

MISSA Annual Meeting
Sunday, November 1, 2015 @ 7:30AM
Chicago Yacht Club – Monroe
Corrected Version 1/23/16

Meeting Called to Order 7:30AM.

Roll Call: Arrowhead, Beacon Academy, Benilde St Margaret, Brother Rice-III., Chanhassen, Detroit Country Day, East Grand Rapids, Edina, Evanston Township, Gibraltar, Grand Rapids Christian, Grosse Pointe North, Grosse Pointe South, Hinsdale Central, Hudson, Jones College prep, Kettle Moraine, Lake Forest High School, Lane Tech College Prep, Latin School of Chicago, Loyola Academy, Lyons Township, Mahtomedi, Minnetonka, Mounds View, New Trier, Oconomowoc, Orono, Providence Academy, Somerset, Southwest, Spring Lake, St. Ignatius College Prep, University of Chicago Lab, Visitation, Walter Payton College Prep, Washburn, Wayzata and White Bear.

President's Report: Frank Ustach

77 registered teams – more coming every week and in spring
MISSA teams have hosted and/or participated in 37 events this fall
15 different teams won regattas this fall
13 different host venues over the fall
7 OOD competitions from CT to Charleston to San Diego
Very financially healthy

With all this growth and success comes many challenges

- Pure number difficulties: communication
- Familiarity with systems in place
- Need for more resources and support
- More host venues/new host venues
- More teams trying to move on/qualifiers
- New systems and upgrading old systems – change
- More voices and responses
- District and distance growing/travel

With all these challenges and changes we need your help to be better and make the changes necessary to help our district continue to grow and succeed. We are open to suggestions on how to better stream line MISSA and ISSA's processes, but they have to come in the right form and through the right channels. That process is having discussions with parents and coaches at events and filtering those suggestions/concerns to your area Reps and VPs to discuss on your monthly area calls. You need to be a part of these calls and discussions b/c this is where the MISSA boards agendas come from and where we can enact change. Too often Sharon and I are fielding phone calls and emails complaining about venues, individuals and teams. If it is an egregious mistake/error, has to do with sailor's safety or the integrity of our sport than by all means please reach out, but if it is simply to complain, I would ask you to take a deep breath and hold your call or email until Tuesday. Take a look in the mirror between Sunday night and then and make sure you, your sailor, your team are perfect before you through allegations and complaints at others, especially those volunteering their time to run events as hosts, PROs and judges. The MISSA board has a 30k foot view and approach to our district health and growth, and need to consider what is best for the long term health of our district, not simply one team's agenda. With that said if you want something changed then be part of the process: host an event to see how difficult it can be, be an active part of your districts calls, and make formal proposals to area VPs or the MISSA board that you have thought out and discussed with others.

Thank you all for being part of this great and growing district and good luck with the remainder of the fall.

Treasurer's Report: Martha Kinzel

8:05 PM
10/28/15
Accrual Basis

**Midwest Interscholastic Sailing Association
Balance Sheet
As of October 28, 2015**

	<u>Oct 28, 15</u>
ASSETS	
Current Assets	
Checking/Savings	
J.P. Morgan Chase - Checking	20,538.00
Chase Savings	2,004.86
Total Checking/Savings	<u>22,542.86</u>
Total Current Assets	<u>22,542.86</u>
TOTAL ASSETS	<u><u>22,542.86</u></u>
LIABILITIES & EQUITY	
Equity	
Unrestricted Net Assets	17,517.21
Net Income	5,025.65
Total Equity	<u>22,542.86</u>
TOTAL LIABILITIES & EQUITY	<u><u>22,542.86</u></u>

8:04 PM
10/28/15
Accrual Basis

**Midwest Interscholastic Sailing Association
Profit & Loss
January 1 through November 1, 2015**

	<u>Jan 1 - Nov 1, 15</u>
Ordinary Income/Expense	
Income	
Program Income	
Membership Dues	
ISSA Portion of Membership	-7,055.00
Membership Dues - Other	12,080.00
Total Membership Dues	<u>5,025.00</u>
Total Program Income	<u>5,025.00</u>
Total Income	<u>5,025.00</u>
Net Ordinary Income	5,025.00
Other Income/Expense	
Other Income	
Interest Income	0.65
Total Other Income	<u>0.65</u>
Net Other Income	<u>0.65</u>
Net Income	<u><u>5,025.65</u></u>

ISSA Report: Sharon Murphy Garber attended the ISSA Annual Meeting at ODU on Friday October 30th. Items that were discussed that MISSA Should be aware of .

