TO: MEDICAL ADVISORY COMMITTEE

FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR

RE: OCTOBER 22, 2014 MEETING

Steve Timko:
Welcome
Review and Approval of May 14, 2014 minutes
Motion to approved minutes: Unanimously approved

Summit/No. Plainfield: Steve reviewed the Summit/No. Plainfield football incident
Steve advised Committee that there was a hearing held at the NJSIAA on
October 16, 2014 and all issues were discussed and resolved.

Sayreville: A meeting with the DOE and the Superintendents and Principals
Association was held to discuss the HIB incident at Sayreville High School. Steve asked
Committee if they felt the Medical Advisory committee should get involved in some
way to be proactive in dealing with these types of issues.

North Non-Public Schools: Discussions about trash talking in newspapers and how
this is against NJSIAA sportsmanship regulations. Those involved were advised of
penalties if continued.

Brain Alliance Conference: Compliments to Jill Brooks for a great presentation. Jack
Kripask stated that the conference gave a great overview and was a good public
relations tool to keep discussions about concussions in the forefront.

Football: 10 games at Giant Stadium this year.

Strategic Plan: 5 year plan instead of a three year plan. Gives more time to
implement changes.

Public/Non-Public Committee: This committee was formed to address issues of
recruiting, transfers, residency concerns, etc., and all rules and regulations as they
relate to these issues.
Football:

Motion: To mandate that contact practices be limited to a maximum of 90 minutes with full padding a week, with the goal of limiting exposure and potential injury. This mandate refers to preseason, regular season and post-season practices. Recommendations will continue to be re-evaluated on an ongoing basis as research in areas of concussion in sports is evolving.

Unanimously approved.

This contact limitation will come into effect for the 2015 school year.

New Schedule for practice/tryouts for wrestling, winter track and basketball:

Kevin Briles, Athletic Trainer, Delsea, voiced concerns about decreased rest time and how to protect athletes and limited administrative time for PPEs. A suggestion was to make the practice/tryouts sport specific. The Committee discussed their concerns with allowing this new procedure and all felt it could be detrimental to an athlete’s safety.

Motion: To begin practice on the Monday after Thanksgiving as previously allowed

Unanimously approved for 2016 season

Drones:

NFHS has guidelines regarding drones having to be so high, on sidelines, etc. Tim Hosea voiced concerns about the safety of drones, specifically accidents

Baseball/Softball pitch count:

There was more discussion on NFHS level regarding pitch count for baseball and now softball. This may change the whole sport of softball because there are no limitations on softball pitching. Consensus was among Committee that fatigue was main factor in softball pitching because of the lack of limitations

RIO: Steve asked the Athletic Trainer to ask more schools to report to RIO (NFHS).

Athletic Trainers agreed that it’s important to report injuries but stated that it is also time consuming

Pre-participation Physical Evaluation: (PPE) – still not complete

Janet’s Law: Schools don’t seem to have a problem with complying
Jill Brooks
Concussions:

With ongoing research the definition of “concussion” will most likely change.
HIB
There should be a support system in place, and endorsed by NJSIAA, for those who are bullied to report such actions. A committee will be formed to report back to the Medical Advisory for review. Tim Hosea stated that coaches are to monitor all aspects of what goes on with their team starting practices through to getting home but also stated that he knows this is not always the case.

A representative from DOE Medical Committee should be on the NJSIAA Medical Advisory Committee.

Rich Levendowski - Special Olympics:

This year’s New Jersey Special Olympics was a huge success and thanked all who contributed for their time and efforts. Fewer reported incidents where athletes had to be sent to hospitals and NJ did very well in the medal count.