



## HSC BOARD MEETING MINUTES

10/21/2013, 7:00-8:30 pm,  
CCWD 1331 Concord Ave

### Attendees:

- Ellen Lawrence
- Rosana Gastello
- Andrea Barrios
- Kim Ban
- Phil Arnold
- Chris Jordan
- Loren Irwin
- Chere Irwin
- Julie Hood
- Julio Borge
- Kristy Safarians
- Mike Navares
- John Scoles
- Cesar Chavez
- Brad w??
- John Tracy
- John Nakanishi
- Andrew Nash, MD

### 7-7:45 pm – Concussion Information

Presenting is Dr. Nash, 1 To 1 Pediatrics in Danville and [www.EastBayImpactCenter.com](http://www.EastBayImpactCenter.com):

- Information on concussions
  - Not all children w/ concussions have symptoms
  - Female athletes more prone to concussion than boys
  - Football is #1 highest risk sport, women's soccer is #2, men's soccer is #4
  - Once an athlete has a concussion, they have a five-fold risk of suffering another one (possibly because of a higher risk person, possibly genetic predisposition→ there are actually genetic markers)
  - A second concussion can result in serious consequences (cumulative neurologic damage; “second impact syndrome” which is a severe reaction to a second head injury that occurs before the first head injury heals)
  - Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head
  - Concussion typically results in the rapid onset of shortlived impairment of neurologic function that resolves spontaneously (avg resolves in 7-10 days, some don't)
  - A normal CT scan does NOT mean that you don't have a concussion
  - There are different symptoms, you don't necessarily have to be knocked out
  - Protocol:
    - Remove from game/practice activity
    - Sideline evaluation
      - ✓ Memory of event?
      - ✓ Orientation to time/place?
    - Assess need for urgent medical evaluation
  - Treatment for concussion
    - Rest
      - ✓ Cognitive rest (may need to modify school schedule)
      - ✓ No athletics, limited stimuli
    - Close observation
      - ✓ Vomiting (once ok, but by second vomit go to ER)
      - ✓ Check mental status
    - Check on frequently
      - ✓ Wake up during night
  - Symptoms
    - Headaches
    - Dizziness
    - Nausea
    - Visual disturbances
    - Photophobia (bothered by light)
    - Phonophobia (bothered by sound)

- Mental
  - ✓ Feeling in fog
  - ✓ Feeling slowed down
  - ✓ Unable to focus/stay on task
  - ✓ Memory problems
- Mood/affect
  - ✓ Irritability
  - ✓ Depression
  - ✓ Emotional liability
- Sleep
  - ✓ Difficulty falling asleep
  - ✓ Difficulty staying asleep
  - ✓ Sleeping extra, napping
- IMPACT testing
  - Immediate post-concussion assessment and cognitive testing
  - 25-30 minute test taken on a computer
  - Tests processing speed, memory and reflexes
- Training
- League Policy plan
  - Rosanna is volunteering to work with Dr. Nash's office to create a concussion plan
- Questions/Answers

## **8:00 pm – Board meeting continues in Ante-room**

### **1. Review minutes from last meeting (attached)**

### **2. Registration Updates: Budget is based on \$490K paid ~ Ellen**

- Aug Total Fees: \$489K, Collected \$367, Owed \$122 ~ 75%
- Fees Due by Aug 1: \$369K, Collected \$351, Owed \$18k ~ 95%      Fees behind Aug 1: \$15.5K
- Sept Total Fees: \$479K, Collected \$393.4, Owed \$85.7 ~ 82%
- Fees Due by Sept 1: \$381.6K, Collected \$370.3, Owed \$11.3k ~ 97%      Fees behind Sept 1: \$10.6K
- Oct Total Fees: \$475k, Collected XXX, Owed \$56K ~ 88%
- Fees Due by Oct 1: \$425k, Collected \$412k, Owed \$13k ~ 97%.      Fees behind Oct 1: \$

### **3. Feedback (attached) - Ellen**

### **4. Tournament Harvest Cup Update – Jon**

- We have 64 teams total, we are waiving fee for a couple of teams to fill the brackets
- We have field marshalls, will get a binder with instructions and ref envelopes
- Coaches were given the opportunity to have parents participate as field marshal (set up and run the field) to assist with working off financial aid.
- Profit for Harvest Cup goes to general fund and expenses are taken out of club income

### **5. DOC Update – Julio**

- Coach and player evaluations
  - Scheduled for November
  - By the time we have tryouts we will know the level of play that we have

### **6. Ref Update – Loren**

- Still need to fill slots for Harvest Cup
- Will take youth refs to AR
- Formal complaint re particular parent
  - The review board led by Phil will contact the coach, Rocky, to advise the parent that he must refrain from disruptive and abusive behavior or will be suspended from attending Heritage functions for one year

### **7. Fundraisers – Golf Tournament Update - Kristy**

- estimated profit of \$3400

**Next Board Meeting Nov 18, 2013 ~ Budget, planning 2014**