



# Rhode Island Interscholastic League



## February 2005 Monthly Bulletin



Member of the  
National Federation  
of High Schools



**RIIL**  
Online

[www.riil.org](http://www.riil.org)

# Rhode Island Interscholastic League

Thomas A. Mezzanotte  
*Executive Director*

Richard R. Magarian  
*Assistant Executive Director*

Janet C. Hale  
*Treasurer*

Ruth Nicastro  
*Secretary*

Susana Borges  
*Secretary*

Gail Lepore  
*Secretary*

*Rhode Island Interscholastic League*

*Bldg. #6 R. I. College Campus ♦ 600 Mt. Pleasant Avenue ♦ Providence, RI 02908-1991*

*Tel: (401) 272-9844 ♦ Fax: (401) 272-9838*

*web site: [www.riil.org](http://www.riil.org) ♦ email: [info@riil.org](mailto:info@riil.org)*

## FROM THE DESK OF THE EXECUTIVE DIRECTOR.....

### National Girls and Women in Sports

Recently I had the pleasure of attending the National Girls and Women in Sports Reception at the Ryan Center on the campus of the University of Rhode Island. This event is sponsored and hosted by the URI Athletic Department (every year for the past 27 years) and coordinated by Lauren Anderson. It is an opportunity to celebrate Rhode Island progress in the expansion of opportunities for girls and women – to salute our female interscholastic and intercollegiate student-athletes and to thank the coaches and leaders for their dedicated service to our young women. Congratulations to this year's award recipients: **Katie McDowell**, Olympic sailor; **Betty Marquis**, administrator, coach, member of the RIIL Principal's Committee on Athletics; **Elizabeth Balasco**, Soccer and Lacrosse coach at LaSalle Academy; and **Kim Smith**, outstanding member of the Providence College cross-country and track teams, NCAA champion.

This nationally recognized occasion began in 1986-87 as a day to remember Olympic Volleyball player Flo Hyman for her athletic achievements and for her work to assure equality for women's sports. Flo Hyman died of Marfan's Syndrome in 1986 while competing in a volleyball tournament in Japan. Since that time, "National Girls and Women in Sports Day" has evolved into a day to acknowledge the past and recognize sports achievements, the positive influence of sports participation, and the continuing struggle for equality and access for women in sports.

Each year there is a national celebration – this year the theme is "More Than a Game". As athletes reflect on their experiences in their chosen sport, the benefits of sports participation become clear, while the outcome of games – wins and losses – become a blur – women athletes feel greater confidence, self-esteem and pride, they live a healthier life style, and they understand goal-setting and team-work – keys to success in the business and in life, generally.

Each year this event is scheduled close to the National Celebration date (February 9) on a URI Women's basketball home day. Every RI Girls State and Divisional Championship team is invited. They are all honored at center court during the half of the game. Along with Lauren Anderson, and the URI Athletics Department, the RIAIAW, the RIAGWS and the RIIL work closely to sponsor and plan this event.

Special thanks to Lauren Anderson, for providing this information and her undying support for women athletics in our state.

### Exciting Competition

I was extremely impressed with the organization, spirit, sportsmanship, and competition associated with this year's swim, gymnastics, and indoor track championships. Unfortunately these events don't get the attention or coverage that they should, but that doesn't diminish the effort by the athletes or the enthusiasm of the fans. Congratulations to all

the teams; Melissa Gendreau, Director of Gymnastics; Ken Reall, Director of Swimming; Jane Headley & Bob Bayha, Co-Directors of Girl's Indoor Track; and Charlie Sweeney, Director of Boy's Indoor track. Great Job!!!!

As the winter season winds down, we look forward to our upcoming championships. Thus far all sports have enjoyed tremendous success and participation at all levels. With this in mind I encourage all sports fans to support their teams. Sports fans of all ages will experience no greater satisfaction or enjoyment than attending a high school sponsored event, and watching our student-athletes compete.

**In the January Bulletin we asked schools to send the RIIL articles or stories about their athletes or teams that we will share with our schools in future monthly bulletins. In addition, we also encourage students to respond to the questions we have posed.**

\* \* \* \*

## Congratulations to Ruth Nicastro...

Her daughter Stephanie gave birth to a beautiful and healthy baby boy (Evan Paul Roberts) on Friday, February 4, 2005. Ruth has been with her daughter in Japan and was there for the delivery. According to Ruth, mom and son are doing great. [Congratulations grandma!!](#)



Ruth,  
Where's my  
eligibility  
list??





learning experience and hopefully, I will make some connections that will last a lifetime.”

### **Ashleigh McLean:**

The Rhode Island Interscholastic League is pleased to welcome Ashleigh McLean to the staff. Ashleigh, a senior at Bryant University, will be an intern for the 2005 spring semester.

