

SMAC Meeting – July 16, 2026 – 4:00 PM CDT

Members present: Dawn Mattern, Erin Haugen, Ben Noonan, Tabitha Muncy, Justin Fletschock

1. National Guard practice regulation waiver
 - a. People have asked to waive more than 3 practices of the 9 required pre-participation practices
 - b. Would like SMAC opinion
 - c. From SMAC - Unanimously support keeping the same rules as we have, do not allow a waiver of anymore practices.
2. Minnesota wrestling descent plan – Some ND coaches have inquired if ND could do the same. Doesn't seem safe.
 - a. Discussion on allowing athletes to certify or reach their minimum weight class at any point during the season, regardless of whether it precedes the safe weight-loss timelines calculated by the Optimal Performance Calculator (OPC).
 - i. **Background:** It is our understanding that Minnesota currently permits wrestling athletes to compete at their minimum weight class at any time during the season, bypassing the standard incremental timeline restrictions generated by the OPC program. We would like to explore this policy as a point of discussion.
 - b. From SMAC - Unanimously against as it could be potentially dangerous as it would allow rapid cutting of weight
3. Baseball - Switching back to innings over pitch counts
 - a. From SMAC - Not in favor. Pitches a more accurate measure over innings.
4. Baseball - Double first base – need/want
 - a. From SMAC – Fine with either as both seem safe (larger base vs double first base), think it's a good idea
5. Football – New Preventing EHS in High School FB Lineman Guide
 - a. Attached and will be shared with schools
 - b. More guidance from NFHS SMAC could be coming concerning individual drills, etc
6. New Physical Forms come out in November
 - a. SMAC will meet again to discuss any possible changes.