1. Report from US Sailing Position on Helmet use in the U.S.



US Sailing Sports Medicine Committee

US Sailing has been collecting and reviewing data and information on severe brain injuries in competitive and recreational sailing. Similar to modern American football and other sports at risk for impact to the head, this topic has been a growing concern for sailing that requires an educated approach. The routine use of helmets in sailing has been in question for years and now, due to the increasing frequency of such injuries, there has been a building movement to provide more education and resources on helmet use.

There are two subjective categories to consider regarding head injuries:



All sailors in the MIT Sailing program, including the varsity team, must wear helmets. Photo by Rob Migliaccio.

Traumatic Brain Injury is a more severe condition, beyond what would be considered a concussion. As a tragic example, Andrew “Bart” Simpson died of severe head and neck injuries in the wreckage of Team Artemis’ capsized 72-foot catamaran in May of 2013. Prior to that, the first America’s Cup training death was Martin Wizner, who was a Spanish sailor struck in the head by a piece of equipment that broke loose while sailing with the Spanish Challenge in Valencia, Spain in 1999 (1). The CCA Fleet Surgeon lists at least nine deaths in racing venues caused by blunt trauma to the head during accidental jibes (2). These and increasingly numerous other reports are reason enough to consider the usage of helmets in competitive racing programs for crew positions that are at risk for blows to the head. Helmet use for sailors who are new to the sport and do not yet have the awareness of the rigging and equipment should also be encouraged.

Concussion (or closed head injuries) diagnosis is on the rise and the identification and treatment is evolving. They are caused by changes in the brain (white matter) when the skull is suddenly rotated due to an acceleration/deceleration effect within the skull, and can occur in small boat and dinghy racing where aggressive jibing and tacking is taught and widely practiced. They can even occur from accidental and unexpected strikes to the head in calm cruising conditions.

Concussions in American football and boxing have been shown to be associated with delayed onset dementia, and the type of changes seen within the brain associated with symptoms of concussion are similar to the distribution of changes seen in brains of Alzheimer patients (3). The permanent damage resulting from one concussion is not known and cannot be assumed to be negligible. Concussions are being taken seriously in football, soccer, and hockey, and numerous other sports. They should be taken seriously in scholastic and collegiate sailing.



Take a [free online concussion training course](#) from the Centers for Disease Control and Prevention. This course is required of all coaches at US Sailing.

A word of caution now needs to be clear to all persons who consider using helmets while sailing. There is no data to confirm that helmets will prevent concussions. Helmets have been shown to reduce the incidence and severity of facial and skull fractures, contusions and lacerations, but not concussions. (4, 5) Concussions seem to occur more easily in pre-teen and teens. We also need to be aware that wearing a helmet makes the head a “larger” target and could possibly lead to more head strikes.

Therefore, it is the position of the Sports Medicine Committee of US Sailing that helmets should be considered and encouraged but not mandated for aggressive competitive sailing, crew positions at increased risk for strikes to the head, and sailors who are learning the sport and thus unfamiliar with the position and movement of rigging and equipment.

In the rare case that a concussion or head injury occurs, treatment thereof and the evaluation for a return to activity should be conducted by a trained specialist.

US Sailing strives to maintain the freedom of open competition and participation at all levels of the sport while making recommendations that follow the currently available data regarding safe practices. Awareness of injury risk prevention and general safety planning for all sailing events has been and will remain a priority for this organization. In the future, we will revise our recommendations as needed as the data evolves and distribute these to our members and the world of sailing in as timely a fashion as possible. Communication is paramount regarding collection of information in all sailing injuries and we will continue to improve our ability to communicate and collect this data through the assistance of our volunteers and partners.

