



**MINUTES**  
**SPORTS MEDICIEN ADVISORY COMMITTEE MEETING**  
**August 30, 2018**

**Members Attendance:**

Javier Cardenas  
Kristina Wilson  
Roger McCoy  
Randy Cohen\*  
Tamara McLeod\*  
Michael Lavoie  
Christina Kwasnica  
Aaron Nelson\*  
Jennifer Wethe\*  
Hayley Root  
Ashley Marshall  
Tom Fiel\*

**AIA STAFF PRESENT:**

David Hines, Executive Director  
Joe Paddock, Assistant Executive Director  
Mark Mignella, Legal Counsel  
Tayler Coady, Executive Assistant  
Frankie Acosta, AIA Sports Properties  
Brian Lukas, AIA Sports Properties

**GUEST:**

Todd Fosio – Basketball Coaches Association  
Matt King – Basketball Coaches Association  
Tracy \_\_\_\_\_  
Keith  
Dr. Kevin Mendivil, TUHSD

\*Indicates Conference Call-In

➤ **BASKETBALL COACHES ASSOCIATION – YOUTH BASKETBALL GUIDELINES**

- Matt King discussed the AIA potentially adopting the youth basketball guidelines
  - <https://youthguidelines.nba.com/>
- 70% of kids are leaving youth sports by the age of 13 due to overuse
- Seeing overuse injuries in students by the 9<sup>th</sup> grade
- Seems to be little resistance from the AIA basketball coaches across the state if the guidelines would be adopted.
  - Biggest question would be how to mandate multi-sport athletes
- On a motion made and seconded the Sports Medicine Advisory Committee approved to have the adoption of the Youth Basketball Guidelines be presented to the AIA Executive Board for formal adoption.
  - Would this mandate only during season of sport or year round?

- **HEAT RELATED ILLNESS INCIDENTS (Joe Paddock)**
  - Joe Paddock gave an update on recent heat related illness incidents that have occurred during the first few weeks of the football season.
  - There have been a total of five student athletes treated – three were heat related illnesses
    - Schools/administrators took the proper steps in addressing the illness
  - Two students returned to practice the following day and one returned two days after incident
    - Students were not hospitalized – they were discharged from the ER.
  
- **HEAT INFOGRAPHIC UPDATE (Hayley Root)**
  - Hayley presented the updated infographic
  - The infographic indicates that the best time for practice in Arizona is between 6AM-9AM and 6PM-9PM
  
- **OPIATE EDUCATION UPDATE (Javier Cardenas)**
  - Dr. Cardenas discussed the process of receiving funding for the athlete online course for opiate use.
    - A grant had been applied for to assist with the building of the online program
    - Other states have shown interest in having a course for opiate use as well
  - Concerns and issues of opiate use in student athletes have been presented at the National level
  - Tempe Union High School District has been running a pilot program for coaches and parents regarding opiate use in high school student athletes.
  
- **UPDATE AND ACTION ON HB 2088 (Javier Cardenas / David Hines)**
  - Physical Therapists pilot program has been approved for PTs to be included in concussion protocol
  - This is a 2 year pilot program
    - PTs will need to have a Sports Certification in order to participate in the program
    - Department of Health Services will be the collecting and compiling all data

Meeting Adjourned 9:00 am

Next Meeting: September 27, 2018