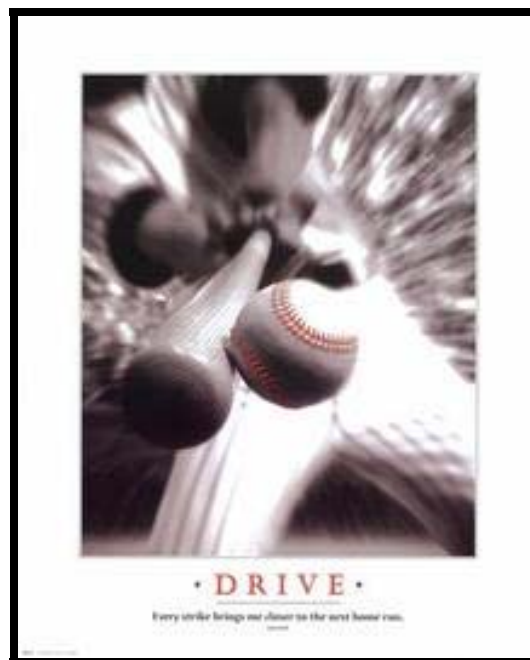


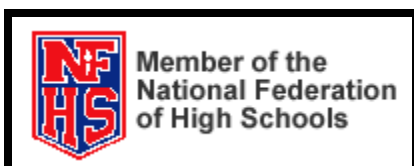
# RI Interscholastic League

**April 2005**

## **Monthly Bulletin**



**" Aim for the stars and if you miss,  
accept the sky."**



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# Rhode Island Interscholastic League

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**FROM THE DESK OF THE EXECUTIVE  
DIRECTOR.....**



**W**e've crowned champions in our fall and winter sports and the spring season is underway. As always, I marvel at the many great opportunities that so many students have to gain and the memorable experiences that they will have through their participation in high school athletic programs.

The focus seems to be on the teams and individuals who run championships and have great seasons, but I know that all of the students participating had positive experiences – even if they or their team did not have what they would consider successful seasons.

The focus on winning is real – whether we like it or not – and certainly there are reasons for striving to win. In the end, however, the higher level of participation will lead to the success that we strive to achieve, both for the individual and for the team. We should all emphasize participation and let the winning take care of itself.

Lets all do what is truly good for kids. Lets do what we can to provide opportunities for as many kids as possible, for as long as possible. Students, coaches, parents and the community will all reap the benefits.

**R**eminders:

1. The New *RIIL Assumption of Risk Form* must be submitted for all student-athletes beginning August 1, 2005. The old form will no longer be accepted beyond August 1, 2005. The student-athlete will be declared ineligible if this new form is not submitted.
2. Regarding the use of *School Equipment* during the summer for football camps, schools are reminded to secure the following:
  - *Certificate of Liability Insurance* covering the players at the camp
  - Include the name of the camp
  - Acknowledge the fact that student-athletes are using School Department equipment
  - Name – RIIL as additional insured
  - If there is no Certificate of Insurance, schools will break the rule if they use school equipment.
3. *Summer Sports Camps/Clinics*  
Schools or sport teams cannot sponsor or promote summer sports camps/clinics that are available to potential students.

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**Rhode Island Interscholastic League  
High School Athletic  
Hall of Fame  
Class of 2005  
Wednesday, May 4, 2005  
Quidnessett Country Club  
North Kingstown, RI**

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*Student Spotlight*  
*Student Spotlight*

***Monique Van Balen***  
**Middletown High School Swimming**

Monique is currently a 9<sup>th</sup> grade student at MHS and comes from Sydney, Australia. As an honor student taking all college preparatory classes and an avid member of the high school band, Monique also excels in athletics. Monique holds the Middletown High School swimming records in the following events: 200 Freestyle, 200 Individual Medley, 50 Freestyle, 100 Butterfly, 100 Freestyle, 500 Freestyle, and 100 Backstroke.

At the Bay View Invitational, Monique was given the Outstanding Freshman Swimmer Award. Monique was a member of the 7<sup>th</sup> place 200 Medley Relay (opening backstroke leg) and the 11<sup>th</sup> place 400 Freestyle Relay (anchor leg) teams. She earned a 2<sup>nd</sup> place in the 200 Individual Medley and a first place finish in the 100 Backstroke.

Monique was not beaten in a dual meet in any individual event. At the Division II Championship meet, Monique won the 200 Individual Medley and the 100 Backstroke. She also swam the opening backstroke leg of the 4<sup>th</sup> place 200 Medley Relay and the opening leg of the 400 Freestyle Relay.

At the State Championship meet, Monique swam the opening backstroke leg in the 200 Medley Relay (9<sup>th</sup> place) and the opening leg of the 400 Freestyle Relay (11<sup>th</sup> place). She swam to a first place finish in both the 200 Freestyle and the 100 Freestyle. Monique broke the state records in both events. Monique has been named to the All State and All Division Swim Teams in both the 200 and 100 Freestyle as chosen by the Coaches Association.

While Monique has already made a name for herself as a standout student athlete, she strives to better everyday. When she was asked what her goals are for her future she responded; To maintain a consistent level of training, to continue to develop her swimming technique, compete in the Australian Olympic Trials in 2008 in the 200 meter Freestyle and 100 meter Freestyle, win a medal at a National level competition, and to continue to enjoy the sport.

The RIIL looks forward to seeing more from this young lady in the next three years and we wish her all the luck in the future!



## Tephanie Malone Davies Vocational High School

If you could describe someone who is not only a well rounded student but a terrific athlete and responsible adult, you would have to describe Tephanie Malone. Tephanie, a junior at Davies Vocational High School and a standout basketball player, has gone through more than a lot this year. As a talented player of her basketball team Tephanie also had to take on the responsibility of caring for her sister while she suffered from Leukemia. Tephanie not only continued to work hard on the court during this tough time, but also excelled in the classroom.

Unfortunately on December 30, 2004 Tephanie lost her sister to this horrible disease. However, she took the pain and heartache from this loss and worked harder in practice and in games, becoming a leader for her basketball team and school. Just recently Tephanie received an award for the Most Courageous Player at her high school. An award that goes hand and hand with the level of hard work, responsibility and leadership Tephanie has in many aspects of her life.

The RIIL would like to first congratulate Tephanie for all her hard work and dedication, and wish her the best of luck in the future.

*\*If you know an athlete who you feel has exemplified good sportsmanship, outstanding academic achievement, or any other noteworthy accomplishment and would like to have them recognized, please e-mail the RIIL at [info@riil.org](mailto:info@riil.org)*

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### Student Response to a Question.....