References:

(1) – *Communiqué from Spanish Challenge to AmericaOne skipper Paul Cayard in Jan 1999.* (2) – *Fleet Surgeon's section, Cruising Club of America website* (3) – *Symptomatic white matter changes in mild traumatic brain injury resemble pathologic features of early Alzheimer dementia: Radiology, 2013, October, 269:249-257 Fakhran S, Yaeger K, Alhilali L* (4) – *Br J Sports Med. 2013 Jan;47(1):15-26. doi: 10.1136/bjsports-2012-091941. American Medical Society for Sports Medicine position statement: concussion in sport. Harmon KG1, Drezner JA, Gammons M, Guskiewicz KM, Halstead M, Herring SA, Kutcher JS, Pana A, Putukian M, Roberts WO.* (5) – *Neurosurgery. 2014 Oct;75 Suppl 4:S136-48. doi: 10.1227/NEU.0000000000000496. Current and future concepts in helmet and sports injury prevention. Hoshizaki TB1, Post A, Oeur RA, Brien SE.*

2. All other districts in ISSA are working on growth and monitoring the rules of ISSA High School sailing at all events.
3. New contract for Laser Performance was signed by ISSA. We have control over what boats are sailed at events unlike college.
4. ISSA is moving ahead with a registration system that would be directly attached to Tech Score. More information will be coming in the future.
5. I reported about the Proxy Forms we are using for our annual meeting and asked if any other district are using them. No other districts allow Proxy voting.

Discussion Items:

- a. **MISSA Bylaws and Procedural Rules.** No changes have been made to the Bylaws in the past year. If updates are made to Procedural Rules then an email will go out to all emails in the ISSA/MISSA Database for when they go into effect. It is the team's responsibility and all sailors to have knowledge of the rules.
- b. **Registration and Participation** all teams must be registered, Dues paid and teams updated in order to be considered eligible for sailing at any events! Do not wait until two days before an event to register. All teams must have a Parent Team representative on the registration for each team. The primary administrator for each team should not be a coach or program director, but a parent or school advisor. The Coaches should be under the other contacts. It is clear NOW that this is not the case currently, but too late to change before this meeting. The point of the rule was so that one coach was not the primary admin for 5+ teams and then information was not being distributed to parents/advisors. The information needs to be distributed evenly and to someone outside of the coaching position, so that parents can give input into what they think is best for the team their children are on or program they are involved with.
- c. This is an ISSA Rule that has been in effect for the last 4 years.

Sharon Murphy Garber and Lynn Frikker will put together a 1 sheet explanation about how to register a team including tech Score.

- d. **MISSA Dues & Regatta Costs.** Franks discussed how important it is to keep regatta costs down. The lower the cost the more we can get teams sailing on the water. He suggested no food be served at regattas to keep the cost lower. Noting that some venues do not allow for outside food so those we have to keep the same. We are the only districts in all of ISSA that provides food at regattas. Some voiced that it is a mid-western thing to serve food. But since there are so many issues with allergies for kids it is recommended to not serve food at events.

We have teams asking about where the dues go they are paying.

85.00 goes to ISSA and we keep 75.00 with MISSA. MISSA has used the money in the past to buy 24 sets of MISSA sails and jibs. We have used money to make repairs for the sails etc. We buy the awards for the MISSA Cressy, Mallory and Baker Qualifiers. The board has committed to help any venue hosting an ISSA National Regatta. Amount to be determined. Hiring of race mgmt. coordinator for Tier 1 events within MISSA - Frank will approach John Strassman. We also have money to send one board member to the ISSA Annual Meeting to represent MISSA.

From ISSA our dues pay for:

- It funds an office so people can call and ask questions about high school sailing from starting a team to register for the nationals. There are three people in that office who can assist with team registration each fall, troubleshoot problems, work with new teams to gain approval from their school, and assist regatta hosts each weekend.
- It covers the maintenance and upkeep of the website so districts can keep teams informed of race schedules, rules, district leadership, regatta hosting help, news, and media.
- It covers a live online scoring program so results can be shown in real time and family members can keep track of their sailor's results at anytime from anywhere in the world. This program can be used on a device with an internet connect instead of being tied to a laptop printing results after each race.
- It covers the printing of the ISSA Procedural Rule book which is sent to each team annually, coaches handbooks, and promotional material that can go to school administrators and new program starters.
- It covers insurance for board members, volunteers and host venues.
- It covers trophies at the national championship regattas.

