

Lillian M. Lowery, Ed.D.
State Superintendent of Schools

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December 22, 2014

The Honorable Martin O'Malley
State House
100 State Circle
Annapolis, Maryland 21401

The Honorable Thomas V. Mike Miller
H-107 State House
100 State Circle
Annapolis, Maryland 21401

The Honorable Michael Busch
H-101 Lowe House Office Building
100 State Circle
Annapolis, Maryland 21401

Re: Task Force to Study Sports Injuries in High School Female Athletes (MSAR #10030)

Dear Governor O'Malley, President Miller, and Speaker Busch:

Pursuant to HB1332, I am submitting the preliminary report of the Task Force to Study Sports Injuries in High School Female Athletes. The committee had one meeting on November 20, 2014 with 17 members and observers in attendance. We are awaiting the name of one additional member of the Task Force; we will then have the full membership as required by HB 1332 Section 1(a).

The Task Force had open discussion on medical research and data that is available, what other states are doing in regards to injury prevention, and what additional areas the Task Force would consider that the legislation does not address. There were several suggestions/topics that may merit additional discussion as we move forward.

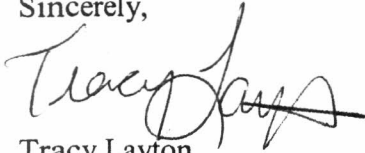
The Task Force will have three committees – Data and Information, Injury Reduction, and Rules. Members selected which committee they would be interested in working with, and committee chairs were selected by the group. Dr. Andrew Lincoln will chair the Data and Information Committee, Ms. Megan Rich will chair the Injury Reduction Committee, and Mr. David Scrivener will chair the Rules Committee. The committees will meet prior to the next full Task Force meeting. The next meetings of the committees are as follows: Data and Information – conference call on December 4, 2015, at 1:00 p.m.; Injury Reduction – virtual meeting on January 8, 2015, at 5:00 p.m.; and Rules – will be scheduled the week of January 10, 2015.

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The next full committee meeting will be held on January 29, 2015 from 5:30 - 7:30 p.m. At the January 29, 2015 meeting, each committee chairperson will report to the entire Task Force. On or before December 31, 2015, the Task Force will submit a final report as required in the legislation. The working committees will use the time to study the results of the research and data gathered and thoughtfully make recommendations for consideration by the full committee for inclusion in the report to the General Assembly.

Based on our first meeting, there are intriguing ideas which we will consider during future meetings, ranging from the need for better pre-participation exams and medical care for the female athletes to education for coaches, athletes, parents and staff. Should you have questions or need additional information, please contact me at (443) 326-2871 or by email at tlayton@bcps.org.

Sincerely,

A handwritten signature in black ink, appearing to read "Tracy Layton", with a stylized flourish at the end.

Tracy Layton
Chairperson

Attachment

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Attendance	NAME	Slot	Email address
X	Rebecca Bethea	HS Girls' Soccer Coach	rebecca.bethea@pgcps.org
absent	Frank P. Dawson IV	Physician w/expertise in adolescent Female Concussions	frank.p.dawson@medstar.net
X	Cheryl DePinto	Health and Mental Hygiene	cheryl.depinto@maryland.gov
representative	Kathleen Dumais	House of Delegates	kathleen.dumais@house.state.md.us
X	Stacy Goodman	Senior Policy Analyst	stacy.goodman@mlis.state.md.us
X	Deborah Grinnage-Pulley	MSDE	Deborah.grinnage-pulley@maryland.gov
X	Kayla Harris	Female varsity Member Soccer/Lacrosse/Basketball ACL Injury	kayla.har25@gmail.com
absent	Donna Hill-Staton	Maryland State Board of Education	dhstaton@aol.com
X	David Klossner	Employee of Intercollegiate Athletic Dept. at MD Higher Ed. Inst.	klossner@umd.edu
X	Dominick Lanzo	Orthopedic Physician Exp. In Adolescent Female ACL injuries	dlanzo@gbmc.org
X	Tracy Layton	Chair/HS Athletic Trainer-NATA Member	tlayton@bcps.org
X	Andrew Lincoln	Epidemiologist w/expertise in Adolescent Female Health	Andrew.e.lincoln@medstar.net
X	DeToiya McAliley	HS Girls Basketball Coach	dmcaliley@bcps.org
X	Christina Morganti	Orthopedic Physician Exp. In Adolescent Female Orthopedic Ankle or Shoulder Injuries	chrisym@comcst.net
X	Davia Procida	HS Girls' Lacrosse Coach	davia_procida@hcpss.org
X	Megan Rich	Physical Therapist w/expertise in Ligamentous Knee & Orthopedic Ankle Injuries	meganrich@me.com
X	David M. Scrivener	HS Athletic Director exp. In Coaching High School Female Athletes	dscrivener@bcps.org

