

## MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

April 6, 2020

The IHSA Sports Medicine Advisory Committee conducted an online meeting on Monday, April 6, 2020. Committee members present were: Amanda Baugher, Collinsville; Sara Flanigan, Wauconda; Greg Gaa; Dr. Cynthia LaBella; Chris Murphy, Lombard (Glenbard East); Dr. Preston Wolin, Dr. Darr Leutz, Dennis Piron, Dustin Fink, Dr. Darren Hancock, and Ryan Hornaday, Athletic Director at Tuscola. Also present were IHSA Assistant Executive Director, Stacey Lambert and IESA Associate Executive Director, Nicole Schaeftbauer.

### **General Items of Discussion**

- 1) The Committee was asked their opinion on a recommendation from the Wrestling Advisory Committee centering around wrestling weight control. No further action was taken.
- 2) The Committee heard about several body fat testing and weight control testing recommendations that will be reviewed by the Wrestling Advisory Committee. No further action was taken.
- 3) The Committee talked about pre-participation physical exams. The conversation is ongoing.
- 4) The Committee talked about the return from COVID-19 quarantine. They discussed acclimatization, keeping kids engaged, helping the students set long term goals, mental health, local school/conference control and how the IHSA can support that. The Committee also talked about the summer contact period, the dead week, and the fall season. As the State Government's timeline changes, the Committee's conversation is also changing.
- 5) The Committee talked about a fall meeting date. The next meeting is scheduled for Mid-September.