#### How has being involved in high school sports made a difference in your life?

**AMANDA VALENTINE**, a sophomore student at West Warwick High School, responded by saying that while playing basketball and volleyball, she finds it harder to keep up with school work, but her sports give her the incentive to maintain a B/A average range in order to remain on the teams. Playing high school sports has also given her “something to do”, allowed her to meet others, become more social as a person and more confident and taught her to prioritize. She said she is required to do her schoolwork before playing sports. Amanda is also a member of the Spanish Club.

**KEZIAH KASHOUH**, a sophomore student at West Warwick High School, said that playing volleyball for West Warwick High School has helped her keep her grades up in order to stay on the team. Keziah says she has fun, makes friends, specifically different kinds of friends “not ones I would normally choose because I am randomly thrown in with strangers who I might not have chosen as friends otherwise.” On a scale of 1-10, Keziah rates high school sports as having made a difference in her life as a 6.

**MIKAELA JORDON**, a sophomore at West Warwick High School replied that being involved in high school sports demands that she must maintain good grades in order to stay academically eligible. High school sports have made a difference in her life in the sense that she is able to meet people from other teams, and sports have given her the “opportunity to go to tournaments.” Mikaela participates in soccer, basketball and softball for her school.

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### TIPS FOR TEENS: THE TRUTH ABOUT STEROIDS

#### Slang--Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice

**Steroids affect your heart.** Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

**Steroids affect your appearance.** In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

**Steroids affect your mood.** Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

**Steroids increase your risk of infection.** Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.

Other slang terms associated with steroid use include:

- Roid rages--uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning--taking steroids on an inconsistent basis.
- Stacking--using a combination of two or more anabolic steroids.

**Know the law.** Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

**Get the facts.** Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the person.

**Know the risks.** Illegal steroids are made overseas and smuggled into the United States or made in underground labs in this country. They pose greater health risks because they are not regulated by the government and may not be pure or labeled correctly.

**Look around you.** The majority of teens aren't using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

**How can you tell if a friend is abusing steroids?** Sometimes it's hard to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be abusing steroids:

**For Guys:**

- Baldness
- Development of breasts
- Impotence

**For Girls:**

- Growth of facial hair
- Deepened voice
- Breast reduction

**For Both:**

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints
- Bad breath
- Mood swings
- Nervousness
- Trembling

**What can you do to help someone who is abusing steroids?**

Be a real friend. Save a life. Encourage your friend to stop or seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.

## Q&A

**Q. Are steroids addictive?**

**A.** Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.<sup>2</sup>

**Q. How long do steroids stay in your system?**

**A.** The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.<sup>3</sup>

**Q. What can I do to excel in sports if I don't use steroids?**

**A.** Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how your body is shaped and conditioned. Excelling in sports is

achievable and done by millions of athletes without relying on steroids.

## Info

To learn more about steroids or obtain referrals to programs in your community, contact one of the following toll-free numbers:

SAMHSA's National Clearinghouse for Alcohol and Drug Information  
800-729-6686  
TDD 800-487-4889  
linea gratis en español  
877-767-8432

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The Rhode Island Interscholastic League sent out a survey not too long ago that asked this very question. After surveying all the RIIL member schools, with a response rate of 34 schools, the results shown that most schools (22) think that cheerleading is a sport, (9) schools say it is activity and (3) schools were unsure. The next question we asked was if cheerleading should be coed or only an all girls team. The results showed that (19) schools agree it should be an all girls team and (9) think it should be coed, (6) schools were unsure or did not answer. The final question we included in our survey was would your school enter a cheerleading competition team if it is sponsored by the RIIL? The results said that (24) schools would do it and (8) schools would not. The remaining (2) schools were either unsure or did not answer.

With this survey the Principals' Committee on Athletics will continue to consider Competition Cheerleading becoming a sponsored activity/sport of the RIIL using NFHS Spirit Rules. The RIIL will keep you posted with any changes and we would like to thank the schools that participated in the survey once again.





## Rhode Island Athletic Trainers ASSOCIATION



Rhode Island Athletic Trainers Association (RIATA) has a website [www.riathletictrainers.org](http://www.riathletictrainers.org) that is a great resource for our member schools.

## Hawaii Legislature Adds ATCs to Schools

The state of Hawaii soon will be hiring 20 athletic trainers, in addition to the present 42 positions, for the Hawaii public high school system, according to Beth Ann Young, ATC, president of the Hawaii Athletic Trainer's Association. Larger schools will have two ATCs, and smaller high schools will remain at one athletic trainer each, per a recent decision by state lawmakers.

The Hawaii legislature funded one certified athletic trainer position in every public high school in 1997, after a study by Bart Buxton, EdD, ATC, PT, showed that approximately 90 percent of Hawaii public school athletes were treated by unqualified personnel. The state legislature's recent vote to add a second certified athletic trainer in the larger schools validates the success of the program.

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## Coaches – The Real Leaders in SPORTSMANSHIP

*By Bernie Saggau*

There are few things more American or with more appeal and benefit to kids of all ages than high school athletics. It is a special time for the athletes, their parents, friends and communities. And for many fans it is a primary and inexpensive source of entertainment.

For the athlete it represents an important dimension of his or her growth and the acquisition of values that are seldom found in a classroom.

High school athletics captures it all – the excitement of competition, the thrill of wearing the school colors, learning valuable lessons for a lifetime, and the admiration of

elementary and junior high kids watching their idols and dreaming of the day they will play for “Coach.”

You can catch those youngsters the next day, imitating the way their idol gets into the batter's box, or the way they break a tackle and run for a TD, or the spin move in the lane for the winning shot or the great anchor leg in a relay, etc. The impact of high school athletics in our schools and communities is pervasive!

In my personal and professional life, high school activities, coaches, players and fans are very special to me. There are so many more precious and memorable moments than negative ones. Perhaps that is why a negative report often makes the headlines.

Expected goodness for some is not as newsworthy as the occasional “bad acting” that occurs in isolation. That is why I get upset when a media report issues a blanket criticism of kids and coaches for poor sportsmanship and then offers little or nothing to make it better. There is a sad irony that the deeds of a few will overshadow the positive efforts of the many. To those critics, who have little invested in kids, I proudly proclaim that, “Our sportsmanship at high school athletic events is better than ever. And I am convinced that the reason it is better is because of our coaches!”

Yes, I said better than ever. Oh, sportsmanship can be improved, but name me one thing in our society that cannot be improved. Our athletes and coaches are under closer scrutiny by the media today than they were in previous years. If the media 30 years ago afforded high school sports the same coverage as they do today, I can assure the reader that negative articles about poor sportsmanship would have appeared perhaps more than today.

