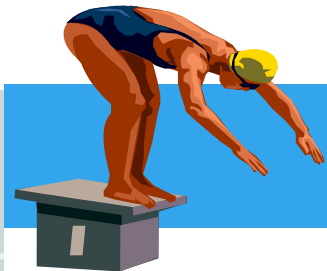
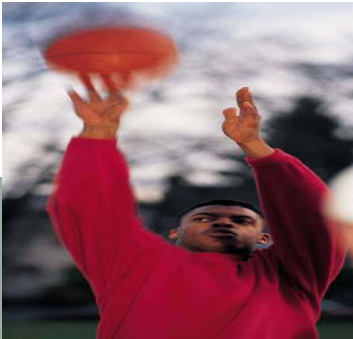


**December
2004**



***Rhode Island
Interscholastic
League***

***Monthly
Bulletin***



Rhode Island Interscholastic League

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Rhode Island Interscholastic League

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

The RIIL Fall Championships are over and make up a new chapter of sports history in the high school record books. The RIIL staff has truly enjoyed the opportunity to conduct these championships and interact with the many event workers, fans, teams, coaches, and others that help to make our state events fun and successful for our student athletes.

As we move into December we recognize that the year 2004 is rapidly coming to a close and look forward to the upcoming Holiday Season. The New Year is fast approaching and with it the winter sports season is well under way.

The Principals' Committee on Athletics and the Rhode Island Interscholastic League staff would like to wish all administrators, athletic directors, coaches, officials and student-athletes a Joyous Holiday Season and the Happiest of New Years.

* * * *

And we quote....

“One player practicing sportsmanship is far better than 50 preaching it.”

Ernest Hemingway

A Perspective

In the United States there are 7 million young men and women who participate annually in interscholastic athletics. For these 7 million students, high school sports is a privilege unique to American education.

Only in America is this after-school activity so tightly entwined with a school's mission - educating boys and girls to become productive members of society and, "Building the Future through Athletics".

However, in our sport-crazed society, some people expect successful educational athletics to be defined by the goals or mission of collegiate and professional sports. Such is not the focus of high school sport.

The opportunities to play organized athletics beyond high school come only to a select few. The samples offered below demonstrate the percent (by sport) of student-athletes who rise to higher athletic levels.

PERSPECTIVE

Collegiate Athletics		Professional Athletics	
• Football	5.8 %	• Baseball	0.5 %
• Baseball	5.6 %	• Men's Ice Hockey	0.4 %
• Women's Basketball	3.1 %	• Football	0.09 %
• Men's Basketball	2.9 %	• Men's Soccer	10.08 %
		• Women's Basketball	0.03 %
		• Men's Basketball	0.03 %

Clearly, if the Mission of Educational Athletics was to advance athletes to the "next level", then we would focus on the elite few. If rather, the Mission is to attract many participants so that they might learn LIFE LESSONS through Educational Athletics, we are on the right track.



**“It’s a rough road that leads to the heights of greatness.”
Lucus Anaeus Seneca**

"Winning is overrated. The only time it is really important is in surgery and war."

Al McGuire

Healthy Lifestyles and Sports Medicine

FLU FIGHTERS

The flu vaccines may be in short supply this year, but according to experts who study the immune system's responsiveness to alternations in diet and exercise, there is plenty you can do to help defend yourself from contracting the flu.

Focus on what you can control. Be PROACTIVE, instead of reactive AND PREVENTIVE instead of defensive!

What does the research suggest and what are some tips on how your viewers/readers can help themselves with a dose of preventive medicine linked to eating, drinking, exercise and plenty of rest.

Also, choose the combo, a 1-2 punch of all of these items together. So instead of just focusing on Vitamin C, try a medley of foods and beverages to boost your immune system.

