

Summary of
Sports Medicine Advisory Committee
Saturday, February 21, 2009

A regular meeting of the NMAA Sports Medicine Committee was held on February 21, 2009, at the Santa Ana Star Center during the 2009 NMAA State Wrestling Championships at 9:00 a.m.

Call Meeting to Order and Welcome

Gary Tripp, NMAA Executive Director, called the meeting to order. The following members were present for conducting the business of the Sports Medicine Advisory Committee (SMAC): Greg McManus, Aaron Stem, Jessica Stem, Mike McMillan, Dr. Alan Rickman, David Gallegos, Adam Halpern and Mindy Ioane, NMAA Administrative Assistant. Not present were Dr. Janice Moranz, Dr. Robert Carreon, Jose Barron, Robert Evers, and Thomas Mabrey. Mr. Tripp made a special note to thank all members present for showing their commitment to the committee by giving their valuable time in order to attend the meetings.

Life of an Athlete - Presented by Mr. Zayas and Mr. Archuleta

Mr. Tripp introduced the SMAC guest speakers: Robert Archuleta, NM Department of Safety and Transportation – Alcohol Division; and Robert Zayas, NMAA Assistant Director. As Mr. Tripp opened the presentation, he expressed his personal desire to be able provide the education high school students need in order to maximize their potentials through positive choices made in their lifestyles. He emphasized the importance of following educational program; he believes it will not only have a lifelong affect on every participating student, but will have a positive affect on the state of New Mexico.

Mr. Zayas began the presentation by giving an overview of the nationwide concern an increase of high school athletes' use of performance enhancing drugs, in particular, steroid use. He stated that the NMAA, while it believes there is some steroid use in both males and females, does not believe the numbers are as high as some suggests. The committee viewed an interview with Mr. Zayas conducted on February 20, 2009, with KOB Channel 4 (<http://www.kob.com/article/stories/s798622.shtml>) about these concerns.

The NMAA has talked about possibility of implementing an educational program called Life of an Athlete, in collaboration with the American Athletic Institute of New York. The program will give students data that shows how alcohol can negatively affect their performance. Based on this program, the NMAA would like to focus strictly on the dangers of alcohol, as it is the biggest substance abuse problem in New Mexico. The proposed course would require athletes to take an hour-long class every year before participation. While the program is still in the developmental stage, it intends to teach student-athletes about the dangers of alcohol. The required course will be administered on the NFHS website with a system similar to the Coaches Education program. Mr. Tripp, Mr. Zayas, and Mr. Archuleta will be attending a training session in June and hope

to launch the program in the fall of 2009. Mr. Tripp stated that five regional meetings would take place throughout NM before the fall sports begin, pending the Board of Directors approval. A coach, school administrator (principal or vice-principal), athletic director, and two student-athletes will be required to attend. The first year will consist of the unveiling of the program and the second year, fall of 2010, will implement the online class.

Mr. Archuleta, Department of Safety and Transportation – Alcohol Division; stated that the leading cause of death among 15-25 age groups is alcohol. He says that there is an increase in females drinking alcohol and stressed the importance this educational program for both males and females. He gave a brief overview of the existing educational programs that the DOT provides. The funding for this program (pending approval) generates from fees associated with alcohol such as from interlock devices. The NM Department of Transportation is pleased to be able to give back to the New Mexico community by investing in the education of our high school athletes through the funding of this program.

In closing of the presentation, Mr. Zayas spoke about the dramatic impact we will see in the state of NM, and possibly throughout the nation, through administration of this educational program. Mr. Tripp added that he would like the SMAC to play an instrumental part in building the program as it progresses.

Injury Reporting – Present by Mr. McMillan and Mr. Tripp

Mr. McMillan presented the Football Injury Report (insert) provided by the University Interscholastic League (UIL) in Texas, for the committee to review as a template for injury reporting. The UIL's injury reporting form is provided every Monday during the season and is required to be filled out on a weekly basis. Mr. Tripp inquired about a grant from the NFHS Foundation to start an injury management database, but was told to wait for approximately three years. The NFHS recently funded a national database on injury reporting that will take about 3 years to develop. The NMATA is also working on a system with the athletic trainers for reporting injuries. Mr. Tripp suggested that the NMAA create a simple system preferably located on the NMAA's web site under the MVP accounts. He would like to see the information compiled automatically and plan to have Monday Morning News send a reminder out after the weekend sports. The committee expressed that the Athletic Director should ultimately be in charge of making sure the information is turned in to the NMAA with assistance from the Athletic Trainer as needed. The committee will focus on the sport of football for the fall season and wrestling in the winter season. Ms. Stem volunteered to work on an injury reporting format for the sport of wrestling. Mr. Zayas committed to assisting Mr. Tripp in the creation of the database this summer (July).