The campaign to eradicate poor sportsmanship from the playing field and the stands is not over, but it is being won. The number of negative incidents, that have always been low but commanded more media attention than the game itself, are even more infrequent. Being a good sport and practicing good sportsmanship is more in vogue today than ever before because our coaches have added that emphasis to their repertoires. Coaches understand the importance of being a role model, not just for their athletes but for their school and community. Ninety-five percent of our coaches understand values. They understand good citizenship. They understand the difference between character building and building characters. But moreover, they understand the rarest form of courage – the courage of their convictions. For that they collectively can stand up and take a bow. Because of that courage, our student-athletes derive the best that athletics can offer. The coaches who model all these values comprise the 95 percent in the profession about whom I like to brag. The other five percent I would like to change or eliminate them from working with kids. We all would. However, most of that five percent are likely not to change. A few of the young ones may change but, like our society, those who display bad sportsmanship don't build character and values will remain a part of us. I will stay constant in my praise for the great educators who coach and with each game display what they have taught young boys and girls. Fans can see what the kids have learned beyond X's and O's. The true importance of competition, citizenship, sportsmanship, values are each alive. And we cannot quit talking about those coaches – the 95 percent – and all the good they accomplish by taking the game to life. Citizenship and sportsmanship is rightfully the

bulkhead of any state activities association. As a state association we can send out materials on good sportsmanship, talk about its importance at rules meetings, and we can have camps and clinics to help coaches.

But it is the coaches and their associations who make the difference. They are the ones who have the courage to take a stand, no matter how unpopular. In doing so, they make heroes out of the 95 percent in their ranks, rather than the negative five percent.

Taking any positive stance is difficult in this day and age. With the advent of kids wanting spending money, earning money, getting jobs outside of school, the alcohol problem, and substance abuse issues, our coaches have more problems to address than coaches 30 years ago and 10 times the number that coaches had to address 50 years ago. These issues impact participation first and foremost. But the 95 percent are meeting the challenge. They are doing a great job. They have the courage to realize that many times it is not popular to take a stance on what they stand for and won't stand for, but they do. And in the process they win the respect and admiration of others.

Yes, coaches are the leaders in improving sportsmanship. Yes, we can all do a better job, but let's start with a "sincere thank you and praise" to the 95 percent of the high school coaches and their associations for the great job they do in emphasizing sportsmanship and the values that last a lifetime. It may be a brief word, but the coaches who know little things make a difference will appreciate your recognition.

*ABOUT THE AUTHOR: Bernie Saggau retired as executive director of the Iowa High School Athletic Association on January 1, 2005, ending a remarkable 37-year career as director of the IHSAA. Saggau joined the IHSAA in 1963 as assistant executive secretary and was named executive secretary (now director) in 1967. Over the past 57 years, Saggau has worked as a teacher, coach, principal, administrator and businessman. During his tenure at the IHSAA, Saggau has made the organization a front-runner in the promotion of good sportsmanship. In 1993, Saggau was inducted into the National High School Hall of Fame.*

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## Outstanding Coach Highlight

### CUMBERLAND HIGH SCHOOL WRESTLING STEVE GORDON

Steve Gordon's legendary coaching career began in 1969 and he is the longest tenured wrestling coach in the state of Rhode Island. He just completed his 35<sup>th</sup> consecutive year at Cumberland High School. Numerous leagues, divisional championships, a state title in 1979, and a New England runner up in 1981 demonstrate his ability to coach at the highest level. Under his mentoring, several Clippers went on to win state, and New England Titles.

Steve began his high school wrestling at Cranston East from 1955-1959. He earned a state championship title in 1959 and was also a New England finalist. In 1965-1966, he served as a Massachusetts Wrestling official. Steve is a

member of the Cumberland Athletic Hall of Fame and a member of the New England Wrestling Coaches Hall of Fame. He has been elected Coach of the Year twice and has served as President of the Rhode Island Wrestling Coaches Association for many years. Currently he serves as Chairman of the Rhode Island Wrestling Hall of Fame committee. For the past 39 years, Steve has been a physical educator and is presently the department chair of Cumberland. He's married 37 years to his wife Judy and has 2 children Jenis and Andi.

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## Worth Passing On

Some people understand life better and they call some of these people "retarded"... At the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash. At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back.....every one of them. One girl with Down's Syndrome bent down and kissed him and said, "This will make it better." Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, the cheering went on for several minutes. People who were there are still telling the story... Why? Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.

If you pass this on, we may be able to change our hearts as well as someone else's. "A candle loses nothing by lighting another candle." So, what ya gonna do? Pass it on or delete it?

THE DAYS ARE SHORT...ENJOY EVERY MINUTE.....



Special Olympics



Let me win.  
But if I cannot win,  
Let me be brave  
In the attempt.

Special Olympics Athlete Oath

## Healthy Lifestyles and Sports Medicine

### New Guidelines Increase Weekly Exercise Quota



Jennifer Shaver

WASHINGTON — For most people, 30 minutes a day just won't cut it anymore. That's according to the new guidelines from the Department of Health and Human Services (HHS) and Agriculture.

In January, the HHS released its *Dietary Guidelines for Americans 2005*, in which the department recommended at least 30 minutes of moderate-intensity physical activity (not counting usual activity) on most days. However, it states that for most people, greater health benefits can be obtained by engaging in activity that's more intense or for a longer amount of time. The recommendations encourage not only cardiovascular conditioning, but also stretching for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

For those wanting to prevent weight gain, the HHS recommends 60 minutes of moderate to vigorous exercise on most days of the week. For those wishing to drop pounds, 60 minutes to 90 minutes of daily, moderate-intensity exercise is advised. Now, that's a lot of time spent at the gym.

"Up to 60 to 90 minutes of exercise — that's a lot, but I'm glad it's there. People need to realize that it's tougher to keep weight off once you've lost it, and doing more exercise is a key strategy for doing so according to research on those who have lost weight and kept it off," said Elisa Zied, registered dietitian (RD) and spokesperson for the American Dietetic Association.

The guidelines emphasize balancing nutritious foods with activity and increasing the public's consumption of whole grains, fruits and vegetables. Based on research, the guidelines are not a diet per se but a way of life — a way of life your members and clients may need some help deciphering.

"[The guidelines] are very specific, but individuals may need help figuring out exactly how to implement these — that's where a registered dietitian comes in," Cynthia Sass, RD and spokesperson for the American Dietetic Association, said. "He or she can sit down with an individual and talk about what this means for shopping, dining out, snacking, cooking, meal composition, etc."

Perhaps the most notable change in the dietary guidelines is the increased focus on caloric intake and expenditure through physical activity and exercise.

"They basically say what registered dietitians have known for a long time — that calories matter most, not how much carbohydrate, fat and protein are in your diet — when it comes to weight management," Zied said.

