



MINUTES
AIA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
April 17, 2014

Members Attendance:

Dr. Javier Cardenas, MD (Chair)
David Hayward
Dr. Mark Strom, ND
Dr. Christian Kwasnica, MD
Michael Skowronek, PT*
Dr. Roger McCoy, MD
Dr. Kristina Wilson, MD
Dr. Bert Vargas, MD*
Dr. Tamara McLeod, PhD
Tom Reed, ATC*

AIA Staff Present:

Mark Mignella, AIA Legal Counsel
Gary Whelchel, AIA State Commissioner
Michele Staples, AIA Liaison
David Hines, AIA Tournament Coordinator
Ron Halbach, AIA Tournament Coordinator

Guests:

Todd Garelick, Mountain View (Marana)*
Ron Kordonowy, Greenway
Corey Newland, Paradise Valley Unified

*Indicates Call In

➤ CONCUSSIONS IN SOCCER (Javier Cardenas)

- Dr. Cardenas shared a document with the committee showing the data for concussions in soccer.
 - o Girl's soccer is the second highest rated sport for concussions. One of the main reasons is because of heading the ball.
- Todd Garelick shared some of the best practices that his school uses which includes limiting the amount of times the athletes head the ball during practice. Removing heading from soccer would change the game dramatically.

- o Todd feels that teaching correct technique is a necessity to help decrease injuries. He feels comfortable putting a restriction of how long heading can be done.
- Dr. McCoy shared that the college level has seen more concussions in soccer than football recently. He asked about data that shows upper body and neck strengthening for the athletes.
- Dr. McLeod recommended some videos specific to soccer that might be used for coaches to review that shows techniques.
- Dr. Cardenas wanted to know what the consensus was with the coaches in regard to the use of the soccer headgear.
 - o Todd said that some of the athletes are not wearing the headgear appropriately; the different headgear and the athletes sometimes feel invincible wearing the headgear.
 - o Dr. Wilson agreed with Todd's perception with the headgear
- Dr. Cardenas requested for Todd Garelick to get feedback from the Soccer Sports Advisory Committee on the following topics:
 - Heading (practice and practice time)
 - Headgear
 - Other techniques/Education
 - Mechanisms for removing an athlete from play when a concussion is suspected.
- o Dr. Cardenas will provide data at the next SMAC meeting for the committee to review and then the following meeting will have recommendations from the SMAC for the Executive Board.
- o Gary Whelchel will be invited to the next SMAC meeting as well so the committee can include the officials in the discussion.

➤ MANDATORY CONCUSSION REPORTING

- The Executive Board will be reviewing information from the SMAC in regards to mandating concussion reporting by using an online tool.
 - o In the event of a concussion, an Athletic Trainer would use the online tool to report the injury. The students' information would not be accessible to the AIA, Trainer, schools, etc. but data specific information could be pulled without the personal information of the student.
- Massachusetts and Wisconsin are currently mandating the reporting of concussions.
- Dr. Wilson motioned for the AIA to mandate concussion reporting within 24 hours of identification from the student. A concussion registry report will be provided at every month's SMAC meeting and forwarded to the AIA Executive Board.
 - o Dr. Kwasnica 2nd the motion
 - o Dr. Cardenas recused himself
 - All others in favor.

➤ NATA CONCUSSION POSITION STATEMENT: (Tamara McLeod)

- Dr. McLeod shared some key points from the NATA document in which she helped develop. The recommendations for concussion management in the document include education and prevention, documentation and legal aspects, evaluation and return to play.

- The committee would like to recommend that the AIA staff disburse this document to all member school Athletic Directors.
 - AIA Staff will send the document.
- Further discussion about baseline testing (balance, cognitive, symptoms) is recommended by Dr. McLeod.
- Dr. McLeod recommended supplying sample documents as a standard for both the school Athletic Trainers and nurses as a resource.
- David Hayward will provide a document for review at the next SMAC meeting.
- Dr. Kwasnica recommended supplying information for the parents also.

Next Meeting: May 29, 2014

Meeting Adjourned at 9:00 a.m.