thud.” This is a big change and on Thursday (after this meeting on Wednesday) the MHSAA (Michigan High School Athletic Association) went from 90 minutes of full contact to 30 minutes a week of full contact. This was FYI only.

IX. The third item handed out to the MAC members was the NJSIAA Student Athletic Advisory Council’s letter. The committee enjoyed the perspective provided by the SAAC and felt that this is a great addition to the feedback that we generally get, which is from an adult perspective, whether it is an AD, coach, principal, ATC or some other adult. One segment of the letter did produce a comment and a discussion was the “black out” time period, which would be mandatory. Rob Wagner is not against the idea of this, he is just against when these “black out” periods are being held. As a Strength and Conditioning guy, he says that best time is late June/early July before you start beginning practice and conditioning, or a week just before games so that you are not worn down before the games really count. The general consensus was it is left to the individual school due to when they feel what works best for their facilities, coaches’ summer schedules, students’ summer vacation.

At 12:05 the meeting was adjourned.

Respectfully submitted,

Larry White  
Executive Director