Boosting the Body's Immune System

Eat a healthy balanced, diet with plenty of plant-based foods with smaller amounts of lean animal products, like fish, poultry and lean beef and dairy products. Nutrient deficiencies may impair the immune system and the beneficial phytonutrients in plant-based foods may actually boost immunity. Other food and beverage recommendations include:

- **Tea** is not only soothing, but black tea has recently been shown to boost the immune function among individuals who drank five to six cups of tea per day. The researchers found that two components in tea--ethylamine and L-theanine -- boosted immune function. **A LOT OF PEOPLE ONLY DRINK TEA WHEN SICK, WHY NOT TO STAY WELL?**
- **Yogurt and other probiotics** that contain live and active cultures may help ward off infections by improving the balance of bacteria in the GI tract. The GI tract plays an integral role in immune function so keeping it healthy is a good way to help keep up your natural defenses against viruses and bacterial infections. **A BIG MYTH IS THAT DAIRY FOODS CAUSE MUCUS, WRONG!!**
- **Citrus and other vitamin C-rich foods** like peppers, broccoli, tomatoes and potatoes, may also play a role in aiding the immune system. Research has shown that vitamin C, a potent antioxidant, may decrease the duration and severity of colds. **BEST BET: Try 1000 milligrams of Vitamin C at the beginning of the onset of a cold.**
- **Selenium-rich foods** like nuts, oysters and clam; whole grains; pork, beef and lamb. Selenium is an antioxidant that is necessary to produce hormones that have a role in the immune system and the mineral plays a role in controlling inflammation as well. **Food sources of selenium are**

much safer and less costly than supplement form of selenium.

- **Zinc-containing foods** like oysters, beef, seafood, poultry, nuts, seeds and whole grains. Zinc is a mineral that is necessary for a healthy immune system and studies show that zinc, taken at the onset of a cold, may decrease the duration and severity of the cold.
- **Nuts, seeds and Vegetable oils:** Vitamin E is an antioxidant nutrient rich in vegetable oils and seeds. Many of us do not get enough of vitamin E and research shows that it may have a direct effect on the immune system. **VITAMIN E SUPPLEMENTS WITHOUT ADEQUATE FAT INTAKE MAY MEAN THAT THE VITAMIN IS NOT WELL ABSORBED**

Get Fit to Fight the Flu

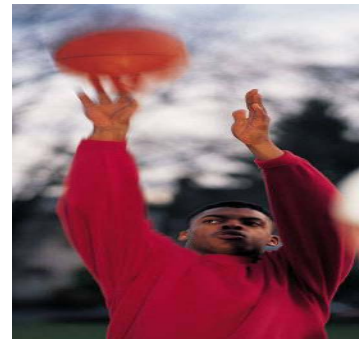
Daily physical activity has been consistently linked to a stronger immune system. Cardiovascular exercise is the best for improving your immune system. However, very strenuous exercise, like marathon running, has been shown to make the body more vulnerable to colds and flu. **Don't overdo it physically, and if exercise is part of your agenda, don't just add it to the day planner, take something else away!**

Wash, Wash

Sink germs by washing your hands frequently with soap and water, especially before eating and after going to the bathroom. Try to keep your hands away from your mouth, nose, or eyes because bacteria or viruses can multiply in warm, moist areas. **At the gym, use your OWN clean towel to wipe away perspiration. Clean your water bottle well after EVERY use!**

Sleep

Get enough sleep. Lack of sleep sends off a cascade of hormonal responses that actually promotes weight gain and a rise in stress hormones and a decrease in immune function. **One less item on the To-Do list may mean 1 more hour of sleep so you can enjoy the holidays, instead of feeling too pooped to party!**



Healthy Lifestyles and Sports Medicine

THE ADVANTAGES OF A DEDICATED SPORTS MEDICINE LINE

Expertise and availability is what gives great athletic programs the edge in dealing with injuries. It can minimize time lost to injury and improve outcomes of treatment. Great programs know and capitalize on this advantage.

Our goal is to bring this level of care to your program to the advantage of your student athletes. With this in mind, we have developed a phone line dedicated to athletic injuries—available to help when needed including after hours and weekends.

New England Center for Athletes announces the “**Bone Line**”. A free service provided for the sole purpose of treating athletes. It is offered only to Athletic Directors, Coaches, and Trainers.

Call (401) 3 5 0-B O N E

Injury will always be part of athletic competition. We are trying to make them easier to manage.