Other changes relate to the number of servings advised. The guideline recommends that most adults eat nine servings a day

of fruits and vegetables. For someone who consumes 2,000 calories a day (such as a typical, moderately active young woman), that's the equivalent of eating 2 cups of fruit and 2-1/2 cups of vegetables. Depending on individual calorie needs, the recommended range is five to 13 servings of fruits and vegetables, up from five to 10 servings just five years ago, Zied said. For the first time, three one-ounce servings of whole grains are recommended each day. Again, for someone who consumes 2,000 calories a day, that's half of the total number of grain servings recommended (six a day), Zied said.

Low fat and nonfat varieties of milk, yogurt and cheese were emphasized to decrease saturated fat and cholesterol intake while dairy intake increased from two to three servings a day to three. Total fat recommendations increased from 20 percent-30 percent to 20 percent-35 percent.

"They want us to get most of our fat calories from unsaturated sources, citing many health benefits," Zied explained. "Polyunsaturated sources include fish (that are rich in omega 3's — such as salmon, tuna, mackerel), and monounsaturated sources include olive oil and canola oil. They also advise about 2 tablespoons or 6 teaspoons a day from highly monounsaturated vegetable oils like olive and canola oil. There had been no specific recommendations like this made in the past."

Sodium intake dropped slightly from 2,400 mg a day to 2,300 mg a day, and an increase in potassium from fruits and vegetables was mentioned.

As in the last edition, the report stresses that saturated fat should be limited to less than 10 percent of total fat consumed, cholesterol to less than 300 milligrams and trans fats to as little as possible with no specific limit listed.

The lack of a cap on added sugar intake surprised Zied, but she was pleased with the concept of discretionary calories.

"These are calories you have left over (though many of us won't have room for them!) once we meet all our nutrient requirements for the day," Zied said. "If we eat lots of lower calorie foods like fruits, veggies and whole grains, and we eat lean protein sources and low fat dairy, we might have some extra calories. They say we can get these from oils/fats or foods made with them, sugars/foods with added sugars or alcoholic beverages. I think it's a good concept, and one I can certainly wrap my finger around."

Besides having a resident RD on hand to answer questions, Zied said fitness clubs can play a large role in making the population healthier.

"Fitness clubs will help people find enjoyable, sustainable fitness routines that they can incorporate inside the gym as well as at home and when they're on the go. Hopefully, we'll move toward increasing the activity in daily living as opposed to just encouraging hardcore gym workouts."

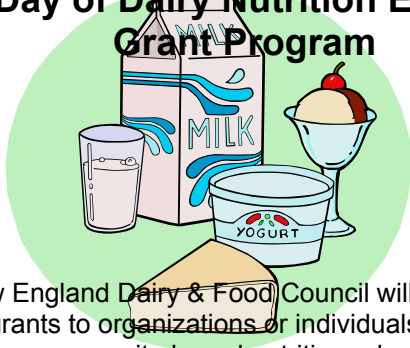
This sixth edition of *Dietary Guidelines for Americans* supports the *HealthierUS Initiative*. Federal law requires that the guidelines be reviewed every five years.

The complete report can be found at

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

## Healthy Lifestyles and Sports Medicine

### 3-A-Day of Dairy Nutrition Education Grant Program



The New England Dairy & Food Council will award 5 \$5,000 grants to organizations or individuals proposing innovative, community-based nutrition education programs aimed at empowering kids to become advocates for healthy eating, including 3 servings of a dairy a day, and an active lifestyle. This grant is being offered because America's low calcium intake is recognized as a major public health problem.

Grants are open to all groups or individuals in the U.S., including those self-employed, commissioned by or employed by organizations of local government, state and local health departments, regional and state agencies and schools, medical facilities and extension specialists. To access submission guidelines and download an application, please visit [www.newenglanddairyCouncil.org](http://www.newenglanddairyCouncil.org).

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### University of Michigan Drug Survey

—Mrs. Knowles gave a brief synopsis of the National Results Survey on Adolescent Drug Use as reported by the University of Michigan. The summary concludes the following:

#### ILLCIT

1. In 2003, the use of ecstasy in all 3 grades dropped.
2. In 2003, use of inhalants rose in 8<sup>th</sup> graders from 7.7% prevalence of usage to 8/7%.
3. The overall proportion of 10<sup>th</sup>/12<sup>th</sup> grade students using illicit drugs remained status quo in 2003, but there were certain illicit drugs such as amphetamines and tranquilizers that dropped.

4. The overall proportion of 8<sup>th</sup> grade students using illicit drugs showed a gradual decline in lifetime use, 30 day use and 12 month use.
5. Over the last 2 years a decline in use of marijuana was noted by all three grades, coinciding with an increase in perceived risk for its use.
6. In 2003, the use of LSD declined throughout, but hallucinogens other than LSD showed no decline over the past 2 years.
7. Heroin use has stayed status quo over the past 2 years, and narcotics other than heroin (12<sup>th</sup> grade survey only) leveled off overall, after almost doubling between 1992 and 2000. Exceptions to the leveling off were the drugs oxycotin and vicodin, which showed a slight but statically insignificant increase.
8. Crack, cocaine and club drugs (GHB, ketamine, and Rohypnol) remained unchanged in 2003.

#### ILLCIT

1. By their senior year, 54% of students have tried cigarettes, and 24% remain cigarette smokers.
2. In 8<sup>th</sup> grade, 28% of students have tried cigarettes, and 10% remain cigarette smokers.
3. There was a modest decline in smoking in 2003, with negative advertising, more challenging availability, and higher prices of cigarettes being a contributor to this reduction.
4. Smokeless tobacco use by surveyed students revealed an almost 50% decline overall since its peak use in the mid-1990's.
5. By the end of their senior year, 77% of students consumed a significant amount of alcohol, with 58% of these students reporting in 2003 that they were drunk at least once.
6. By the end of 8<sup>th</sup> grade, 46% of students consumed a significant amount (more than a few sips) of alcohol, with 20% of these students reporting in 2003 that they were drunk at least once.
7. Alcohol consumption in teens showed upward climbs in the 1990s, followed by only slight declines in the early 2000's until 2002, at which time there was a significant drop in reported usage, 2003 experienced only a slight decline from 2002.

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## Tight budgets putting a price tag on the high school experience

Schools need money. It has been eight years since the Ohio Supreme Court ruled that the state's school funding method through property taxes was unconstitutional, but a workable alternative has yet to be found.

Area districts are struggling to find a way to cut costs or increase revenue — or both. Even though voters keep turning down tax levies, 10 of the area's 15 school districts will be asking for money on the May ballot. The schools continue to warn of the dire consequences of levy failure: Cuts in staffing, transportation, activities.

To preserve sports and other extra-curriculars that are always first to be axed, many schools have developed pay-to-play policies.

The cost that would be charged per student varies widely from district to district. Athletic directors talk about the problems it creates.

No one likes it, but administrators agree it beats the alternative: No sports at all.