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X	Ned Sparks	MSDE	edward.sparks@maryland.gov
absent	Susan Spinanto	MSDE	susan.spinnato@maryland.gov
X	Maria Trent	Pediatrician w/expertise in Adolescent Female Health	Mtrent2@jhmi.edu

Meeting was called to order at 4:08 PM by Chair, Tracy Layton followed by a round of introductions.

Financial Disclosure Information – Task force members were told that a waiver to the financial disclosure statement had been filed.

The Chair disseminated a copy of HB1332 to review the purpose and objective of this task force. How the task force will review data and research to conclude recommendations on high school female athletes safety. The task force was informed of the HB deadline.

Research Discussion:

- The task force had open discussion on medical research and data that was available in Maryland and noted that there is not much data in Maryland but noted there is national research conducted by R. Dawn Comstock, Ph.D. with the National High School Sport-Related Injury Surveillance Study (High Schools-Related injury Surveillance Study (RIO)) as well as data from other nearby states, Fairfax County
- Suggestions that were discussed:
 - Need for athletic trainers in all high schools
 - Revising the MPSSAA Pre-Participation Evaluation (PPE) physical form to include more comprehensive history of female health.
 - Consider using the nurses at the HS to compile data – maybe have a few schools volunteer for the data collection
 - Find out where the schools which are reporting athlete injury data, what is the data being used for
 - Asking for experts to come to speak to the group
 - Providing athletes information on anatomy and kinesiology
- There was discussion around what other states are doing in regards to injury prevention for female athletes-(Florida's rule on wearing soft helmets in lacrosse) and researching this area for statutes and regulations
- The group had discussion about including other areas that the HB did not address but felt it was important to include in the report. (including nutrition, psychological health and eating disorders)

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- US Lacrosse is holding Sports Medicine Symposium January 23, 2015 @ Baltimore Convention center- may have some valuable information

The chair provided a handout entitled “Female Athlete Task Force Responsibilities & Committees” (attached) for committee work. Each area was discussed.

1. Data & Information- there is a lot of information available but what is the best information and the most valid information.
2. Injury Reduction- information about The PEP Program: Prevent Injury and Enhance Performance was passed out to review. Ideas were discussed on ways to help reduce injury including coach & athlete education and training techniques.
3. Rules- the task force recognizes there are very few rules regarding female athlete safety and injury prevention. There is currently a concussion law for safety of athletes. Research needs to be done to see if rules are in place in other states.

Members chose which committee they would be interested in. Some Task Force members chose to be part of more than one committee to participate in. Ms. Layton asked that the task force divide into three groups to research the following areas:

1. Data and Information- Committee chair – Dr. Lincoln
Committee Members: Dr. DePinto and Dr. Klossner
2. Injury Reduction- Committee chair Ms. Rich
Committee Members: Dr. Lanzo, Ms. Bethea, Ms. McAliley, Dr. Lincoln, Ms. Procida, Dr. Trent, Ms. Harris and Dr. Morganti
3. Rules - Committee Chair – Mr. Scrivener
Committee Members: Ms. Layton, Ms. Dumais, Dr. Lincoln and Dr. DePinto

The committees will meet prior to next complete task force meeting. Ms. Layton shared with the group that they could have a phone conference, face-to face meeting or a Google meeting. The meeting dates are:

Data and Information – December 4th, 1pm Conference Call

Injury Reduction - January 8th, 5pm Virtual Meeting

Rules – TBD Week of January 10th

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Next Meeting – January 29, 2015 Severna Park Library 5:30 – 7:30 PM (Small conference room)

Meeting was adjourned at 6:00 PM