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A Coach's Relationship with Officials and Its Effect Upon Sportsmanship

By David Hoch

Coaching can be at times a very frustrating enterprise. After spending several days working to improve your team's execution and to prepare for your next opponent, things don't always go well in a contest. To make matters worse, occasionally there may be an official's call that seemingly hurts the team's best efforts and, at least in the coach's perspective, the outcome of the contest.

In this emotional setting and being upset, a coach may challenge the official's call. However, quite often, the coach doesn't really understand what overall effect he or she may be having. During a contest, a coach doesn't have the time or inclination to reflect upon their actions.

Whenever coaches challenge a call in a loud and obvious manner, they also set the scene for parents, fans and their own players. As Mom or Dad watch the reaction of the coach, they assume that, “Hey, it is OK or acceptable to yell at the officials. After all, the coach is...” Quite often, coaches don't realize their influence upon the fans. Their actions give license to parents and fans.

Also, coaches have a direct influence upon their players and they should. How can coaches tell their players not to yell at officials when they do? Players are much too intelligent for this type of edict. Realistically, athletes will question, “Why can't we yell at officials, because coach does?” If yelling at an official doesn't represent good sportsmanship and reflects poorly on our school, why does he or she get to do it? That's a great question!

Obviously, coaches aren't, nor should they be expected, to agree with every call. But how they react to a questionable call is something that they can and must control. Coaches are the ultimate role model for our parents and athletes. If a call must be questioned, it should be done quietly, without histrionics and in a respectful manner.

It is also important for coaches to understand that once the call has been made, it is out of their control. Only in very rare situations is a call overturned and this usually occurs with respect to a correctable error which is clearly defined in the rules. The time spent venting or fuming over a call would be much better spent instructing their players, because this would have a direct effect upon the athletes and the possible outcome of the contest.

Beyond this piece of advice, it would also help if coaches would instruct and help the parents of their athletes to understand the following:

1. Officials are absolutely essential to the contest. A game cannot be played without them.
2. As part of our approach to sportsmanship, everyone – including officials – must be treated with courtesy and respect. Deal with everyone with civility and in a normal tone of voice. There is no place for profane language and harassment.
3. Officials are assigned to games and do not walk onto the field or court with a hidden agenda. They really do not care who wins the contest. The sole purpose of officials is to ensure that the game is played within the rules of the sport.
4. It is also important to remember that since the number of officials is limited, you could very well see an official again later in the season. Surely, you will see the same officials year to year. Developing an understanding relationship would certainly be prudent.
5. However, as human beings, it would be extremely difficult for officials not to remember a consistent pattern of poor sportsmanship and a hostile environment at some schools. While officials will try to be impartial, they do have memories and may remember schools with an extensive history of poor sportsmanship.
6. Calls really do even out over the course of a game and season. While this may not be a great consolation immediately after a perceived bad call, it really is the truth.
7. Games, as in life, don't always go smoothly. Learning to deal with this fact is an important lesson of athletics. Without poor examples by adults – coaches and parents – most athletes do a pretty good job of accepting this principle.
8. At the conclusion of a game, walk up and shake hands with the officials. Thanking them sets the stage for the athletes, parents and fans. You have been a good example and role model for everyone associated with the contest.

While it is easy to get caught up in the emotion of the game, coaches need to realize that their actions do have a great influence upon the parents, fans and athletes. A coach, therefore, plays a major role in sportsmanship and the image that a school projects. *Coaches' Quarterly*



* * * *



**RI High School Athletes—
The Spirit of Giving.....**

The Staff of the RIIL would like to thank you for your patience while we closed the office on Wednesday, December 8th, from 12-3pm. During that time, we volunteered our services at the Rhode Island Food Bank.

In consideration of all our blessings, we felt we could show our appreciation by giving of our time to those less fortunate, and found it to be a wonderful uplifting experience during this season of giving.

Once again, we encourage all student athletes, coaches, athletic directors and any other person associated with your school's athletic program to consider providing a similar service. If you do, please let us know about your experience and we will publish it in our monthly bulletin.

We have received correspondence from a few who have volunteered already, and will be happy to share their experiences with you also in the bulletin.