Ashleigh will receive a bachelor's degree in Communications in May 2005. This internship will be an excellent opportunity to apply skills learned in the classroom to a practical business setting. Not only will Ashleigh be able to further develop and refine her communication skills, she will be able to put a special emphasis on the field of sports, something she has been involved in her entire life.

Ashleigh graduated from Plymouth North High School in Plymouth, Massachusetts in 2001 where she was a standout in both soccer and tennis. She continues her athletic endeavors at Bryant University as the captain of the women's tennis team. In 2004 she led the team to its first-ever Northeast-10 Conference championship with a perfect record of 11-0 and a berth in the NCAA Division II tournament.

When asked about her feelings on doing an internship at the RIIL, Ashleigh responded, "I am excited to be a part of such a great organization. Playing high school sports had a major impact on my life and I look forward to being able to help provide such an experience to Rhode Island high school athletes. The internship offers me an opportunity to work in several different areas of communication and will be an excellent basis for a future in sports. I appreciate the chance to work with the RIIL, and I know that I will benefit greatly from this rewarding experience."

### **April Arnold:**

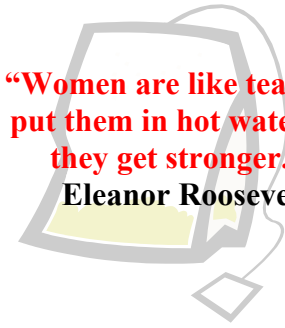
The Rhode Island Interscholastic League is pleased to welcome April Arnold to the staff. April, a senior at Rhode Island College will be an intern for the 2005 spring semester.

April will receive her bachelor's degree in Communications in May, 2005. This internship will not only fulfill her undergraduate requirement, but also give her the experience and knowledge she needs to progress in the sports field. April is no stranger to the Rhode Island sports scene. She graduated from Burrillville High School in 2001. While she was there she played two sports, Softball and Basketball. As a senior she was scouted for the Rhode Island Red Sox, a national slow-pitch softball team that went on to win a national championship in 2001. This was an incredible accomplishment as a women's softball team in Rhode Island had not won a national championship in 82 years.

April continues her athletic endeavors while at Rhode Island College, playing for a coed softball team in Foxboro, MA and a women's team out of Warwick, RI. When asked about her feelings on doing her internship at the RIIL, April responded, "I am very happy to be selected for such an exciting position. I am getting the chance to work with so many great people, and I have the opportunity to help coordinate and plan great activities. I think this will be a great

**“Women are like tea bags;  
put them in hot water and  
they get stronger.”**

**Eleanor Roosevelt**



## **Sixth Annual National Girls and Women in Sports Day to be Held February 10 in Indianapolis**

INDIANAPOLIS, IN (February 7, 2005) — To celebrate the participation of girls and women in sports, the National Federation of State High School Associations (NFHS) will host the 2005 National Girls and Women in Sports Day luncheon here Thursday at Conseco Fieldhouse.

The NFHS, the national service and administrative organization for high school sports and fine arts programs based in Indianapolis, will be hosting the event for the sixth consecutive year.

Debbie Meyer, winner of three Olympic swimming gold medals and 2004 inductee in the National High School Hall of Fame, will be the keynote speaker at the luncheon, and Angela Cain, WTHR Channel 13 reporter and director of community affairs, will be the emcee. Several individuals and teams will be recognized during the luncheon, with each recipient receiving a symbolic award and a small cash contribution to a girl's sports organization chosen by the recipient.

An educational event designed to encourage and promote the benefits of sport participation, this year's luncheon is expected to attract students, teachers, coaches, administrators, business people and organizations from across central Indiana.

"It is wonderful to have such a great event to showcase the talent and accomplishments of women and girls in sports across Indiana," said Judy Thomas, NFHS director of marketing. "There are so many great stories to tell, and this event will help young female athletes realize that anything is possible if you stay focused and true to yourself."

National Girls and Women in Sports Day celebrates and recognizes female pioneers and sport participation achievements at the local and national levels. The Women's Sports Foundation created the event on a national scale in the 1980s following the death of Flo Hyman, who was considered one of America's best volleyball players.

The awards being presented at this luncheon will be sponsored by Methodist Sports Medicine, Fifth Third Bank, Sport Graphics, the Indiana Fever, the National Collegiate Athletic Association (NCAA) and the Indiana High School Athletic Association.

Among the awards to be presented will be the Indiana High School Athletic Association (IHSAA) Sportsmanship Award to **Phyllis Tubbs**, assistant athletic director at Elkhart (Indiana) Memorial High School, for demonstrating sportsmanship that transcends from the playing field into the community.

The Spirit of Sport Award will be given to **Jo Ann Grissom** of Indianapolis, a former standout high school and college athlete who participated in two Olympic Games. Grissom also coached track at Purdue University and is an IHSAA track official. The Spirit of Sport Award demonstrates tireless efforts to create and maintain new opportunities for school and nonschool participation among female athletes.

