

BLUE VALLEY SCHOOLS

Board Advisory Committee

Health and Wellbeing

MEETING MINUTES

November, 13, 2024 @ 4:30 pm

DO - High Plains Room

MEMBERS IN ATTENDANCE

Jan Kessinger, Sarah Cullor, Dawn Greer, Anna Custer-Singh, Jim McMullen, Sonya Evans, Becky Alfred, Colleen Cunningham, Renee Meares, Safa Qureshi, Aarushi Rai

WELCOME AND DISTRICT UPDATE

CHAMPIONS OF LEARNING INFORMATION STATS

TRAINER PARTNERSHIP WITH KU

Guest Speakers: Christy Grimes (KU Athletic Trainer), Molly Franko (KU Athletic Trainer), Dr. Dave Smith (KUMC Medical Director), Caitlin Truhe (KU Athletic Trainer).

The partnership between trainers and KU (University of Kansas) focuses on fostering community and providing comprehensive care for student-athletes. Trainers work closely with CAPS sports medicine students, offering mentorship and treating the whole athlete. To minimize disruption to students' schedules, they see athletes during lunchtime, ensuring they don't miss school.

Trainers collaborate with coaches to suggest preventative warm-up exercises for practices. The relationship between KU Medical Center (KUMC) and Blue Valley (BV) is strong, with a continuous effort to improve sports medicine programs. Johnson County EMS boasts the second-fastest emergency response time in the nation, and their strong relationship with trainers contributes to effective student care. Sports medicine physicians are present at high school football games and are skilled in concussion management. Additionally, there are several physical therapy centers available for athletes' needs.

ENERGY AND PERFORMANCE ENHANCERS AND OTHER RELATED TOPICS

Guest Speaker: Sara Arnold (KU Sports Nutrition Services)

Sports drinks and energy drinks are commonly used by youth athletes, but they serve different purposes. Sports drinks contain water, electrolytes, and carbohydrates to replenish energy and fluids lost during exercise. They help with hydration, prevent low blood sugar, delay fatigue, and reduce perceived exertion during extended activity. Energy drinks, on the other hand, contain stimulants like caffeine and taurine, and are marketed to boost energy and alertness.

Around 80% of youth athletes use sports supplements, with males primarily using them to improve performance and females more for general health. Coaches and the internet are key sources of information for supplement use. Despite some concerns about health risks, many athletes rely on coaches' guidance to determine safety.

Sports drinks are especially beneficial for activities lasting over an hour, replenishing fluids and sodium, and helping maintain energy levels. High sugar and sodium content in sports drinks are crucial for supporting prolonged activity and recovery.

NEXT MEETING

Next meeting will be held on January 8, 2025 at 4:30 pm. (Board Room)

The meeting adjourned at 6:00 pm.