If you'd like to volunteer at the RI Food Bank, you may call 942-6325 and arrange a time and date convenient for you.

**Jamey Vetelino, Director, Student Activities,
Westerly Public Schools.....**

On December 22nd I escorted 14 student/athletes to the Westerly W.A.R.M. Shelter, where we volunteered to help in any way for 2.5 hours. We spent that time putting holiday baskets together, that are handed out to families that otherwise could not afford a holiday meal. Some items included: bread, canned vegetables, potatoes, onions, canned gravy, cranberry sauce, turkey and cake. While

some put the baskets together, others were unloading the donated items and organizing them in the pantry. The amount and diversity of the foods amazed us, but was more amazing were the number of meals they serve on a daily basis. Most of us have lived in Westerly for all our lives and never realized the help needed in our town. Quite an eye-opener. I was very happy with the effort our kids gave while there. They worked extremely hard while there and the W.A.R.M. Shelter certainly appreciated it. Thanks for suggesting we do something this season.

Jon Bruckner, Lincoln Middle School, Girls' Basketball Coach.....

I wanted to share that the girls on the team have gone out on their own, sold raffle tickets to raise over \$300.00, signed up with the Adopt-A-Family organization in Woonsocket for two young girls (ages 2, 4) and will be going shopping next Tuesday, wrapping our gifts on Wednesday and delivering on Friday. They are so excited and have planned the whole thing themselves. They did it last year and loved it so we are looking forward to it again this year. Happy Holidays!

Paul Evasick, East Greenwich, Boys' Track Team....

The East Greenwich Boys' Track team has been hosting a "Breakfast with Santa" Event for the last three years on the second Saturday of December.

It is an event the captains coordinate. They secure donations of: Rotary Money for Gifts, Marriott donation of Food and Chef, Community Center, and Santa. They work with the Department of Human Services and the Housing Authority to invite underprivileged families to the Breakfast. They then organize the team to setup, serve and cleanup. The boys feed over 100 people a hot breakfast and help Santa hand out over 50 gifts the boys have shopped for and wrapped. It has become such a success, the families look forward to this annual event.

John D'Aloisio, Head Coach, Mt. St. Charles Baseball.....

This summer 13 members of the Mt. St. Charles Varsity Baseball team each spent three hours of their time at the BE HE LIVES soup kitchen in Woonsocket. It amounted to 39 hours of service to the soup kitchen. It was a valuable experience for all involved and will become a yearly philanthropy for the program.



Marc Talbot, Varsity Soccer Coach, North Smithfield High School.....

While my team and I do not have an example of holiday volunteerism, we did contribute many hours of community service during our season. Each Saturday, members of our JV and varsity teams volunteered their time with our North Smithfield Youth Soccer Association.

Team members spent their Saturday mornings from August until November volunteering with field maintenance, refereeing, and coaching for the program which is perhaps most responsible for fostering their love for soccer. Most of the boys were assigned a U6 team and became an assistant coach for the duration of the season. Their duties included taking the youngsters through our varsity pregame warm-up, instructing them on proper fundamentals, and creating an environment of enthusiasm and encouragement. The younger kids LOVED the experience and were thrilled to see our players each week. It truly was the ultimate in giving back since many of them took so much from NSYSA when they were younger.

I'm proud of the way our two teams embraced and looked forward to this service, and all agree that the partnership our program formed with the town program is one that should be continued and even expanded.

Again, I know it is not holiday altruism, but it is certainly civic awareness as it's finest, I think.

Congratulations and thank you for sharing these wonderful experiences with all of us.



**“The finish line is sometimes merely the symbol of victory. All sorts of personal triumphs take place before that point, and the outcome of the race may actually be decided long before the end.
Lawrence Malone**

SUMMARY OF MEETING

The November meeting of the Principals' Committee on Athletics was called to order at 1:35 p.m.

EXECUTIVE DIRECTOR'S REPORT

The Executive Director's Report from the October 18, 2004 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.

A discussion was held regarding "Responses to an Inquiry Regarding Acceptable Funding Sources." The National Federation sent out a survey among all the state associations and the responses were shared with the committee.