The NCAA Robert F. Kanaby (executive director of the NFHS) Citizenship Award will be granted to **Allison Sears**, a senior at Elkhart (Indiana) Memorial High School, for her academic and athletic achievements and her involvement within her school and community. Sears has earned 12 varsity letters in three sports (basketball, volleyball and softball) and has a 3.98 grade-point average (GPA).

**Brittney Feldman** of Indianapolis (Indiana) Broad Ripple High School will be presented the Cinderella Award, given to an individual whose efforts inspire others to strive for greatness. Feldman overcame great odds to win the state diving championship as a sophomore and is one of the favorites for this year's title.

The Women's Intersport Network Award will be given to **Kathy Nalley-Schembra**, teacher and volleyball coach at Indianapolis (Indiana) Roncalli High School for her lifelong commitment to girls and women in sports. Nalley-Schembra has coached volleyball at Roncalli for 34 years and has won more than 800 matches and two state championships.

The Award of Courage, which is awarded to individuals who have overcome physical, mental, socio-economic or political barriers while participating in athletic competition, will be presented to **Ashtin Francis** of Crawfordsville (Indiana) High School. Francis has overcome tremendous hardships to excel in three sports (basketball, volleyball and softball) and maintain a 3.5 GPA.

\*\*\*

***"Sport is a preserver of health."***

***Hippocrates***



*Student Spotlight*

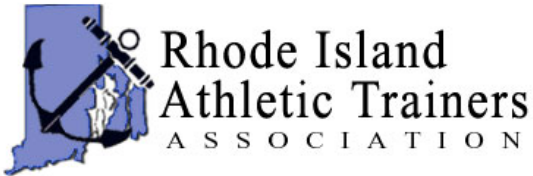
**KYLE MURRAY**  
**SENIOR: CRANSTON HIGH SCHOOL WEST**

Cranston West Senior Kyle Murray has been selected as the recipient of the first place award for Rhode Island in the Veterans of Foreign Wars 2004 Voice of Democracy Essay Contest. He will be traveling to Washington D.C. in March to compete in the National VFW Contest with other state finalists from around the country. Murray was an All State tight end selection following the recent Falcon football state championship season. He has also been selected as a "Golden Dozen Scholar Athlete" to the RI Chapter National Football Foundation and College Hall of Fame, Inc. and will be honored in May at a banquet along with eleven other Rhode Island football student athletes.

\*\*\*

**Why is it important for girls to get involved in high school sports?**

<b>Smoking:</b>
<ul style="list-style-type: none"> <li>In grades 9-12, 29.5% of female students report current tobacco use</li> <li>Female athletes on one or two school or community sports teams were significantly less likely to smoke regularly than female non-athletes. Girls on three or more teams were even less likely to smoke regularly</li> </ul>
<b>Illicit Drug Use:</b>
<ul style="list-style-type: none"> <li>Thirty-eight percent of 12th-grade girls and 18% of eighth-grade girls have used an illicit drug at least once during the past year</li> <li>Two nationwide studies found that female school or community athletes were significantly less likely to use marijuana, cocaine or most other illicit drugs</li> </ul>
<b>Depression:</b>
<ul style="list-style-type: none"> <li>By age 15, girls are twice as likely as boys to have experienced a major depressive episode.</li> <li>Women and girls who participate in regular exercise suffer lower rates of depression</li> </ul>
<b>Suicide:</b>
<ul style="list-style-type: none"> <li>In 2001, about one in four U.S. high school girls seriously considered suicide, and one in 10 actually attempted to kill herself</li> <li>Female high school athletes, especially those participating on three or more teams, have lower odds of considering or planning a suicide attempt</li> </ul>
<b>Teen Pregnancy:</b>
<ul style="list-style-type: none"> <li>The United States has the highest teen pregnancy and birth rates in the industrialized world. About 80% of teen pregnancies are unintended</li> <li>Female athletes are less likely to be sexually active, in part because they tend to be more concerned about getting pregnant than female non-athletes</li> </ul>
<b>Eating Disorders:</b>
<ul style="list-style-type: none"> <li>Over 90% of victims of eating disorders are female, and 86% report onset by age 20</li> </ul>



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. Through this website the association targets schools and the general public and discusses many important issues regarding the protection of our athletes in the secondary school setting and sports medicine in general. Recently, they have added a section called “ask the athletic trainer”. In addition, they provide information about prevention and treatment of athletic injuries and public announcements. I encourage all coaches, athletic directors and school officials to visit this site.



