



**Minnesota State High School League  
REPRESENTATIVE ASSEMBLY MEETING  
DoubleTree, Brooklyn Center, MN  
Monday, May 14, 2018  
Beginning at 9:00 a.m.**

**AGENDA**

1. **Call to Order** Dave Swanberg, President, Board of Directors  
Regions 1—2A, LeSueur-Henderson
2. **Opening Announcements** Dave Swanberg
3. **MSHSL Treasurer's Report** Wade Johnson, Treasurer, Board of Directors  
MASSP, Rothsay
4. **Annual President's Report** Dave Swanberg
5. **MSHSL Update** Erich Martens, Executive Director
6. **Comments regarding Representative Assembly Amendment from the Floor**
7. **Assembly Members' Discussion of the Proposed Amendment**
8. **Roll Call**
9. **Approval of Minutes of the May 15, 2017 Representative Assembly Meeting**
10. **Voting on Proposed Amendment**
11. **Any Other Business**
12. **Adjournment**

## REVISED – BASEBALL BYLAW AMENDMENT PROPOSAL

### 1. SEASON BEGINS

~~Thirteen~~ Fourteenth Monday preceding the finals of the State Tournament.

### 2. PRACTICE SESSIONS BEFORE FIRST CONTEST

**Cross Reference: Bylaw 411.10 (Schedule of Contests)**

A five-day organized conditioning program and **may precede** the two weeks of organized practice that is required prior to the first contest. ~~The first~~ **extra** five days of practice are for conditioning arms and for overall physical conditioning and will be conducted using only baseballs, gloves, and catcher's equipment. Strength training and aerobic conditioning equipment may also be used.

#### Rationale:

- Safety of the athletes is at the forefront of this request.
- Pre-season Preparation – a chance to have programs get their athletes on a throwing program including a physical therapy component.
- Throwing programs outlined by medical professionals are at least three weeks in length. Two weeks of practice is not enough time to get pitchers ready to throw in game situations.
- Players have potentially been going to camps and indoor facilities to try to get into throwing shape in the past, this will allow players to get in shape under the watchful supervision of our coaches.
- Pitchers now will be on pitch counts and face mandatory days of rest, so programs will need to develop more pitchers. The extra week will allow time to prepare more players to be pitchers.
- Proper conditioning will help prevent overuse injuries. Years of research has shown that overuse is the number one cause of arm injuries among youth participants.
- Proper arm care in youth and adolescent players is very important in maintaining long term health of the players.
- Baseball programs can work on throwing and conditioning only, no bats/hitting.