



Tackett, Julian <jtackett@khsaa.org>

Fwd: proposal for extension of Soccer regular season

1 message

Collins, Chad <ccollins@khsaa.org>
 To: Julian Tackett <jtackett@khsaa.org>

Fri, Dec 20, 2024 at 11:10 AM

I just wanted to share this email from Andy Donahue (Owensboro Catholic Girls Coach). Not sure this will resonate with the current thoughts on soccer. However, I did want to share. Obviously, the dead period alteration will absolutely not fit within the current approach and I am not aware of any RIO data or otherwise that would support this.

Thanks,

Chad W. Collins

Chad W. Collins
 General Counsel
 Primary Contact for Soccer and Soccer Rules Interpreter
 Primary Contact for Archery
 Secondary Contact for Softball
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----- Forwarded message -----

From: **Andy Donohoe** <Andy.Donohoe@owensborocatholic.org>
 Date: Tue, Nov 12, 2024 at 9:44 AM
 Subject: RE: proposal for extension of Soccer regular season
 To: Collins, Chad <ccollins@khsaa.org>

Chad,

Hope you are doing well. Here is a rough idea on the proposals I was suggesting. The language of the dates would have to be cleaned up and likely altered each year to match the calendar changes but I put something in there as a 'placeholder' so to speak. As for the dead period change, I will bow to the science behind it if it supports the current dead period dates but it seems counter intuitive to do nothing for two weeks and then start preseason.

If you free to chat about it and where to take this next, id be happy to chat. I have planning periods each day in school and can work around a time that suits you.

Best Regards

Andy

Proposal 1

Extension of the Kentucky HS soccer season from current 54-day length to 66 day length. With the current 21 game maximum schedule, this will increase the time between games from 2.57 days to 3.14 days. This decrease in the demand of the athlete will increase rest/recovery time and potential for decrease of injury rates in athletes.

Games beginning the Monday of the 2nd week of Aug and completed no later than the Wednesday of 2nd full week of October with District games to be started the Thursday of the 2nd full week of October and to be completed by the following Wednesday. Regional play begins the Thursday of the 3rd full week of Oct. State play concludes the final 2 weeks with the final on the Saturday 2 weeks after.

These changes may also benefit the game load on referees by increasing the number of days the same amount of games can be played on. This flexibility may allow for greater coverage of games.

Proposal 2

Changes to the current dead period dates. Taking 2 weeks off prior to beginning of preseason seems counter-intuitive to heat acclimation and injury prevention programs. Moving the dead period to June 1-14th with mandatory practice date remaining on July 15th provides practitioners with 30 days to plan incremental heat acclimation and injury prevention programs for the players. Rules limiting how much practice is allowed would need to be strictly explained and enforced. For example, limit to three 1hr windows per week in the lead up to the July 15th start date.

From: Collins, Chad <ccollins@khsaa.org>
Sent: Wednesday, October 23, 2024 3:28 PM
To: Andy Donohoe <Andy.Donohoe@owensborocatholic.org>
Subject: Re: proposal for extension of Soccer regular season

Let's do this. I am covered up insanely with the postseason right now. I think this was well thought out and I do not want to do a disservice to your efforts. I am not sure how this will go, but please resend this to me next month, and let's spend some time on it. I can try to get the RIO data from the NFHS as it relates to injuries and see how that fits.

I am also curious if NCAA puts any restrictions on this. I do not think they do, but while I am very aware of the playing rules for NCAA, this might be more administrative and not on my radar. We can then see what we have and you would need to then consider going to a BOC Member or your AD to have a bylaw proposal made. If this looks promising, you would want to have it proposed by May 1 to be considered in September 2025. No matter, this would not be something that could be changed for a couple of years.

Does this sound ok?

Chad W. Collins

Chad W. Collins

General Counsel

Primary Contact for Soccer and Soccer Rules Interpreter

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On Wed, Oct 23, 2024 at 4:04 PM Andy Donohoe <Andy.Donohoe@owensborocatholic.org> wrote:

I have not. I discussed it informally with our assistant AD, more so asking if he knew the process for a proposal (he didnt) so I figured I'd send it to you and see what the steps would be

Regards

Andy

Sent via the Samsung Galaxy S24, an AT&T 5G smartphone

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From: Collins, Chad <ccollins@khsaa.org>
Sent: Wednesday, October 23, 2024 2:57:36 PM
To: Andy Donohoe <Andy.Donohoe@owensborocatholic.org>
Subject: Re: proposal for extension of Soccer regular season

Have you discussed this with your Principal/AD or a BOC Member?

Chad W. Collins

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General Counsel

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On Wed, Oct 23, 2024 at 3:39 PM Andy Donohoe <Andy.Donohoe@owensborocatholic.org> wrote:

Chad,

I'm writing to you to request some information about the length of the regular soccer season in Kentucky. I have some calculations below from the past few seasons. Could you inform me of why the soccer season is 54 days in length? Is there some reasoning behind it? Allowance for weather?

Does the KHSAA compile data for injuries for soccer throughout a season? In particular serious injuries like ACL, MCL etc.? I know when we do the safety videos at the start of the season they are often cited.

Maximum allowance of regular season games of 21 games.

2022 Aug 8 – Sept 30th total of 54 days. This equates to a game every 2.5 days

2023 Aug 7-Sept 29th total of 54 days. This equates to a game every 2.5 days

2024 Aug 12th – Oct 4th total of 54 days. This equates to a game every 2.5 days

With the average HS male player running 4-7miles per game, with 500-900 yards of high intensity sprints. Over the course of a 21-game season that is 84-147 miles, and 10500-18900ynds of high intensity sprints. I have additional statistics from our own team if needed for some reason.

How would we make a proposal for a change to the soccer season length, dates etc.? This would be looked on injury prevention for athletes.

My proposal would be 2-fold

1. to flip the dead period to a **3-week** period beginning **June 1-June 21** with no mandatory practice until **July 15**. Voluntary practices from **June 22-July 14th** **cannot last more than 1hr or total more than 3hrs per week per athlete**. It would be interesting to see the statistics of the covid year when there was a variation to the dead period and the season didn't start until late in August. Was the injury rate lower or higher than a typical year with the current dead period dates. This would give a build up period to the July 15th period that would allow for greater stair step approach to building strength and conditioning. Currently we may start this for a number of weeks but then have a 2-week dead period prior to us having 4 days of possible voluntary practice. This does not allow for adequate acclimation period and puts athletes are potential risk for injury and heat related issues. Switching to the proposed dead period of June 1-21 would allow for 29 possible days to use (within the 1hr per session/3hr max per week) for heat acclimation training, strength and conditioning.
2. Increase the length of the soccer season to a minimum of 64 days. The option would be to start a week earlier and run a week longer (only realistically possible with a change to the dead period dates); or run the regular season two weeks longer from the current start date approx. Aug 11th (2025 first game start date). Final regular season game under this proposal would be Oct 17th 2025. A 64-day season with a maximum of the current 21 game season would allow for an average of 3 days between games. Increasing recovery time and training days for student athletes. Decreasing potential load on the student-athlete has the potential to reduce injury rates amongst the student-athletes.