**“The education and empowerment of women throughout the world cannot fail to result in a more caring, tolerant, just and peaceful life for all.”**

**Aung San Suu Kyi – Nobel Peace Prize Laureate leader of Burma’s democracy movement**

## Healthy Lifestyles and Sports Medicine

### SPORTS MEDICINE: SECOND SPORTS MEDICINE HANDBOOK RELEASED

Schools Receive Second Sports Medicine Handbook Earlier than Expected  
IMMEDIATE RELEASE Contact: Jerry Diehl

INDIANAPOLIS, IN (September 17, 2002) — After the overwhelming success of the first edition of the Sports Medicine Handbook, the National Federation of State High School Associations made available the second edition earlier than originally expected.

The first edition of the Sports Medicine Handbook was published in June 2001 after surveyed state associations indicated the need for a sports medicine publication. In response, more than 30,000 copies were printed and distributed to NFHS-member state associations and their member schools.

“The success of the first edition was evident by the number of copies that have been provided across the country,” said Jerry Diehl, NFHS assistant director and liaison to the NFHS Sports Medicine Advisory Committee. “This prompted the committee to produce the second edition earlier than first projected, which includes additions that were identified as needs by our membership. With our second edition, the committee has enhanced what has been mentioned as one of the finest publications that the NFHS has produced, which benefits all participants in high school activity programs.”

The Sports Medicine Handbook is a reference guide for coaches, athletes and administrators for sports injury treatment. The second edition includes new information about asthma, fluid replacement, disordered eating and nutritional concerns for the female athlete triad, in addition to, emergency planning, equipment issues, heat-related illness and other information that pertains to the sports medicine field at any level.

“The handbook offers schools a broad overview of the many health issues that will occur to young people,” said Thad Stanford, M.D., an orthopedic surgeon and chairperson of the NFHS Sports Medicine Advisory Committee. “The handbook helps to identify and define health issues. It is a vehicle to identify and prevent problems that occur in high school level sports.”

The Sports Medicine Handbook is a publication of the NFHS Sports Medicine Advisory Committee, which was established in 1996. The Sports Medicine Advisory Committee consists of physicians, athletic trainers, physical therapists and representatives from the member state associations. Another responsibility of the Sports Medicine Advisory Committee is to ensure that all new rules are in the interest of risk minimization for the athletes. The committee also monitors and distributes current sports medicine information to the membership and works to proactively address and educate the membership concerning general safety issues.

The second edition of the Sports Medicine Handbook costs \$14.95, plus shipping and handling. To order the Sports Medicine Handbook, contact NFHS Customer Service toll-free at 800-776-3462.

[Sports Medicine Handbook Order Form \(PDF\)](#)

## Healthy Lifestyles and Sports Medicine

### American Red Cross FA/CPR/AED Instructor Training Program

**Program Purpose:** The American Red Cross First Aid, Cardiopulmonary Resuscitation, Automated External Defibrillation (FA/CPR/AED) Instructor Training Program is to train instructor candidates to teach FA/CPR/AED programs. The courses and modules of the program include:

- Adult CPR
- Child CPR
- Infant CPR
- Adult CPR/AED
- Infant & Child CPR
- AED Essentials
- First Aid
- Workplace Training: Standard First Aid
- Workplace Training: Standard First Aid with AED
- Workplace Training: Injury Control Modules – Ergonomics; Slips, Trips, and Falls; Back Injury Prevention; Workplace Violence Awareness; Managing Stress, and Your Heart Matters.

**Instructor Course Objectives:** At the conclusion of the FA/CPR/AED Instructor Training course, instructor candidates should be thoroughly familiar with the applicable content of the FA/CPR/AED program courses and modules material and should be able to –

- Expand on information from the American Red Cross Fundamentals of Instructor Training (FIT) course to teach FA/CPR/AED Program courses and modules;
- Demonstrate the characteristics required of an American Red Cross representative and role model;
- Plan, organize, and conduct FA/CPR/AED Program courses and modules;
- Monitor participants' practice and provide corrective feedback and encouragement;
- Teach courses and modules in a manner that keeps participants engaged in the learning process;
- Ensure participants' health and safety during training;
- Demonstrate applicable first aid, CPR, and AED skills at an appropriate level of performance; and
- Maintain complete and accurate records and reports.

**Certification Requirements:** To be certified as an instructor in the FA/CPR/AED Program, candidates must –

- Successfully complete the pre-course session
- Attend all course sessions
- Successfully complete three practice-teaching assignments
- Score at least 80 percent (20 out of 25 questions) on the instructor examination

Upon successful completion of the instructor training course, candidates will receive an American Red Cross Health & Safety Services Instructor Certificate (Form 5736).