A discussion was held concerning the impact of the No Child Left Behind legislation and the consequences relative to student transfers in athletics.

RULES VIOLATIONS

Scituate High School self-reported the use of an ineligible tennis player, a violation of the rule Article 3, Section 3: Academic Eligibility.

On a motion made and seconded, the Principals' Committee on Athletics upheld Article 6, Section 5 whereas the school would lose the points won by the ineligible player which may include forfeiture and a fine of \$100 imposed upon Scituate High School.

Classical High School self-reported the use of a Foreign Exchange student without approval of the Executive Director of the RIIL, a violation of the rule Article 3, Section 6: Foreign Exchange Policy. Classical H.S. provided appropriate documentation and the Executive Director approved the Foreign Exchange student eligible for participation.

On a motion made and seconded, the Principals' Committee on Athletics voted to fine Classical High School \$100.

Tiverton High School self-reported the use of an ineligible athlete, a violation of the rule Article 6, Section 5: Use of Ineligible Athlete. The athlete's name was omitted from the eligibility list.

On a motion made and seconded, the Principals' Committee on Athletics voted to fine Tiverton High School \$100.

PROPOSAL FOR FEE STRUCTURE FOR ALTERNATIVE EDUCATION PROGRAMS – 2005-2006

Mr. Mezzanotte presented the Fee Structure Proposal for Alternative Ed Programs for 2005-2006 to the Principals' Committee on Athletics at the October 18 meeting for further discussion at the November meeting. A discussion was held and the committee suggested the RIIL continue to charge all schools and the Alternative Ed Programs the dues and fees established by the RIIL, however, individual sport fees would be waived.

On a motion made and seconded, the Principals' Committee on Athletics voted to charge all schools and the Alternative Ed Programs the same dues and fees as established by the RIIL, however, the individual sport fees would be waived.

FREQUENTLY ASKED QUESTIONS (DRAFT) – ARTICLE 3, SECTION 10 – RECRUITMENT OF STUDENT ATHLETES BY PRIVATE, PAROCHIAL AND PUBLIC SCHOOLS

Mr. Magarian presented a draft of "Frequently Asked Questions" – Article 3, Section 10 – Recruitment at the October 18 meeting for further discussion at the November committee meeting. Mr. Magarian suggested the questions be done internally by the RIIL staff and submitted to the committee in the spring.

FALL SPORTS

FALL CHAMPIONSHIPS:



- **Girls' Tennis**
Class Champions
Division I North – Mount St. Charles Academy
Division I South – South Kingstown High School and Barrington High School (tie)
Division II North – East Greenwich High School
Division II South – North Kingstown High School
Division III North – St. Raphael Academy
Division III South – Cranston High School West
Division IV North – Tiverton High School
Division IV South – Exeter/West Greenwich High School

Division Champions

- Division I – Mt. St. Charles Academy - Champion
Lincoln School – Runner Up
- Division II – East Greenwich High School – Champion
No. Kingstown High School – Runner Up
- Division III – Cranston High School West – Champion
St. Raphael – Runner Up
- Division IV – Tiverton High School – Champion
Providence Country Day – Runner Up



- **SOCCER- BOYS**
Division I State Champion LaSalle Academy
Division II Champion Mount Saint Charles Academy
Division III Champion Middletown HS
Division IV Champion West Warwick High School
Division I Central Cumberland HS
Division I South So. Kingstown High School
Division I East LaSalle Academy
Division II North Mount Saint Charles Academy
Division II South Warwick Veterans HS
Division III Middletown HS
Division IV Classical HS

- **SOCCER- GIRLS**
Division I State Champion LaSalle Academy
Division II Champion Portsmouth HS
Division III Champion Middletown HS
Division IV Champion Classical HS
Division I North Cumberland HS
Division I South South Kingstown High School
Division II North Smithfield HS
Division II South Portsmouth HS
Division III North No. Providence
Division III South The Prout School
Division IV Classical HS



- **Field Hockey**
Division Champions
Division I Tiverton High School
Division II North Woonsocket High School
Division II South South Kingstown HS
Division II Champions Woonsocket High School
Division II Finalist Burrillville High School
State Champion North Kingstown HS
State Finalist East Greenwich HS