Stories by **Shaun Bennett / The Chronicle-Telegram**

When a school administrator sits down to decide where the school's budget has to be cut, the word "extra" — as in extra-curricular — makes those activities the glaringly obvious ones.

"They call them extra-curricular, but I think they should be called co-curricular activities," said Brookside Athletic Director Jeff Powell.

"Activities like sports, band and other school programs are an integral part of providing the complete educational development of our students today," he said.

Most area school leaders agree with Powell's assessment and instead of cutting the programs, they are adopting pay-to-play as a way to supplement the ever-increasing costs that are crippling their budgets. "It beats the alternative of not having these programs at all," Jeff Jump, Wellington athletic director, said. "I couldn't imagine going to high school and not having any sports teams."

Four schools — Brookside, Columbia, Keystone and Midview — have had pay-to-play programs in place this year. That number could nearly triple next year as at least seven other schools have been contemplating implementing the practice.

Amherst and Wellington already have plans in place for next year. Amherst may abandon the plan if its tax levy passes in May, and Wellington plans to lower the participation fee if its levy is approved. Elyria, North Ridgeville, Avon Lake and Firelands all have school issues on the ballot. Two other schools — Clearview and Avon — also could opt to add fees for extra-curriculars.

Amherst

The Comets' athletic director, Erich Frombach, has had to find time in his busy schedule to research, prepare and develop a participation fee program that will be put into place next year if May's levy is voted down.

"We're really hoping that the levy passes, but we're prepared now — that if it doesn't — to go to a pay-to-play scenario," Frombach said.

"We're doing something different than most schools though. We're including every single extra-curricular activity into a one-time fee." If an Amherst student pays an annual \$400 fee, he or she can

participate in as many activities as desired. The formula will be very beneficial to three-sport players or other students who are very active outside the classroom.

"The board's philosophy was, 'We're going to keep everything, or get rid of everything,'" Frombach said.

"So we added up all the costs of running all the programs and extra-curricular activities and then had to find out how many students participated in them all.

"An activity is still going to have to have the numbers. If not enough people want to participate then we'll probably have to shut down that activity."

Frombach is still hopeful that the pay-to-play program won't have to be established.

"I've asked people in the community what they think, and they seem to believe the community is going to rally around this and get the levy passed," Frombach said.

"I think Amherst athletics does great things for the community. We just won the Barons Cup in hockey (the first school in Lorain County to do so), and there are people from East Cleveland now who know the city's name.

"Athletics can be a powerful PR tool for the community."

Brookside

The Cardinals are in dire straights after the state seized control of the district's finances after its school levy failed for the eighth straight time this month.

The Sheffield-Sheffield Lake school district has been charging participation fees for about a decade, and the district was planning to raise the fees next year.

"The district only provides 1 to 3 percent of its budget for athletics, and that's a very small percentage," AD Powell said. "There may be school districts that can survive on that kind of budget or be self-sufficient by handling the extra costs with fund-raising or big gate receipts, but it's very rare."

Powell has worked in school districts in Missouri, where he and his family will be moving back to next year, and North Carolina. He said schools in the rest of the country don't have the kinds of problems schools in Ohio have.

"The kids in North Carolina schools don't ever have to worry about this," Powell said. "The districts are bigger down there, and funding is never an issue."

Powell said Cardinal teams may have suffered this season if Brookside had raised its fee a year earlier. "I don't know what would have happened last spring if we had enacted a \$350 or \$400 fee," Powell said.

"We had a really nice football season, and I'm not saying it wouldn't have happened, but who knows?"

Midview

The Middies have had participation fees for awhile now. The rate increased this year from \$20 to \$75 per sport to help combat the growing costs of the school's athletic programs.

"We have been fortunate at Midview that we have a great support system," Rob Eckenrode, Midview athletic director, said. "Our boosters made the commitment early on that any student who couldn't afford the participation fee, wouldn't go without playing." The Middies Touchdown Club — the school's football support group — paid the entire team's fees. The players helped out by raising money from sponsors in a "Lift-a-thon."

"The soccer boosters did the same thing," Eckenrode said. "They paid for the team's fees and then raised money by working booths at Browns Stadium during football games.

"Most of the equipment and athletic costs are paid out of gate receipts," Eckenrode said. "Balls, uniforms, field equipment all comes from the gate.

"The participation fees help offset the other things we need for the programs that the budget doesn't provide for. Coaches' salaries, transportation costs and even the (varsity) letters we give the kids at the end of the year are paid for by the participation fees."

Wellington

The Dukes are another of the smaller Lorain County teams feeling

the squeeze of a tough funding situation.

The school has been forced to set up a pay-to-play program with a staggering \$375 per sport fee that dwarfs the fees charged by other area schools.

“For some families, it’s really going to be a hardship,” Athletic Director Jump said. “Small schools like Wellington have a lot of kids playing three sports throughout the school year. It looks like some kids are going to have to learn to specialize.”

Nobody understands like Jump does how the trickle-down effect of the state’s funding system has hurt Ohio’s schools.

“That DeRolph case (that led to the court ruling that the funding mechanism was unconstitutional) was eight years ago, and the state still hasn’t changed the way it funds schools,” Jump said. “And now we’re starting to see a lot of unemployment in Lorain County, and people’s jobs are being cut. We have to find a way to fund our programs.”

“If Ohio keeps ignoring this problem, it’s just going to get worse. If you keep sweeping problems under the carpet, eventually you’re going to have a rather large lump there.”

Contact Shaun Bennett at 329-7137 or [shbennett@chronicletelegram.com](mailto:shbennett@chronicletelegram.com).

### Districts weigh the downside of pay-to-play

The pitfalls of pay-to-play are many. The first of which is the phrase itself.

“We don’t like to use that term ‘pay-to-play,’ ” Rob Eckenrode, Midview athletic director, said. “Just because you’re paying doesn’t guarantee you’re going to play. We are still looking to put the best team on the field or court and, we’re looking to win games.”

But how will knowing that the kid on the end of the bench is paying anywhere from \$50 to \$375 to play affect coaches? How long until a paying parent complains to the coach that his or her child needs more playing time?

“A lot of our coaches are probably worried about this situation, and we’ll probably lose some of them because of it,” Erich Frombach, Amherst athletic director, said. “Our coaches have a lot of pride in our athletic program and want to put the best product on the field or court as possible.”

“The kids who would probably be starters will probably pay the fee and still play,” Jeff Jump, Wellington athletic director, said. “It’s going to be the second-level athletes that could have gotten some significant playing time and helped balance the load for the starters that may decide the fee is not worth it.”

Not only would the loss of the top reserves hurt in actual game play, but the second-team is the group that helps the starters prepare for upcoming games during practice. Without a quality “practice” team, many programs will see their starters’ skills diminish.

