

Mary Lloyd Ireland, M.D.

Brief Biographical Sketch

Mary Lloyd Ireland is an Orthopaedic Surgeon and President of Kentucky Sports Medicine Clinic in Lexington, Kentucky. Dr. Ireland received her Medical Degree from the University of Tennessee. Her residency was at the University of California, Irvine and her fellowships in Sports Medicine were at Boston Children's Hospital, Harvard University, Boston, Massachusetts and Hughston Orthopaedic Clinic, Columbus, Georgia.

Dr. Ireland served as Team Physician for ECU from 1988 to January 2006, Team Physician for the University of Kentucky from 1985 to 1996. She served as Medical Coordinator and Head Physician for the Bluegrass State Games from 1985 to 1996.

She served as Head Physician at the Olympic Sports Festival in Minneapolis, Minnesota in 1990 and as a Medical Staff Member at the Olympics in Barcelona, Spain in 1992. Dr. Ireland serves on the editorial board for numerous journals including the American Journal of Sports Medicine, Journal of Athletic Training, Journal of Sport Rehabilitation and The Physician and Sportsmedicine.

She is a fellow of the American Academy of Orthopaedic Surgeons and American College of Sports Medicine. She is a member of the American Orthopaedic Society for Sports Medicine, Ruth Jackson Orthopaedic Society and an affiliate member of the National Athletic Trainers Association.

Dr. Ireland has served on the Kentucky Medical Association's Committee on School Health, Physical Education, and Medical Aspect of Sports from 1987 to the present and also has served on the Kentucky State Advisory Council on Athletic Trainers from 1992 until the present.

Dr. Ireland has published numerous articles and chapters. She is co-editor of The Female Athlete (Saunders 2002) and editor of the AAOS Instructional Course Lectures - Sports Medicine, published (2005). She is involved in numerous endeavors regarding gender differences, injury patterns, treatment and prevention of injuries of the knee and shoulder.

Dr. Ireland was named Southeast Athletic Trainer's Association (SEATA) Sports Medicine Person of the Year in 1997 and was the recipient of President's Challenge Award for National Athletic Trainer's Association (NATA) in 1998.

Dr. Ireland is a member of many professional societies and participates in various capacities on a regular basis.

Her professional society memberships include:

- American Academy of Orthopaedic Surgeons
- American College of Sports Medicine, Fellow
- American Medical Women's Association
- American Orthopaedic Association

- American Orthopaedic Society for Sports Medicine
- American Medical Association
- ACL Study Group
- Arthroscopy Association of North America
- Fayette County Medical Association
- Forum
- Herodicus Society
- The Hughston Society
- Kentucky Medical Association
- National Athletic Trainers' Association, Inc.
- The Orthopaedic Guild
- Ruth Jackson Orthopaedic Society
- Southern Medical Association
- Southern Orthopaedic Association
- U.S. Olympic Sports Medicine Society

Editorial Board/Reviewer

- Journal of Sport Rehabilitation,
- American Journal of Sports Medicine
- Journal of Athletic Training
- Medicine and Science in Sports and Exercise
- British Journal of Sports Medicine
- Sports Medicine
- ACSM Current Sports Medicine Reports
- Journal of Bone and Joint Surgery
- Journal of the American Academy of Orthopaedic Surgeons

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October 31, 2008

Dr. Steve R. Parker
Department of Kinesiology and Health Promotion
201 Seaton Center
University of Kentucky
Lexington, Kentucky 40506-0219

Ms. Marilyn Mitchell
Kentucky High School Athletic Association
2280 Executive Drive
Lexington, Kentucky 40505

Dear Ms. Mitchell:

It gives me great pleasure to recommend Dr. Mary Lloyd Ireland be inducted into the Dawahares Kentucky High School Athletic Association Hall of Fame. Dr. Ireland was my team physician when I was the Athletics Director and Head Football Coach at Bryan Station High School.