## American Red Cross of RI 2004/05 Instructor Training Program Registration Form

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
School: \_\_\_\_\_ District: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: (W) \_\_\_\_\_  
\_\_\_\_\_ (H) \_\_\_\_\_  
\_\_\_\_\_ (Fax) \_\_\_\_\_  
Email: \_\_\_\_\_

**NOTICE: Please be sure to list your preferences 1<sup>st</sup> through 3<sup>rd</sup> and we will try our best to accommodate your first preference.**

Option #	Day(s)	Date(s)	Time	Preference
EBEC	Wednesdays	Nov. 3, 10 & 17	8:30am - 3:00pm	
WBEC	Thursdays	Jan. 6, 13 & 20	8:30am - 3:00pm	
SORIC	Tu/Wed/Th	Jan. 25, 26 & 27	8:30am - 3:00pm	
NRIC	Wed/Thu/Fri	February 9, 10 & 11	8:30am - 3:00pm	
ARC/RI	Fridays	March 4, 11 & 18	8:30am - 3:00pm	

**Fax reply to: (401) 831-0502 or mail to: RI Red Cross 105 Gano St., Prov., RI 02906**

East Bay Educational Collaborative (EBEC)  
317 Market Street  
Warren, RI 02885  
(401) 245-4998

West Bay Educational Collaborative (WBEC)  
144 Bignall Street  
Warwick, RI 02888-1005  
(401) 941-8353

Southern RI Regional Collaborative (SORIC)  
646 Camp Avenue  
North Kingstown, RI 02852

Northern Rhode Island Collaborative (NRIC)  
2352 Mendon Road, Unit 6  
Cumberland, RI 02864-3715  
(401) 658-5790

American Red Cross, RI Chapter (ARC/RI)  
Chapter Headquarters  
105 Gano Street  
Providence, RI 02906  
(401) 831-7700

*- Please duplicate this form as needed -*

**FA / CPR / AED**



# ATTENTION ATHLETIC DIRECTORS!!!!!!

## Information regarding the NEW RIIL ASSUMPTION OF RISK FORM

### Why is the new form necessary?

The RIIL attorney has advised all RIIL member schools be in compliance with the Rhode Island General Laws S 9-1-20.1 which gives schools and league permission to use the "student's name, voice and likeness in any manner of media."

### Who is to use the new form?

All student athletes regardless of grade who intend to participate in any Rhode Island Interscholastic League sport or event. The new form has already been placed on the Rhode Island Interscholastic League website.

### When will the new form become effective?

Beginning August 1, 2005. The old form will no longer be accepted beyond August 1, 2005.

### What does it mean?

What it means is a lot of work for you (Athletic Director)!! You have a short period of time to complete the task of getting new Assumption of Risk Forms signed and notarized for all student athletes.

*We suggest you begin the task in Spring 2005 because the old form will no longer be accepted beyond August 1, 2005.*

### How to comply? Please note – VERY IMPORTANT!

- The NEW FORMS must be submitted by the student-athletes **year of graduation** (2005, 2006, 2007, 2008, and in September, 2009). PLEASE **DO NOT** SUBMIT BY SPORT. Only **COMPLETE SETS** are to be sent to the RIIL.
- Directions for updating the eligibility lists on line:
  - Clear the Waiver Date column (this will clear all previous waiver dates)
  - Enter NEW waiver date (2005)

**Note:** If your school is using the old form (for the spring), continue as you have in the past. Remember, the NEW Form must be used for all student-athletes in the fall of 2005.

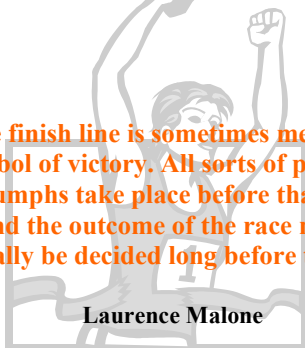
### What is the penalty for failure to comply?

The student-athlete will be declared ineligible to compete beginning August 1, 2005.

We realize the task of requiring a new form from every athlete in your school is enormous and time consuming, however, like you, we have no choice or alternative.

**"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."**

Laurence Malone



## Athletics & Achievement



The Report of the National Association of State Boards of Education (NASBE) Commission on High School Athletics in an ERA of Reform

In last month's bulletin we introduced a new segment pertaining to athletics and achievement based on information provided by the National Association of State Boards of Education (NASBE). In January 2004, the NASBE convened a blue-ribbon commission of national, state, and local education policymakers and committed stakeholders. The Commission set out to assess the state of high school athletics and recommend policies for adoption by states, districts, and schools advocating that athletic programs support, rather than undermine, student academic achievement. This month's focus relates to Chapter One of the NASBE report entitled "The Manner in Which Athletics Contributes to Academic Success".

According to the National Federation of State High School Associations, more than 6.7 million high school students participate in high school sports. The participation level of high school sports is increasing yearly. In a nationally representative sample 14,221 U.S. high school student, 70% of male students and 53% of female students reported participating in at least one sports team. These statistics alone make it important for state boards of education to critically examine the impact of athletic participation. However, there are other factors to be considered.