“The other big problem for kids that wish to develop their athletic skills is that this fee leaves less money for the athlete to attend summer camps or private lessons during the off-season,” Frombach said.

“Then there are some of the other sports — like swimming and hockey — that already have extra fees the kids have to pay for ice time or pool time.

“What’s this going to do to those sports?”

There will always be families who can’t afford the participation fee, no matter how nominal.

Many schools have private sources of money to help with fees, but these “confidential” scholarships, from booster and support groups, can put a school’s integrity in question. Will the more talented players have their ways paid for them? Will the less-talented players be shown the door?

“You hope the boosters will exercise some integrity in those types of situations,” Jeff Schultz, North Ridgeville athletic director, said.

“You can’t police everything within your athletic program, but you’d like to believe these support groups are helping everyone and not just the star players.”

Ohio’s open-enrollment policy, which allows a student in one school district to go to another, also creates problems.

“If you start charging a \$200 fee and 200 athletes pay it, you’ll make \$40,000 to help the athletic budget,” Jeff Powell, Brookside athletic director, said. “But if the state gives your district \$5,000 per student in funding and 10 kids decide to enroll in another district to skip paying the fee, you’ve just lost \$50,000.”

Powell believes the biggest pitfall in pay-to-play athletics is the chance a student won’t be involved in a program that will provide life skills that they just can’t get in the classroom.

“A lot of what they do academically results in their own individual achievements,” Powell said. “In team sports, they are graded and judged as a group and get to learn how to interact with others to gain success. They are involved in something bigger than themselves, and that situation identifies more closely with what they will see in the workplace or the outside world.

“Very rarely will an individual be able to work by themselves or without interacting with others.”

All area athletic directors agree on the positive aspect of pay-to-play: It keeps the athletic program alive.

“People say that pay-to-play just tears your program apart,” Frombach said. “It’s a slow death. But I feel, considering the alternative of having no sports at all, you have to give it a shot.”

### WHAT IT COSTS

#### LORAIN COUNTY

Fee / sport Yearly cap

Brookside H.S. \$50 \$150 / family

Sheffield M.S. \$35 \$105 / family

Columbia H.S. \$35 No cap

Keystone H.S. \$63 No cap

Keystone M.S. \$44 No cap

Midview H.S. \$75 \$1 50 / student \$300 / family

Amherst \$400 yearly fee

Wellington \$375 No cap

#### OUTSIDE LORAIN COUNTY

Fee / sport Yearly cap

Brecksville H.S. \$50 \$100 / student

Parma H.S. \$150 No cap

Parma Jr. High \$75 No cap

Brunswick H.S. \$30 \$60 / family

Lakewood H.S. \$75 \$450 / family

Berea H.S. \$70 \$350 / family

Berea M.S. \$50 \$250 / family

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**Play like a Champion**

*Larry Plaisier, Principal*

*At all levels there is a lot of talk about sportsmanship these days. What follows are portions of the closing address by MHSAA Executive Director John E. "Jack" Roberts at the MHSAA's four regional Sportsmanship Summits this fall.*

If you and I are playing tennis, and I don't try to win and you defeat me, I cheapen your victory. And by cheapening your victory, I've been a poor sport.

So trying to win is a goal of school sports. Trying in the best way to win, within the rules, with all our effort, and with grace regardless of the outcome.

The most satisfying victory in sports is defeating your best opponent on his or her best day. The least satisfying victory is against a much weaker opponent, or as a result of a glaring mistake, or a bad call, or worst of all, cheating. You want the best opponent on his or her best day. You feel the best when you beat the best, playing your best.

One of the great lessons of the academic classroom, and one of the great lessons of the athletic arena is this: as you prepare, you will perform. How you study generally affects your grades. How you practice affects your performance, whether that is in band or basketball.

And one of the areas that needs thought, one of the areas that needs study, and one of the areas that needs practice in sports is sportsmanship. I want to convey to you, I want to convince you that sportsmanship is not corny, and it's not out of style in our "in-your-face" society. And it needs practice.

Sportsmanship is not dead, and it's not out of fashion. In fact, the natural instinct of people is toward sportsmanship. The natural tendency of people is toward fairness, courtesy, kindness and respect.

But sportsmanship is more than this, as the following example demonstrates.

A number of autumns ago, Wheaton Christian High School was playing Waubonsie Valley High School in boys soccer; and with one minute remaining, Waubonsie Valley scored to go ahead 3-2, and their crowd went wild.

The ball was put back in play, and as the clock ticked down, Wheaton Christian made its last offensive. The ball was moved to the senior captain, the highest scorer in the school's history, who got by a couple of defenders and close enough to the goal that he faked the keeper one way and then kicked the ball high into the net the other way, tying the score 3-3. Wheaton Christian's crowd went nuts.

However, the senior captain had noticed something. He had noticed that the clock at the end of the field behind the goal to which he had kicked had ticked down to zero before the ball had entered the net. So he walked over to the referee and asked, "Is the scoreboard clock official, or are you keeping the time here on the field?" The referee said the scoreboard clock was official, and the senior captain told the referee what had happened: that the kick was late, that the goal shouldn't count, that the other team should win.

Which is exactly what happened that day.

Here's how the senior captain was quoted in the Chicago Tribune a few days later. "Doing the right thing is important. It lets you have peace. In my opinion, every time you're lucky enough to be given the opportunity to do something right, you shouldn't pass it up."

Sportsmanship is not dead, and it's not out of style or out of fashion.

There is this notion that sportsmanship is only observing a list of don'ts. But sportsmanship is also observing a list of dos. It's seizing the opportunity to do something right.

Not only do good sports refuse to shout, "We're No. 1, we're No. 1" or sing that terrible song, "Na Na, Hey Hey, Goodbye." Really good sports remind others that this is childish at best, and spiteful at worst.

Not only do good sports refuse to do sack dances and end zone prances, but really good sports return to help up the quarterback and hand the ball to the official after touchdowns. I am sick in my heart at the behavior of college and professional football players: college defenders who strut and point after they make a tackle, and professional players who prance and dance in the end zone after they score. The best behaved football players on any level in Michigan are those engaged in the high school game.

Why is sportsmanship so important? Because sportsmanship is the starting point, if not the essence, of citizenship. And because sportsmanship is what we're supposed to teach and learn in educational athletics more than anything else. More than fitness, skills and strategies, we're to teach and learn sportsmanship. More than discipline, sacrifice, hard work and teamwork, we're to teach and learn sportsmanship. That's our product. Educational athletics without sportsmanship is like General Motors without cars: there would be no reason for being.

