

**Meeting of the Standing Committees
Medical Commission**

International Cheer Union

Date: Tuesday 22 April 2014

Time: 10:30 AM EST (New York City Time Zone)

Location: Disney's Coronado Springs Resort, Durango Rm 1

1. Welcome and Call to Order- Secretary General Karl Olson

2. Roll Call / Introductions- Secretary General Karl Olson

- Dr. Edward Todderud, ICU Medical Commission Chairperson- the Indiana Orthopaedic Center (USA)
- Dr. Steffen Haug- German Orthopaedic Hospital- Bahrain (Germany/Bahrain)
- Dr. Hector Farias Lopez- Medicina del Deporte y Rehabilitacion Fisica y Cardiorespiratoria (Mexico)
- Dr. Shigang Fang- Guangzhou Zhujiang Hospital (Peoples Republic of China)

3. Introductions of Invited Guests- Secretary General Karl Olson

- Mike Jacki- ICU Advisor
- Alfredo LaMont- ICU Advisor
- Mike Cooper- ICU Cheer Technical Director
- Liz Rifino- ICU CheerDance Technical Director
- Ronald Alan- ICU Councilmember Central America and Caribbean
- Levi Martin- ICU Athlete Commission Chairperson
- Kenny La- ICU Athlete Commission Oceania Representative
- Dr. Jan Becker- German National Federation President
- Chuck Holland- Canada National Federation Director
- Takako Hashiba- Japan National Federation /ICU Technical Committee
- ICU Support Staff- Catherine Morris and Cristen Marzula (logistics), Bethany Harrell (Social Media), Chantal Canales (Spanish translation), Yurika Hori (Japanese translation)

4. Plan of Meeting and Objectives- Medical Commission Chair Dr. Todderud

- Purpose/Discussion Points- Review injuries of our athletes, how we can best track and how to prevent injuries within the sport. Focus on the health and overall well- being of our athletes, incorporate a roadmap for

National Federation to follow. Review existing data, new data, and review floor surfaces, coaching, and further assist on Anti Doping initiatives

- Discussion-

- Mike Jacki (ICU Advisor) encourage stakeholders to access the ICU website and submit questions for the ICU Medical Commission to review and provide responses.

- Dr. Haug (ICU Medical Commission -Germany/Bahrain) added that Medical protocol should be provided that we can be applicable in any country. Key points include educating medical staff associated with our sport -on sport specific injuries, so the athlete can be cared for immediately. For the World Championships, it is understood that Disney World has a strict medical policy

5. Proposals/Resolutions- ICU Medical Commission Chair Dr. Todderud
(additional support information provided by Dr. Haug)

- Establishing Medical protocol - that can be implemented at any event and any country. Standards that the host of an event must follow
- Survey on the website- to see what each country has in place for a medical plan. This will help the ICU gather additional data with existing data
- Physical Protocols- For athletes trying out for the teams. This process will create a paper trail and will give the athlete feedback on their body
- Injury prevention tips- Provided on the ICU website, with specifics on types of cheerleading injuries. This will help educate athletic trainers
- Standardized Physical Form- Accessible on the ICU website that can be printed and accessible for the athlete to provide to their doctor
- Additional information
 - Standardize medical techniques for coaches
 - Data collection (existing and new)
 - Standard flooring for all ICU members
 - Ownership of doping policy

6. Open discussion- ICU Medical Commission Chair Dr. Todderud

- Takako Hashiba (Japan) - Japan has designated medical area at each camp and competition, athletic trainers travel with team japan and are licensed in USA
- Ronald Alan (Costa Rica)- The National Federation should have their athletic trainers trained, including physicals for athletes.

- Dr. Haug (Commission Member- Germany/Bahrain)- Physicals set the groundwork so the coach, teams, athletic trainers to know what the limits are with the specific athletes. It's important to build up the athletic trainers so they feel comfortable assess injuries
- Dr. Jan Becker (Germany)- the National Federation of Germany has a hotline with email interaction. The common mistake was the coach training was not up-to-date for many teams
- Dr. Todderud (Commission Chair)- Its important to analyze the surface that the team is using during practice.
- Karl Olson (ICU Secretary General)- ICU has promoted to have a foam non spring floor. In certain countries, it's just not feasible for some countries to have uniformity in practice surface- but its an important project
- Mike Jacki (ICU Advisor)- NFs are common to petition their governments for funds to have a safe surface. ICU can assist on a group effort to organize performance surface options

7. **Anti-Doping Discussion- ICU Advisor Mike Jacki**

- New WADA Code - will go into effect in 2015. It is DNA based. ICU is complaint with the Code of the World Anti-Doping Agency. We drug test at the ICU World Championships and other events around the world. We test the top teams and athletes. ICU re-tests any abnormal tests.
- Education - highly important. Each federation is also responsible to assist on this important initiative for their athletes. The expense is what is holding federations back to have equal testing. Efforts to assist on this are underway

8. **Next meeting- ICU Medical Commission Chair Dr. Todderud**

Great appreciation is expressed for a successful and productive meeting. Additional communication will be circulated shortly for follow up a follow up meeting, and the ICU Website will provide information as discussed for stakeholders to access further ICU Medical information to assist with their efforts.

9. **Adjournment**