Through recent trends such as greater number of students specializing in just one sport and the growth of youth leagues such as Amateur Athletic Union (AAU), the increasing level of athletic talent among high school athletes has raised the bar for skills levels in both college and professional leagues. With the influence of youth leagues, college sports programs, and professional teams, the purpose of high school athletics has evolved from one of recreational and community benefit to a profit-making venture for those who reach elite status.

What is the comparison of student-athletes versus non-athletes in regard to grade point average and academic performance? Studies show that student-athletes have consistently higher GPA's than non-athletes and also have a lower number of absences from school. Furthermore, student-athletes have fewer disciplinary referrals, a significantly lower dropout rate, and a higher graduation rate.

The Commission offers several recommendations on how to maintain this consistency:

1. The Commission recommends that state boards of education decision makers obtain more data and information on the impact of athletics on student achievement
2. Athletic programs need to support and monitor athletes' academic progress throughout the student's high school career
3. Athletic eligibility should be dependent on the student's progress towards successful completion of high school education as defined by the state
4. Communities need to examine the relationship between secondary athletic programs and community athletic programs that exist beyond the halls of the high school

*Look for the next addition of this segment in the March bulletin.*



## Girls Got Game

By: Ashleigh McLean

RIIL Intern

In 1972 an amendment was made to the Civil Rights Act prohibiting discrimination on the basis of sex in all educational institutions receiving federal financial assistance or have students receiving federal financial aid. Title IX applies to all extracurricular activities from law, science, drama, dance and athletics. Title IX is in effect at all levels of extracurricular participation. At the high school level, Title IX has provided a chance for girls to participate in varsity sports. Currently, 1 of every 2.5 high school girls participate in high school varsity sports, compared to 1 out of every 27 in 1972.

Title IX not only applies to athletics at the varsity level, but also general physical education, recreation, and intramurals. Studies show it is becoming increasingly more important for girls to become involved in some type of physical activity for health reasons. By participating in athletics, girls become motivated to engage in healthier lifestyles and reduce their risk of developing potentially dangerous health conditions as adults. According to the *Journal of the National Cancer Institute*, girls who participate in as little as four hours of exercise per week may reduce their lifelong risk of breast cancer (a disease that will affect one out of every eight women) by up to 60%. Aside from providing protection from physical illness, participating in athletics can lead to healthier psychological lifestyles in girls. Girls and women who participate in sports have higher levels of confidence, stronger self-images and lower levels of depression. In addition, the Women's Sports Foundation has found that high school girls who participate in sports are less likely to experience an unintended pregnancy, more likely to graduate from high school and get better grades, and less likely to engage in an array of health-risk behaviors.

It is evident the addition of Title IX has greatly expanded the opportunities available to girls and women in athletics; however, after its 30 year existence, there is still not complete gender equality in the amount of athletic scholarships offered. While more female athletes are getting a college education because the amount of scholarship money offered to women, male athletes receive 36 percent more than that amount. Public support of Title IX continues to take strides in creating more opportunities for girls and women that will make athletics a truly equal opportunity endeavor. Encouraging statistics state since Title IX was adopted 30 years ago, the Office For Civil Rights (OCR) has not found one educational institution out of compliance with the athletics

regulations and not initiated proceedings to remove federal funds at one school or college. Recently, NCAA participation opportunities for male and female athletes have grown to record levels. Between 1981-82 and 2000-01, NCAA female sports participation has increased from 74,239 to 150,916 and NCAA male sports participation has increased from 169,800 to 208,966.

As opportunities for girls and women in sports continue to increase, more high school girls are encouraged to get involved in athletics than ever before. Colleges and universities stress that being involved in some type of physical activity will put girls at an advantage over their peers in both their personal and professional lives. Female athletes tend to be more disciplined, focused, goal oriented and generally become more successful after graduation. The encouragement of females to become involved in athletics can begin at an early age. Supporting girls in their athletic endeavors will increase the chance they will continue to be actively involved during high school and in college.

\*Additional information and statistics provided by [www.womenssportsfoundation.org](http://www.womenssportsfoundation.org)

\*\*\*\*

## Taunting Becomes More Serious Violation

INDIANAPOLIS, IN (February 3, 2005) — Taunting will become a more serious violation in high school soccer as a result of a rule change at the January 23-24 National Federation of State High School Associations (NFHS) Soccer Rules Committee meeting. The taunting rule and nine other changes made by the committee were subsequently approved by the NFHS Board of Directors.

Rule 12-8-3 (b) was amended so that the violation results in a "hard red card" in place of the "yellow/red card." "Since 1994, if a player was taunting (degrading an opponent in some form), that player would be disqualified with the yellow/red card," said Tim Flannery, NFHS assistant director and liaison to the NFHS Soccer Rules Committee. "Because taunting is increasing, we are making the violation a hard red card."