In the book *Discovery of Morals*, which is not about sports at all, the author, who is a sociologist and not an athlete at all, writes this: "Sportsmanship is probably the clearest and most popular expression of morals. Sportsmanship is a thing of the spirit. It is timeless and endless; and we should strive to make it universal to our races, creeds and walks in life."

Sportsmanship reveals more about us than anything else we do. Sportsmanship reveals more about our character than any athletic achievement, any victory, any trophy or medal.

Sportsmanship is more than a list of don'ts and dos. It's more than grace in defeat and victory. It's more than how we play the game and how we watch the game. It is how we live our lives.

Sportsmanship begins in our homes. We work on it in practice. It extends to games. It reaches up into the crowd and permeates the school halls and shopping malls, and it affects society for good or for bad. The quality of sportsmanship in our schools is related to the quality of citizenship in our society.

All across the state, the MHSAA is trying to help schools keep their grip on sportsmanship when, on all other levels of sports, sportsmanship seems to be declining. All across the state, the MHSAA is trying to help schools keep ahold of high standards when, on all other levels, standards seem to be slipping.

So let's practice like champions; let's play like champions; and let's act like champions, win or lose, in season or out.

**Live with pure thoughts, kind words, good deeds, positive habits and uncompromising character, championship character; and you will be a champion in life and you will be a champion for life. Make it your destiny to play like a champion, and lead others to do the same.**



## SUMMARY OF MEETING

*The March meeting of the Principals' Committee on Athletics was called to order at 1:40 p.m.*

### **Executive Director's Report**

The Executive Director's Report from the January 31, 2005 meeting was approved.

### **Treasurer's Report**

The Treasurer's Report was approved.

### **Communications**

Mr. Mezzanotte referred to several letters, memoranda and publications that were placed in each member's folder or filed in the League office.

Mr. Mezzanotte reported on a letter submitted by South Kingstown High School requesting a waiver of the \$100.00 fine for a late payment of dues and fees.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny the request to waive the \$100.00 fine for a late payment of dues and fees. It was noted South Kingstown High School requested same waiver last year.*

### **STEROIDS USE IN HIGH SCHOOLS**

The League will bring before the RIIL Sports Medicine Advisory Committee issues on steroid use in our high schools.

### **SPORT COMMITTEES**

Mr. Mezzanotte reaffirmed the importance of our sport committees and the work they do. A number of recommendations regarding the operation of these committees will be presented at the next meeting.

### **RULE VIOLATIONS**

Mr. Mezzanotte reported on letters submitted by Juanita Sanchez Complex and The Prout School in which the schools self-reported the inadvertent use of an ineligible student-athlete in Boys' Basketball, violating Article 3, Section 4 of the Rules and Regulations of the RIIL.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted the following, to:*

- have Juanita Sanchez Complex and The Prout School Boys' Basketball team forfeit all games the ineligible student-athlete participated in the 2004-2005 season
- impose a \$100 fine (each school)
- place Juanita Sanchez Complex and The Prout School Boys' Basketball team on probation for the period of one year 2005-2006 Basketball season

### **FALL SPORTS**

- **Football** – Mr. Mezzanotte received a request from Lincoln High School to play Johnston High School in Football on Thanksgiving Day – November 2005. The matter was referred to Mr. Cooney and Mr. Warner, Co-Directors of Football.
- **Girls' Tennis** – Mr. Mezzanotte received a request from Rogers High School requesting to move down in Girls' Tennis for the 2005 season. The matter was referred to Ms. Boulé, Director of Girls' Tennis.
- **Girls' Soccer** – Mr. Mezzanotte received a request from Saint Raphael Academy requesting to move up a division in Girls' Soccer. The matter was referred to Ms. Johnson, Director of Girls' Soccer and Mr. McNamara, Assistant Director of Girls' Soccer.

### **WINTER SPORTS AND CHAMPIONSHIPS**

#### **HOCKEY**

##### **Division I - Boys**

Mt. Saint Charles Academy

**State Champions** – Toll Gate High School  
*Runner-up - Bishop Hendricken High School*

##### **Division II**

**North** – Burrillville High School  
**South** – East Greenwich High School  
**Central** – Moses Brown School

**Champions** – Burrillville High School  
*Runner-up – East Greenwich High School*

##### **Division III**

**North** – Scituate High School  
**South** – Middletown High School  
**Central** – East Providence High School

**Champions** – East Providence High School  
*Runner-up – Scituate High School*

#### **GIRLS HOCKEY**

**League Champions** – Mt. Saint Charles Academy

**State Champions** – St. Mary Academy Bay View  
*Runner-up – Mt. Saint Charles Academy*

#### **SWIM**

##### **Division Champions**

##### **BOYS**

Division I – Bishop Hendricken High School  
II – South Kingstown High School  
III – Mt. Hope High School

**State Champion** - Bishop Hendricken High School  
*Runner-up – Cumberland High School*

##### **GIRLS**

Division I – Barrington High School  
II – The Prout School  
III – Classical High School

**State Champion** – Barrington High School  
*Runner-up – St. Mary Academy-Bay View*

#### **SULLIVAN DIVISION**

**Boys** – Bishop Hendricken High School  
**Girls** – Barrington High School

#### **CREED DIVISION**

**Boys** – South Kingstown High School  
**Girls** – Classical High School

#### **BOYS BASKETBALL**

##### **Division I**

**East** – East Providence High School  
**North** – St. Raphael Academy  
**South** - Bishop Hendricken  
**West** – Central High School

**Champions** - Mt. Pleasant High School  
*Runner-up – St. Raphael Academy*  
**State Champions** – Bishop Hendricken High School  
*Runner-up – Central High School*

##### **Division II**

**East** – Rogers High School  
**North** – Cumberland High School  
**South** – Exeter West Greenwich High School  
**West** – Toll Gate High School

**Champions** – Exeter West Greenwich High School  
**Runner-up** – *Chariho High School*

#### **Division III**

**East** – Tiverton High School  
**North** – Scituate High School  
**South** – Middletown High School  
**West** – Central Falls High School

**Champions** – Scituate High School  
**Runner-up** – *Middletown High School*

#### **GIRLS BASKETBALL**

##### **Division I**

**Central** – St. Mary Academy-Bay View  
**North** – Johnston High School  
**South** – North Kingstown High School

**Champions** – North Kingstown High School  
**Runner-up** – *East Greenwich High School*

##### **Division II**

**East** – Barrington High School  
**North** – Burrillville High School  
**South** – Narragansett High School  
**Central** – *Co-Champs* - Lincoln High School & Shea High School

**Champions** – Lincoln High School  
**Runner-up** - *Shea High School*

##### **Division III**

Mt. Pleasant High School

**Champions** – Mt. Pleasant High School  
**Runner-up** – *Davies Vocational Tech*

#### **FRESHMAN BASKETBALL – BOYS**

**Division North** – North Providence High School  
**South** – North Kingstown High School  
**East** – Rogers High School  
**West** – East Providence High School