• **Cross Country**

State Team Champion
 State Runner Up
 State Ind. Champion
 State Runner Up

 Class A Team Champion
 Class A Runner Up
 Class A Individual Champion

 Class A Runner Up

 Class B Team Champion
 Class B Runner Up
 Class B Individual Champion
 Class B Runner Up

 Class C Team Champion
 Class C Runner Up
 Class C Individual Champion

 Class C Runner Up

Boys

Cumberland HS
 Bishop Hendricken HS
 Tom Webb, Barr. HS
 Terrence Gallogly,
 Classical HS
 Bishop Hendricken HS
 North Kingstown HS
 Chris Jackson, Bishop
 Hendricken
 Andrew Coleman,
 Cumberland
 Lincoln High School
 LaSalle Academy
 Tom Webb, Barr. HS
 Terrence Gallogly,
 Classical
 Smithfield High School
 East Greenwich HS
 Cornelius McCaffrey,
 East Greenwich
 Matt Poyton, Smithfield

• **Cross Country**

State Team Champion
 State Runner Up
 State Ind. Champion

 State Runner Up

 Class A Team Champion
 Class A Runner Up
 Class A Individual Champion

 Class A Runner Up

 Class B Team Champion
 Class B Runner Up
 Class B Individual Champion

 Class B Runner Up

 Class C Team Champion
 Class C Runner Up
 Class C Individual Champion

 Class C Runner Up

Girls

No. Kingstown
 Westerly HS
 Samantha Gawrych,
 Westerly
 Erin Lagasse,
 Cranston West
 North Kingstown HS
 Cranston West HS
 Erin Lagasse, Cranston
 West
 Rebecca Hopkins, Toll
 Gate HS
 Westerly High School
 Barrington High School
 Samantha Gawrych,
 Westerly
 Stefanie Lombardi,
 No. Providence
 Smithfield High School
 Ponaganset High School
 Annie McCarthy,
 East Greenwich
 Caroline Ward,
 Exeter/WG

Division Team Champions

Metropolitan Champion

Boys (Cross Country)

LaSalle Academy

Metropolitan Runner Up
 SchoolSuburban Champion
 Suburban Runner Up
 Northern Champion
 Northern Runner Up
 Southern Champion
 Southern Runner Up

Barrington High
 Bishop Hendricken HS
 Toll Gate High School
 Lincoln High School
 Cumberland High School
 North Kingstown HS
 South Kingstown HS

Division Team Champions

Metropolitan Champion
 Metropolitan Runner Up
 Suburban Champion
 Suburban Runner Up
 Northern Champion
 Northern Runner Up
 Southern Champion
 Southern Runner Up

Girls (Cross Country)

Barrington High School
 Bay View High School
 Cranston West
 East Greenwich HS
 Lincoln Ponaganset (Tie)
 None
 North Kingstown HS
 Westerly High School

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2004-2005 Championships for Girls' Tennis, Boys' and Girls' Soccer, Field Hockey and Cross Country.

- **Girls' Volleyball** – Ms. Botelho, Director of Girls' Volleyball, reported the semi-finals would begin November 16.
- **Football** – A discussion was held in regard to selecting teams for the Division Championships in the event the semi-final games are cancelled due to bad weather.

On a motion made and seconded, the Principals' Committee on Athletics approved the following procedure for selecting teams for the Division Championships in the event that the semi-final games are cancelled due to bad weather:

- *In Division I, the top two (2) teams would play for the State Championship on Sunday, December 5, @ 1:00 pm at Pierce Stadium in East Providence.*
- *Teams finishing in the fifth and sixth place in Division I would play for the Division I Championship on Monday, December 6, @ 6:00 pm at Pierce Stadium in East Providence.*

WINTER SPORTS

- **Hockey (Girls)** - Mr. Mezzanotte reported a request by St. Raphael Academy to join Bishop Keough/Wheeler School in Girls' Hockey under the Co-op Program.

On a motion made and seconded, the Principals' Committee on Athletics voted to approve the request for St. Raphael Academy to join Bishop Keough/Wheeler School in Girls' Hockey under the Co-op Program.