The yellow/red card disqualified the player at fault, but allowed for a replacement. The hard red card disqualifies the player at fault and does not allow a replacement, forcing the team to play down one person.

According to Flannery, taunting happens all too frequently, as a result of high school players imitating inappropriate actions that occur at other levels of play. Flannery said this rule change hopefully will decrease the number of taunting incidents by making it a more serious offense in which the violation will not just punish the player at fault, but also the team.

"Most great men and women are not perfectly rounded in their personalities but are instead people whose one driving enthusiasm is so great it makes their faults seem insignificant."

Charles A. Cerami

## SUMMARY OF MEETING

*The January 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 December 20, 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.

Mr. Gray referred to *Sports Done Right: A Call to Action on Behalf of Maine's Student-Athletes*. The highly anticipated report examines and defines healthy interscholastic sports and presents recommendations to shape the best possible environment for student-athletes. *Sports Done Right* will be available online at no cost beginning March 1, 2005.

### REQUEST TO DISTRIBUTE FUTURE MEETING AGENDA AND MINUTES VIA EMAIL

The Principals' Committee on Athletics approved to have future meeting agenda and minutes distributed via email.

### USE OF INELIGIBLE ATHLETES, ARTICLE 6, SECTION 5, C

Discussion from the last meeting was continued. No changes were made.

### RECOMMENDATION FROM THE RIIL SPORTS MEDICINE ADVISORY COMMITTEE

Mr. Mezzanotte submitted a recommendation from the RIIL Sports Medicine Advisory Committee for the Use and Implementation of Automated External Defibrillators (AED). The RIIL Sports Medicine Advisory Committee is strongly recommending that all R.I. High School Athletic Departments purchase at least one AED for their athletic programs.

*On a motion made and seconded, the Principals Committee on Athletics voted to approve the RIIL sending to all member schools the recommendation from the RIIL Sports Medicine Advisory Committee Use and Implementation of Automated External Defibrillators.*

### NEW ASSUMPTION OF RISK FORM FOR 2005-2006

Mr. Mezzanotte submitted a New Assumption of Risk Form for 2005-2006 with recommended changes from the Principals' Committee on Athletics. The new Assumption of Risk Form and a memorandum regarding the implementation will be sent to all member schools.

*On a motion made and seconded, the Principals Committee on Athletics voted to approve the new Assumption of Risk Form for 2005-2006.*

### RULE VIOLATIONS

Mr. Mezzanotte reported on letters submitted by Chariho, East Providence and Tolman High School as well as Saint Raphael Academy in which the schools self-reported an unintentional

violation of RIIL eligibility rules. All schools submitted the \$100.00 fine to the RIIL.

Mr. Mezzanotte reported on a letter submitted by South Kingstown High School in which the Athletic Director self-reported a violation of the RIIL Rules and Regulations Article 3, Section 1G, (no student below the 9<sup>th</sup> grade shall be eligible) and Article 3, Section 10, Recruitment of Student-Athletes.

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

- place the South Kingstown High School wrestling team on probation for the remainder of the 2004-2005 wrestling season
- impose a fine of \$100.00
- accept the South Kingstown Director of Athletics assurance of educating the wrestling coaches relative to the Rules and Regulations of the RIIL, as well as, the liability issues that could arise

Mr. Mezzanotte reported on a letter submitted by Toll Gate High School in which the Athletic Director self-reported the inadvertent use of an academically ineligible student-athlete violating Article 3, Section 3, in two (2) wrestling matches.

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

- place the Toll Gate High School wrestling team on probation for one year beginning on February 1, 2005 and ending on February 1, 2006. Further violations will result in further penalties as outlined in Article 6 of the Rules and Regulations of the RIIL.
- have Toll Gate High School forfeit the two (2) matches the student-athlete participated and adjust the team score, if necessary.
- impose a \$100.00 fine for each wrestling match the ineligible student-athlete participated for a total of \$200.00.
- remind and educate coaches relative to all the Rules and Regulations of the RIIL.

### FALL SPORTS

Mr. Mezzanotte reported on a request from Classical High School requesting to be moved from Division IV to Division III in Girls' Soccer. The matter was referred to Ms. Johnson, Director of Girls' Soccer and Mr. McNamara, Assistant Director of Girls' Soccer.

### WINTER SPORTS

- **Hockey** – Mr. Mezzanotte will be looking into rescheduling all boys' and girls' hockey games that were cancelled due to recent snow storms. In the event that ice is not available, the schools will have to use their practice ice time to reschedule the games before the season ends.
- **Wrestling** – Mr. Silva, Director of Wrestling, reported all is going well.
- **Swim** – Mr. Reall, Director of Swim, reported all is going well.
- **Basketball (Boys & Girls), Gymnastics & Indoor Track (Boys & Girls)** – No report was given.

