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The Massachusetts Interscholastic Athletic Association (MIAA) Sports Medicine Committee is made up of physicians, athletic trainers, chiropractors, dentists, coaches and administrators. We serve as an advisory board setting standards for the health and safety of student athletes in member schools across Massachusetts.

We are in agreement with and in full support of the 2014 American Academy of Pediatrics policy statement for later high school start times. We have read the research regarding improved mental and physical health for all students who get adequate sleep with later school start times.

Student-athletes in these schools are more likely to perform better which can lead to reduced incidence of injury; therefore, less time away from class. Importantly, later school start times have not appeared to result in decreased participation or competitiveness of school athletic teams in districts who have proactively made this change.

The MIAA Sports Medical Committee supports education reform to include changes to later start times for high schools across our state.

Respectfully,



Alan Ashare, MD  
Chairman, MIAA  
Sports Medicine Committee