Dr. Ireland became one of the most well known and respected Sports Medicine physicians in the country at Kentucky Sports Medicine Clinic in Lexington, Kentucky. Actually she was the founder of the Kentucky Sports Medicine Clinic. In the mid-1980s Dr. Ireland along with her colleagues Dr. Mike Ray, Lori Vancza, and Jim Cosgrove started a Sport Medicine pilot program at Bryan Station High School. In the first year of the program she successfully planned and implemented a physical examination program for all middle school and high school athletes in Fayette County. The money the athletes paid for the physical examinations was given back to their perspective schools to buy athletic training equipment. Dr. Ireland's pilot program at Bryan Station High School was so successful the first year the Fayette County Board of Education adopted the program countywide. Dr. Ireland's commitment to the health and welfare of the high school student-athlete should not go unnoticed. She has been a pioneer in high school athletics in my ways and continues to dedicate her life to make sport participation safer. I highly recommend her without reservations to be inducted into the Dawahares Kentucky High School Athletic Association Hall of Fame.

Thank you very much for considering Dr. Ireland's induction into the Dawahares Kentucky High School Athletic Association Hall of Fame. If you need further information, please contact me at 859-257-7904 or e-mail me at spark01@uky.edu.

Sincerely

Steve R. Parker, Ed. D.
Assistant Chair

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July 2, 2008

Commissioner Brigid Devries
KHSAA Hall of Fame
Lexington, KY

Dear Commissioner Devries

I am writing in support of the recognition of Dr. Mary Lloyd Ireland M.D. who is a 1970 graduate of Sayre School, a superb athlete, and a close personal friend. As an introduction allow me to comment that I have been employed by the school since 1963. In my years at Sayre, I have coached a number of sports (cross country, swimming, track, and Middle School football and basketball), taught history (American and Russian), served as the Director of the Upper School, and worked as the college counselor. I am currently the Director of Alumni Affairs. Since I have been associated with the Sayre for so long, I am the only person who has a clear memory of past students, the history of the school, and, of course, Mary Lloyd. Among other things, I taught her in American and Russian history.

Several months ago, I was contacted by Mr. Richard Ford asking if there were any records at school reflecting the athletic activities of the period 1965 to 1970. After a diligent search, I am sorry to write that there are no records of either boy's or girl's sports in that era. This is especially true of girl's varsity sports. Girls at Sayre in that era participated in field hockey, basketball, track, tennis, and swimming, but none of the records of their achievements survives, especially in basketball. During those years, there were no tournaments on the district, regional, or state level for girl's varsity basketball or field hockey. I can attest that Dr. Ireland is the most successful, all round athlete to graduate from the school in any era. As a student, she played every sport (except tennis) available to girls. In basketball, Dr. Ireland played on the varsity team from the eighth grade to the twelfth grade and easily averaged 20 points per game. Usually, her point total was higher. This standard of play reflected her competitive spirit and talented ability as an athlete. Girl's varsity teams of that era usually played about twelve games per season, and Lloyd was the best player on all of the teams. In swimming, which became her primary sport, she was only allowed to swim in two individual events per year. For four years, she set state records for each race in which she chose to participate. The races covered all four strokes and different distances. I have all of her gold state swimming medals at school on display. In addition, in the early fall, she played on the varsity field hockey team, where she was center forward (I have pictures of this activity). In the spring, she ran track as a middle distance runner. She accomplished all of this while maintaining a very high GPA and a warm personality that was always willing to lend a hand to younger athletes. I might also comment that she was the first girl athlete who used our conditioning weight room, a place usually dominated by the boy's football teams. She was not into "power lifting" but used it as a conditioning activity.

In conclusion, let me add that Dr. Ireland was the first person to be inducted into the Sayre Athletic Hall of Fame established in 1996. Nearly all of the people in that place of honor won athletic recognition while at Sayre during their tenure, and most went on to win honors at the collegiate and national level.

I hope that this note is useful in your recognition of Dr. Ireland, and I would appreciate being kept informed of your progress on this matter.

Yours truly,

Tom Grunwald

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