



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

September 29, 2025, 9:00 a.m.

Meeting Summary

Committee members in attendance:

Wally Walstrom, DO, Committee Chairperson
Heather Cole, LAT, ATC
Tara Harmon-Moore, BSN, RN, BA (School Nurse rep)
Emily Heronemus, DO
Kayla Johnson, MD
Jessica Koch (Coach rep)
Tim Lackey, DC
Ryan LaSota, MD
Mark Padfield, LAT, ATC
Caitlin Truhe, LAT, ATC

KSHSAA Staff in attendance:

Bill Faflick, KSHSAA Executive Director
Brent Unruh, KSHSAA Liaison to SMAC

The meeting was conducted in a virtual format.

Committee update

The committee received updates from KSHSAA staff on several items including the 2024-25 concussion reporting summary, the recently held Youth Sports Summit, an upcoming KSHSAA student summit, the 2025 Coaching School, and the upcoming NFHS sports medicine advisory committee meeting. Additionally, Traci Nigg, Wichita-Heights HS Athletic Director, joined the meeting to share updates on the Coach Beyond coaching education program.

Organization reports

KS School Nurses Organization (KSNO): Tara Harmon-Moore shared that schools are now permitted to stock epinephrine and albuterol.

KSHSAA Legislative Updates

The committee received an update on their recommendation to change the PPE date rule from on or after May 1 to on or after April 1. This proposal passed at the recent Board of Directors meeting and the rule change is effective immediately. Staff also shared some data from other states regarding PPE frequency.

The calendar modification proposals that will be reviewed at the upcoming regional meetings were shared with the committee. Some concern was expressed about beginning fall practices one week earlier and the impact that may have on both student and staff burnout.

The potential for additional moratoriums in the summer was also shared and the committee was supportive of this concept.

Burnout/Student Wellness Initiative

Brent shared updates on the Less is More campaign and some of the information that has been shared with schools this fall. Dr. Weese was a speaker on this topic at Coaching School in August, and Brent will be presenting on this topic at the KIAA fall workshop.



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Mental Health Emergency Action Plans

Caitlin Truhe shared resources that she has developed for mental health emergency action plans for the Blue Valley school district. The committee is supportive of developing resources for all member schools using some of this information as a template. Committee members also recommended checking with the KSDE to understand what resources and requirements are already in place through that organization. The group also recommends adding resources that address sports and activity reintegration after a mental health crisis.

Kansas Beef Council Partnership

Brent provided background on the new partnership between the KSHSAA and the Kansas Beef Council. The committee recognizes this is a good opportunity to promote healthy nutrition practices to all schools.

The topic of energy drinks was briefly discussed and the group believes more education in the schools would be beneficial.

Injury Data

Brent updated the committee on the role of the KSHSAA when a serious/catastrophic injury occurs and how it gets reported to the NFHS and the National Center for Catastrophic Sport Injury Research (NCCSIR). The committee also received information on the ongoing high school RIO injury surveillance study.

Environmental Safety

Committee members expressed an ongoing concern with the KSHSAA recommended heat policy not being followed for games. The group will continue to work on verbiage to clarify the need to delay or postpone contests when indicated by the WBGT.

The committee was asked to consider the current KSHSAA lightning policy and determine if updates are indicated. Overall, the group believes the policy is still accurate and effective.

Protective Headgear Statements

Currently the Association has two statements addressing additional protective headgear related to concussion protection/prevention. The group supports updating verbiage to better clarify which statement addresses non-helmeted sports and which applies to helmets. Staff will work on some options and bring back to the committee.

Topics From the Floor

A concern was noted that many football players are not wearing their knee pads correctly and it isn't being enforced by officials. This will be shared with the appropriate KSHSAA staff for their input.

The meeting was adjourned.

The next scheduled meeting is Monday, April 13, 2026.