The Connecticut State Medical Society’s Committee on the Medical Aspects of Sports continued to work with sports organizations in Connecticut including the Connecticut Interscholastic Athletic Conference (CIAC) to maintain and improve the health and safety of student-athletes in the state. The committee held formalized quarterly meetings this year in addition to numerous conference calls and subcommittee meetings in order to accomplish its goal with the committee purpose being: “...to plan continuing education programs in the field of sports activities, to maintain liaison with sports governing boards in Connecticut, to foster the development of the team physician concept and seek to interest more physicians in such a concept, to act as medical consultants to the CIAC, and to serve as the editorial board of the Society’s publication Connecticut Sportsmed.”

The committee and individual members worked with state organizations including the Departments of Education and Health to refine and further define the specifics and logistics of implementation of two bills passed in 2014 regarding Sudden Cardiac Death and Concussions. The increased strain on the individual schools, especially the smaller schools and school systems, was clearly expressed by those schools. The committee worked with the CIAC and the schools to help the implementation in the smoothest and easiest way possible. In addition, several of the committee members worked on the updating and expansion of the Concussion and Head Injury teaching instructional course offered through the CAS-CIAC Coaching Education program. Committee members were also asked to serve on a task force set up by the Legislative Committee of Children to look into a way to extend Connecticut’s high school concussion and head injury program into the youth sports programs across the state. This will no doubt evolve into an important aspect of the committee’s work in the coming year(s).

The committee worked with the editor of Connecticut Medicine to publish the 3rd bi-annual Special Edition dedicated to Sports Medicine in March 2015. Several articles have been cited and used by medical providers across the nation already at this point demonstrating the quality and position of the committee and Connecticut as being at the forefront of sports medicine across the nation. This edition, in addition to the production of the SportsMed Newsletter, allows the concerns that face athletes in the state to be addressed and distributed.

Respectfully submitted,
Carl W Nissen, M.D., Chairman