### SPRING SPORTS – ALIGNMENT & SCHEDULES

- **Baseball** – Mr. Mezzanotte reported on a request from Moses Brown School to join the RIIL Baseball League.

*On a motion made and seconded, the Principals' Committee on Athletics voted 9-1 to approve Moses Brown's request to join the RIIL Baseball League.*

Mr. Blaess, Director of Baseball submitted the 2005-2006 baseball alignment for approval. The alignment proposal was developed using the guidelines approved by the Principals' Committee on Athletics.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the proposed 2005-2006 Baseball alignment.*

- **Softball (Fastpitch)** – Ms. Marquis, Director of Fastpitch Softball, reported all is going well.
- **Softball (Slowpitch)** – No report was given.
- **Outdoor Track** – Mr. Littlefield, Director of Boys' & Girls' Outdoor Track, submitted the 2005-2006 boys' and girls' outdoor track alignment for approval. The alignment proposal was developed using the guidelines approved by the Principals' Committee on Athletics.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the proposed 2005-2006 Boys' and Girls' Outdoor Track alignment.*

- **Boys' Volleyball** – Mr. Kavanagh, Director of Boys' Volleyball, requested to change the start date for Boys' Volleyball (only) to March 10<sup>th</sup>.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the start date for Boys' Volleyball (only) to March 10<sup>th</sup>.*

- **Girls' Lacrosse** – Mr. Finn, Director of Boys' and Girls' Lacrosse, reported on a request from Warwick Veterans High School to join the RIIL Girls' Lacrosse.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve Warwick Veterans High School to join the RIIL girls' lacrosse.*

- **Golf** – Mr. Lunney, Director of Golf, submitted the 2005-2006 golf alignment for approval. The alignment proposal was developed using the guidelines approved by the Principals' Committee on Athletics.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the proposed 2005-2006 Golf alignment.*

Director of Golf vacancy. Appoint Mike Lunney as the permanent Director of Golf.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the appointment of Mike Lunney as permanent Director of Golf.*

Mr. Lunney, Director of Golf, reported a new play-off format starting this year. The RIIL will be using students' scoring average to rank players for the individual championship.

- **Boys' Tennis** – Ms. Caluori, Director of Boys' Tennis, submitted the 2005-2006 Boys' Tennis alignment for approval. The alignment proposal was developed using the guidelines approved by the Principals' Committee on Athletics.

*On a motion made and seconded, the Principals' Committee on Athletics voted 5-1 to deny the proposed 2005-2006 Boys' Tennis alignment.*

Ms. Caluori, Director of Boys' Tennis, submitted an alternative 2005-2006 Boys' Tennis alignment with an alternative Division III and IV Schedule switching Mt. Hope from Division IV to Division III.

*On a motion made and seconded, the Principals' Committee on Athletics voted 6-0 to approve the 2005-2006 Boys' Tennis alignment with an alternative Division II and IV Schedule.*

- Mr. Mezzanotte submitted Interpretation meeting dates for spring 2005.

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

The Superintendent of the West Warwick School Department presented his concerns regarding the decision made by the Committee regarding the West Warwick/Coventry High School Thanksgiving Day football game incident.

*On a motion made and seconded, the Principals' Committee on Athletics voted to deny the request to reconsider their decision. The Committee felt their decision was justified based on the information provided by all involved parties.*

The Principals' Committee on Athletics discussed, at length, Moses Brown's violation of Article 3, Section 4, C, 1 (the use of an ineligible athlete), and subsequent penalty outlined in Article 6, Section 5, C of the RIIL Rules and Regulations. On a motion made and seconded, the Committee voted the following penalty as outlined in Article 6, Section 5, C, to:

- place the Moses Brown School football team on probation for the 2005 football season only
- have the Moses Brown football team forfeit all games the ineligible student-athlete participated
- have Moses Brown School return the Division IV league plaque and Division IV Super Bowl Championship plaques to the RIIL

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to award Central High School as Division IV Champions and Super Bowl Champions.*

***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 January meeting of the Principals' Committee on Athletics was adjourned at 3:45 pm.***

*The RIIL is Proud to Recognize  
its Corporate Sponsors*



**AMICA INSURANCE**



**BADEN ATHLETIC BALLS**



**Blue Cross & Blue Shield of Rhode Island**



**Brine**



**Cox Sports Television**



**CVS Downtown 5K**



**Empire Corporate Federal Credit Union**



Your online Track & Field Specialist.

[HOME](#) [ABOUT US](#) [CONTACT US](#) [SITE MAP](#) [YOUR ACCOUNT](#) [HELP](#)



**M-F ATHLETIC COMPANY**



**CUSTOM SCREEN PRINTING & EMBROIDERY**  
3490 East Virginia Beach Blvd.  
Norfolk, VA 23502  
757-855-5416  
757-853-2800 fax  
martinsp@martinscreenprints.com

**Martin Screen Prints**



**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*