- **Hockey**

- **Schedule Update** – Mr. Mezzanotte reported the hockey schedule is done.
- **Financial Update** – Mr. Mezzanotte reported the fees are set with the rinks.

- **Swim** – Mr. Reall, Director of Swim, reported swim is all set.
- **Basketball (Boys)** – No games before December 10. Cannot begin season before November 29.
- **Basketball (Girls)** – Ms. Neal, Director of Girls' Basketball, reported all is going well.
- **Wrestling Weight Management** – Mr. Silva, Director of Wrestling, reported all is going well.
- **Gymnastics & Indoor Track (Girls)** – No report was given.
- **Indoor Track (Boys)** – Mr. Sweeney, Director of Boys' Indoor Track, made the following recommendations to the committee:
 - 1) To add a 4x400 relay
 - 2) Extend the 45 meters to 55 meters
 - 3) Move the start date to November 22 due to URI facility availability

On a motion made and seconded, the Principals' Committee on Athletics approved the following in Boys' Indoor Track: to add the 4x400 relay, extend the 45 meters to 55 meters and move the start date to November 22.

SPRING SPORTS

- **Baseball** – Baseball survey will be sent out this week.
- **Softball (Fastpitch)** – Ms. Marquis, Director of Fastpitch Softball, reported the alignment/schedule would be presented at the December committee meeting.
- **Softball (Slowpitch)** –North Providence High School reported they are withdrawing from Girls' Slowpitch Softball. North Providence H.S. will participate only in Fastpitch Softball.
- **Outdoor Track** – Mr. Littlefield, Director of Boys' & Girls' Outdoor Track, reported the boys' and girls' alignment survey is completed and will be presented at the December meeting of the committee.
- **Boys' Volleyball** – Mr. Kavanagh, Director of Boys' Volleyball, reported the alignment is being finalized. Mr. Mezzanotte reported a request from Mr. Andre Thibeault, Director of Student Support Services, Providence School Department for Central High School to add Boys' Volleyball. Mr. Kavanagh stated Central High School can be accepted in Boys' Volleyball in the 2004-2005 season.

On a motion made and seconded, the Principals' Committee on Athletics approved Central High School into Boys' Volleyball for 2005.

- **Lacrosse (Boys and Girls)** – Mr. Finn, Director of Boys' and Girls' Lacrosse, reported on the boys' and girls' Lacrosse alignment. Mr. Finn requested to limit the maximum of games from twenty-two (22) to eighteen (18) for this spring.

On a motion made and seconded, the Principals' Committee on Athletics voted to approve the Lacrosse alignment and to limit the max number of games from twenty-two (22) to eighteen (18) for Boys' and Girls' Lacrosse.

- **Golf** – No report was given.
- **Boys' Tennis** – Ms. Calouri, Director of Boys' Tennis, reported there would be an alignment meeting on November 15 and a proposal will be sent to schools.

BEFORE THE MEETING WAS ADJOURNED, A MOTION WAS MADE AND SECONDED TO GO INTO EXECUTIVE SESSION. THE COMMITTEE VOTED TO GO INTO EXECUTIVE SESSION.

3:15 pm **Nicholas Passaretti – Johnston High School**
 Waiver of Article 3, Section 4 - 8- Semester Rule. Appealing a decision of Waiver Committee.
Motion to approve: 9-2

3:30 pm **Candace Williams – Saint Raphael Academy**
 Waiver of Article 3, Section 5 – Transfer Rule. Appealing a decision of Waiver Committee.
Motion to approve: 8-3

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 November meeting of the Principals' Committee on Athletics was adjourned at 3:25 pm.

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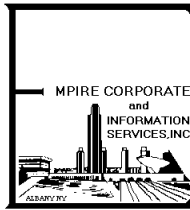
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MetLife Auto and Home



Pepsi-Cola Co.



The Pawtucket Red Sox



Penn Monto



Rawlings Sporting Goods



Spalding



United States Air Force



United States Army



United States Marine Corp

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.



*a monthly publication
of the
Rhode Island Interscholastic League*