**Champion** – Rogers High School  
**Runner-up** – Portsmouth High School

#### **FRESHMAN BASKETBALL – GIRLS**

**Division East** – Tiverton High School  
**West** – North Kingstown High School

**Champion** – North Kingstown High School  
**Runner-up** – Tiverton High School

#### **BOYS' INDOOR TRACK**

##### ***Division Champions***

**Southern** – North Kingstown High School  
**Suburban** - Bishop Hendricken High School  
**Metropolitan** – Classical High School  
**Northern** – Cumberland High School

##### ***Class Champions***

**Class A** - Bishop Hendricken High School  
**Class B** – Toll Gate High School  
**Class C** – Rogers High School

##### ***State Champions***

Bishop Hendricken High School  
**Runner-up** – LaSalle Academy

**New RIIL State Record:**

*55 Meter Dash* - Eric Osei, East Providence High School 6.41

#### **GIRLS' INDOOR TRACK**

##### ***Division Champions***

**Dwyer** – LaSalle Academy  
**Hird** – Toll Gate High School  
**Morris** – Cumberland High School  
**Sullivan** – Westerly High School

##### ***Class Champions***

**Small** – Smithfield High School  
**Medium** – Westerly High School  
**Large** – South Kingstown High School

##### ***State Champions***

Westerly High School  
**Runner-up** – Lincoln High School

#### **WRESTLING**

##### ***Division Champions***

I – A - Cumberland High School  
B - Cranston High School West  
C - Woonsocket High School

II – A - Chariho High School  
B - West Warwick High School  
C - Smithfield High School

##### ***Division II – Sectional Tournament***

Champion – Middletown High School  
**Runner up** – Chariho High School

#### **WRESTLING CHAMPIONSHIPS (CONT.)**

##### ***Dual Meet State Tournament***

Champion – Cumberland High School  
**Runner-up** - Bishop Hendricken High School

##### ***R.I. State Tournament***

Champion – Cumberland High School  
**Runner-up** – Cranston High School West

##### ***Freshman State Tournament***

Champion – Bishop Hendricken High School  
**Runner-up** – East Providence High School

##### ***Junior Varsity State Tournament***

Champion – Cumberland High School  
**Runner-up** – Bishop Hendricken High School

*On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following 2004-2005 Winter Championships: Boys' & Girls' Ice Hockey, Boys' & Girls' Basketball, Boys' & Girls' Freshman Basketball, Boys' and Girls' Indoor Track, Swim and Wrestling.*

- **Boys' Indoor Track** – Mr. Sweeney, Director of Boys' Indoor Track, presented a request from the Boys' Indoor Track Sports Committee regarding the scoring of points by individual athletes at Class and State Meets. Since this issue dealt with a number of individual athletes in various sports, the Principals' Committee on Athletics will review how this will affect all spots at the next meeting.
- **Basketball (Boys & Girls)** – Mr. Mezzanotte received a letter from LaSalle Academy requesting the League to revisit the playoff system for Boys' Basketball Division I. The matter was referred to Mr. Foley and Mr. Daft, Co-Directors of Boys' Basketball and Ms. Neal, Director of Girls' Basketball.
- **Gymnastics** – championships not available. Will be provided next month.

## SPRING SPORTS

- **Baseball** – Mr. Mezzanotte received a request from Pilgrim High School and LaSalle Academy requesting to increase the Baseball cap for the 2005 season (only).

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny the request from Pilgrim High School and LaSalle Academy to increase the Baseball cap. It was discovered they do play against each other.*

- **Outdoor Track** – Mr. Littlefield, Director of Boys' and Girls' Outdoor Track, received a request from The Prout School requesting to join Girls' Outdoor Track.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve Prout School to join Girls' Outdoor Track.*

- **Softball (Fastpitch)** – Ms. Marquis, Director of Fastpitch Softball, reported all is going well.
- **Softball (Slowpitch)** – Mr. Magarian reported Slowpitch Softball is on the decline due to low participation with only eight schools participating.
- **Boys' Volleyball** – Mr. Kavanagh, Director of Boys' Volleyball, reported all is going well.
- **Boys' Lacrosse** – Mr. Mezzanotte received a request from Toll Gate High School to join Boys' Lacrosse.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve Toll Gate High School to join Boys' Lacrosse.*

- **Golf & Boys' Tennis**– No report was given.

## EXECUTIVE SESSION

### **Ball Bids**

On a motion made and seconded, the Principals Committee on Athletics unanimously approved the following companies to be awarded the "Official" Ball Adoption of the Rhode Island Interscholastic League: **Nike** – Baseball, Basketball (Boys & Girls), Football, Soccer (Boys & Girls), Volleyball (Boys & Girls), Golf and Ice Hockey (Boys & Girls); **Spalding** - Softball (Fastpitch & Slowpitch – Dudley Ball) and **Penn Monto** – Field Hockey.

*The Committee then adopted the following Closing Motion: THAT ANY AND ALL MOTIONS, AMENDMENTS AND ACTIONS BY THE PRINCIPALS' COMMITTEE ON ATHLETICS AND THE EXECUTIVE OFFICERS OF THE PRINCIPALS' COMMITTEE ON ATHLETICS TO THIS DATE BE REAFFIRMED AND RATIFIED.*

*The March meeting of the Principals' Committee on Athletics was adjourned at 3:35 pm.*

## **MISSION STATEMENT**

The Mission of the Rhode Island Interscholastic League  
Is to provide educational opportunities  
For students through interscholastic athletics  
And to provide governance and leadership  
For its member schools  
In the implementation of athletic programs.

## **NATIONAL AFFILIATION**

The Rhode Island Interscholastic League is a member of the National Federation of State High School Associations, which consists of the state high school associations of all 50 states and the District of Columbia. Guam, the Philippines, Puerto Rico, the Virgin Islands and all provinces of Canada are affiliate members.

The objectives of the National Federation of State High School Associations are to:

- serve, protect, and enhance the interstate activity interests of the high schools belonging to the state associations;
- assist in those activities of the state associations which can best be operated on a nationwide scale;
- sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations;
- coordinate the work so duplication will be minimized;
- formulate, copyright, and publish rules of play or event conduct pertaining to interscholastic activities;
- preserve interscholastic athletic records, and the tradition and heritage of interscholastic sports;
- provide programs, services, material and assistance to state associations, high schools and individual professionals involved in the conduct and administration of interscholastic activities;
- study in general all phases of interscholastic activities and serve as a national resource for information pertaining thereto;
- identify needs and problems related to interscholastic activities and where practical provide solutions thereto; and
- promote the educational values of interscholastic activities to the nation's public.



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