

The IHSA Sports Medicine Advisory Committee met virtually on Friday, October 31 to review 3 IHSA By-Law proposals being reviewed by the Legislative Commission. The following were their general thoughts:

Proposal 13:

Could cause to basically practice//compete from July → November

A break is needed between summer and fall for athletes, coaches, families

Better to add a second dead week than to adjust dead week

Even college athletes take time off prior to the season

From a mental health perspective – athletes are asked to do way too much already- this is contributing to burn out

Multi-sport athletes get no rest, we're making it harder for athletes to play multiple sports

Some committee members asked the students, and they were not in favor, they want and need the dead week time we have for family vacations

Doing this will take away rest time as some programs have time off build in around the 4th of July

Proposal 19:

States with lower acclimatization numbers have had heat related deaths/injuries

Minimum of 10 days of heat exposure over a 14 day period is what the research calls for (TUFFS)

Kids who join late and/or do nothing over the summer have to be protected too, they struggle now, it would be even worse with less acclimatization time

Worry about the freshman who don't know what they're getting into even with good summer participation

Seems like we're sacrificing player safety

Proposal 20:

Does this change the end date on fall sports? No but it could be something that comes in the future?

Could we reduce the number of contact days since we're adding practice days at the start?

More contact/ more football.... Not always a good thing

Moving week 1 to scrimmage aren't we going to struggle even more with the heat being an issue?

Will there then become a push to adjust the WBGT → adamantly against that

Generally they support this plan because it keeps the acclimatization days, but they didn't comment on the "district" piece

General thoughts:

Football proposals..... Keep hearing "people want this" who are these people? The committee doesn't know any teams with losing records who are dying to play another week

Need to solve the conference issue without football being the catalyst

Kids don't want more weeks (committee members asked kids in their schools)

Has anyone proposing these football proposals talked to the kids?