Licensure Update – Presented by Mr. Gallegos

Mr. Gallegos provided an update and background to the committee on NMAA SMAC's efforts for assisting secondary schools in filling open athletic training positions based on the problem that there are not enough athletic trainers with teaching credentials.

1. NMSU College of Education has worked with the PED to recognize sports medicine coursework as science credit to assist teaching applicants with securing science endorsements in addition to PE endorsements.
2. NMSU has proposed an idea to establish a Master's program where graduates would have the credits necessary to sit for teacher certification. The idea has been put on hold until a new Sports Medicine Program director is hired.
3. NMAA worked with the PED to clarify/confirm the routes for teacher certification to include the newest route, which enables a licensed athletic trainer the ability to teach sports medicine courses without needing to secure additional coursework.

As a result of NMSU, NMAA and NMATA efforts athletic trainers have more options and greater employability in the secondary setting thus enabling schools greater ease in filling open positions that require teaching credentials.

In summary, as a clarification with the PED, licensed athletic trainers can teach athletic training, sports medicine classes in the state of NM. This information needs to be communicated to athletic trainers and schools. Mr. Tripp will speak with Joey Montaña, NMAA Director, to discuss the possibilities of forwarding the information to Business Managers and Human Resource leaders.

Professional Development Opportunities – Presented by Mr. Halpern

Mr. Halpern spoke about the current restructure of the Sports Medicine Advisory Committee in attempt to create a committee base of representatives from all areas of the state in addition to the current members. SMAC is seeking area representatives who will be committed to attend meetings and to adhere to the Mission Statement objectives (insert). The members will help disseminate information to their represented areas. The regions currently in need of representatives are the rural NE and SE areas.

In the restructuring process Mr. Tripp agreed to appoint the core group of the SMAC as well as representatives from the NE and SE areas. An additional group, the Sports Medicine Professional Advisory group, will consist 3 entities; medical professionals, athletic trainers and coaches. His desire is that the Professional Advisory group will assist the SMAC to make sure that the information that is disseminated is accurate. This group will also assist in the professional development area. From the Professional Advisory Group he would like to see area representatives consisting of a doctor, athletic trainer and a coach. Mr. Tripp would like to structure a yearly meeting in a webinar format with the Professional Advisory group to go over new information, current issues and professional development opportunities.

In addition he stated that he, Mr. Halpern and Ms. Ioane will create a proposal to present to the committee that will include:

- Structure of committees
- Area representatives
- Gather information on whether the committee is able make medical decisions on behalf of the SMAC and present to the board.

The Sports Medicine Professional Advisory Committee (SMPAC) consists of medical professionals throughout the state that are willing to provide information on their areas of expertise. A professional development opportunity exists on a consistent basis in the following areas:

- Write articles on pertinent medical issues that are posted onto the NMAA's Sports Medicine web site
- Host an informational/educational webinar(s).
- Conduct workshops on area of expertise.

The committee suggests the following ways to disseminate requests for additional medical professionals, athletic trainers and coaches who might be interested in being a part of the Sports Medicine Professional Advisory Committee and the professional development opportunities within that group:

- Have a Sports Medicine committee member speak at the coaches' annual meeting and the athletic trainers' annual meeting to promote the SMPAC.
- Mr. Tripp (possibly) to attend the Sports Medicine Seminar held in Silver City, NM in the summer.
- Seek Dr. Carreon's assistance in locating team physicians throughout the state, then create a teleconference as an introductory to create awareness. Request/mandate Athletic Directors to submit contact info for team physician.
- Ask for the NM Medical Society to add a link
- Solicit NM School Nurses Association
- Tim Acklin, NMATA, can send a mass email to members
- Promote on Monday Morning News

Sports Medicine Webinars

Upcoming webinars:

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| 3/31/09 | Lightning Protocols by Aaron & Jessica Stem, and with representation from Dana Sanchez, Commissioner of Officials |
| 4/28/09 | Heat Hydration by Michael McMillan |
| 5/19/09 | Off Season Conditioning by Adam Halpern |

The committee will schedule the upcoming fall webinars during the June meeting.

Basic Protocols for Head Injuries

Mr. Tripp would like the committee begin the planning to present the topic of Basic Protocols for Head Injuries along with Concussions at the Coaches Clinic, held in August of 2009.

Led by Mr. Acklin, the committee discussed the basic protocols for head injuries, including the role of the committee. Dr. Rickman and Mr. Acklin have agreed to research and bring to the board various protocols and will present them to the committee

during the June meeting for a consensus. The NFHS protocol will be a basis to build upon.

Physicals – Who can perform them?

Mr. Tripp will contact the Dept. of Health and present at the June Meeting.

Next Meeting Date:

June 5, 2009

12:00 – 2:00 p.m.

Located in the conference room at Southwest Bone and Joint Institute

1268 E 32nd St

Silver City, NM 88061

(505) 534-1919

Adjourn