The annual reports (http://www.hssailing.org/documents/2015issa_annual_report.pdf) show how the money is used. You can also view all the Board meeting minutes on the website: <http://hssailing.org/resources/board-meeting> including the Annual Meeting minutes which typically have the Treasurer's report & financials.

Sharon will be posting something on the MISSA website with this explanation once ISSA sends a formal document.

- d. Tech Score:** All are using Tech Score and the teams and parents all love that they can see online what is happening at events.
- e. MISSA Dues per team for 2016-17 academic year,** which begins in late August, will be **\$125.00 = 85.00 for ISSA and 40.00 for MISSA.** New teams only get a discounted rate for 1 year. Teams are expected to use the year to build the team. Any team competing in a Tier 1 event must pay full dues.
- f. Mixed Teams** in MISSA can only compete in Tier 3 events and are not eligible for rankings. ISSA discussed this at their Annual Meeting. The standard answer that the group reaffirmed is that there are no combined teams. The combination needed to be more than one school providing cheerleaders for the other school's football team. Each school should be handled on a case-by-case basis and requires a study to receive an answer. There is also no "grandfathering" of a team. They should be reviewed annually. Refer to ISSA Meeting Minutes on the ISSA website.

g. **MISSA Rankings** were discussed and it was emphasized that the rankings are not to be over used in importance or meaning. No mixed teams will be used in rankings. We are working with ISSA to get the website link to work for posting them on the MISSA site.

h. Area Monthly meeting calls are very important to all the teams. Each team should have at least one representative on the calls. This is where all the issues of MISSA and your area should be discussed. The Area VP's set the area calls and time. Please contact your area VP to get the schedule. When your team does not attend the calls you miss out on important information you need from MISSA and ISSA.

East: Lynn Frikker mfrikker@comcast.net

Central: Zac Hernandez zac19austin@yahoo.com

West: Nick Hovland nhovland3@gmail.com

Corrected Minutes Section

i. **Out of District events** – Central Proposal – Once a school has accepted a birth to an Out-of-District Regatta, they may not qualify or accept births to a similar Out-of-District Regatta in that season, unless no other team is interested. Ex: Lawrence A White Regatta (Fleet), ACC (Fleet), SAISA Intersectional (Fleet) or any new Out-of-District Regatta (Fleet) are all similar regattas. The PCISA Invite is not a similar regatta. This was discussed and the proposal was passed by a vote of the membership.

j. Central Proposal: for Great Oaks Qualifier was discussed and decided not to proceed with a vote since there was not a need to make any changes at this time.

End of Corrections

2016 Schedule- Tentative, except for spring area qualifiers and district championships.

a. Voting- If needed

i. **MISSA Cressy East Area and Great Lakes** Bids for 2016 Cressy and Great Lakes will be accepted up until Dec 1 @ 5pm and an electronic vote/survey will be sent out to the district, the results will be sent out by 12/20/15.

ii. **Great Oaks 2016** Lake Forest or Wayzata/ Minnetonka. Vote was taken and 29 yes and 4 no's for Wayzata/ Minnetonka to host.

1. Central Proposal

b. **National Invitational Team Race** host is needed for May 28-29 2016. Matt Thompson from Wayzata is hosting for MISSA. Sharon is sending him the NOR and SI's from last years event.

c. **Fall Schedule** – Out of District qualifiers are not set, MISSA board will finalize

New Business

a. Qualifiers- Closed per area all around.

Open Forum

a) A reminder that a MISSA rep **MUST BE** (per our MISSA supplemental rules) designated by the host at every event regardless of Tier at the competitors meeting on the first day to serve as a liaison for the coaches/parents to the host/PRO/judges/umpires.

- b) Tier 1 & 2 regattas must have an impartial (cannot have a sailor/relative on a team involved in the event) US Sailing certified judge. This is a requirement to host this level of competition. If you need help finding one, please check the US Sailing website at <http://www.ussailing.org/race-officials/find-a-race-official/>, where you can look up local certified PROs, Judges and Umpires. We will have a financial stipend (amount still TBD) for our Tier 1 events to help in acquiring PROs/Judges/Umpires.

Meeting Adjourned at 9:11am.

Submitted by
Sharon Murphy Garber