

Rhode Island Interscholastic League

January / February

Bulletin

2009

Happy New Year

From the





Visit us on the Web!

www.riil.org

FEBRUARY 2009



RIIL Monthly Planner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Girls Frosh Basketball Playoff Coaches Mtg 7:00pm @ St. Mary-Bay View		RIIL Sports Medicine Advisory Comm Mtg 6:00pm @ RIIL		
8	9	10	11	12	13	14
		B/G Lacrosse Interpretation Mtg Girls - 6:00pm Boys - 7:30pm @ Barrington				Happy Valentine's Day
15	16	17	18	19	20	21
	 President's Day RIIL Closed					
	Winter Vacation					
22	23	24	25	26	27	28
			Fast Pitch Softball Interpretation Mtg 6:30pm @ RIIL (Coaches Mtg 5:30pm-6:00pm)		RIIL Girls' Basketball Mtg 4:00pm @ RIIL	RIIL Basketball Committee Mtg 9:30am @ No. Kingstown High School
Hall of Fame	NOTE: There will be NO Principals' Committee on Athletics meeting in the month of February					
Tickets are now available. Call the RIIL Office at 272-9844						

For latest information on the Winter Tournament Schedule
Please refer to the RIIL Website (www.riil.org) and Click on "Tournament Info"

Rhode Island Interscholastic League

Thomas A. Mezzanotte
Executive Director

Richard R. Magarian
Assistant Executive Director

Jane C. Hale
Treasurer

Susana Borges
Secretary

Gail Lepore
Secretary

Julie Mancini
Secretary

Bldg. #6 R.I. College Campus
600 Mt. Pleasant Avenue
Providence, RI 02908-1991
Tel: (401) 272-9844 ♦ Fax: (401) 272-9838
website: www.riil.org ♦ email: info@riil.org



The RIIL would like to recognize and thank our Sponsors and Affiliates for their support of our sports programs and our student-athletes.





From the Desk of the Executive Director.....

relive those memorable moments we enjoyed as an athlete or coach. High school sports afford all of us that opportunity.

As the winter months slowly pass, we can now focus on our winter tournaments. *March Madness* is upon us!

Congratulations to our Swim, Indoor Track, Wrestling and Gymnastics teams and competitors for a great season. As usual, enthusiasm and excitement were notable at all events. Even in these unsettling times, high school athletics allow us to escape from our daily lives and share in the joys exemplified by our outstanding athletes. We forget about the economic crisis facing our families, cities, state and nation and

Our state Basketball, Hockey and Competition Cheerleading Championships will begin soon. In previous years these games have promoted great excitement and allowed our fans the opportunity to demonstrate school pride and spirit. The RIIL encourages schools to channel this spirit on a positive and supporting fashion. Lets cheer positively for our team and not negatively for the opponent. In other words, lets all demonstrate good sportsmanship on the court, on the ice, and in the stands. In this way we will all be winners!

Good luck to all teams, and lets all enjoy *March Madness!*

Tom Mezzanotte
Executive Director

2009
CREDIT UNION BASKETBALL CHAMPIONSHIPS

SATURDAY, MARCH 14
Boys Division III—1 p.m.
Boys Division II—3:30 p.m.
Boys Division I
State Championship—6 p.m.

SUNDAY, MARCH 15
Girls Division III—1 p.m.
Girls Division II—3:30 p.m.
Girls Division I
State Championship—6 p.m.

Rhode Island Interscholastic League High School Championship Finals

The Ryan Center
At the University of Rhode Island
March 14-15, 2009

"The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just." —Abraham Lincoln

INSTITUTE FOR INTERNATIONAL SPORT National Sportsmanship Day



We do hope school principals will encourage their students, athletic directors and coaches to participate.

2009 National Sportsmanship Day Tuesday March 3, 2009

Please contact Erica Wheeler at ewheeler@internationalsport.com

INDOOR TRACK NOTES

By Bob Leddy, Falk Fund/R.I. Track & Field Foundation Correspondent

WESTERLY'S ANDREW SPRINGER SMASHES RI, NEW ENGLAND RECORDS AT BROWN UNIVERSITY INVITATIONAL

January 4, 2009—Westerly High senior Andrew Springer broke a New England high school record in the boys' 3,000 meters yesterday at the Brown High School Classic.

SPRINGER WINS DARTMOUTH MILE EN ROUTE TO MILLROSE BID

January 12, 2009—Westerly's Andrew Springer won the Dartmouth Relays mile over the weekend in a time of 4 minutes, 16.73 seconds in his bid to earn one of six open spots for the January 30 Millrose High School Mile in New York City.

AROUND THE OVAL

January 12, 2009:

- Also at Dartmouth last weekend, LaSalle's Brittney Power tied a nine-year-old RI record in the girls' triple jump. Power finished third with a distance of 11.25 meters (36 feet, 11 inches) equaling the mark set in 2000 by Classical's Tolu Fayanjuola.

- At the URI meet, Hope High's talented Jasmine Marrow won two events. She clocked 9.29 seconds to take the 55-meter dash, and 41.77 to win the 300.

February 2, 2009:

- Outcome of the January 30 Millrose high school mile. East Greenwich senior Mark Feigen finished third in an eight-man field in a time of 4 minutes, 20.43 seconds.

- Placing eighth was Avenger Nick Ross in a time of 5:24:39.

- At the '89 Millrose mile, St. Raphael's Andrew Butler placed second with a time of 4:14.2.

RHODE ISLANDERS GO 1-2-3 AT YALE MILE; ALL EARN MILLROSE BIDS

January 18, 2009— Andrew Springer, of Westerly High, yesterday [Jan. 17] led a 1-2-3 Rhode Island finish at the Yale Invitational mile run in the Coxe Cage, with East Greenwich's Mark Feigen and Nick Ross finishing second and third respectively. Based on their performances, Springer, Feigen and Ross have qualified for the Jan. 30 Millrose games high school mile to be held at Madison Square Garden New York, marking the first time in the event's 35-year history that three Rhode Islanders are represented in one field.



EAT TO COMPETE

The Performance Edge: Wellness For Winners

Sponsored by the
Rhode Island Interscholastic League Wellness Program
Wednesday, December 3, 2008



Presenter:

Tim Wierman, *President*
Nutrition Education Services, Inc. and creator of the *EAT TO COMPETE* Nutrition Program



Mr. Wierman holds a masters degree in Nutrition Education and is a member of the American Dietetic Association. Tim is a nationally recognized speaker, published sports nutrition author, and active triathlete. He has been a guest speaker at more than 200 colleges, high schools, clubs and professional conferences including... University of Arkansas, Bucknell University, Clemson University, Duke University, Duquesne University, Louisville, Loyola College (MD), Middlebury College, Providence College, University of Wisconsin, US Lacrosse Coaches Convention, American Swimming Coaches Association, National Soccer Coaches Association, National Field Hockey Coaches Association, and the US Rowing Coaches Convention just to name a few. Tim is a former soccer player and has competed in more than 60 triathlons including, Ironman USA.



Student Feedback: While at the "Eat to Compete" clinic I learned that...

...”you could eat food that isn’t the best for you in moderation. You can make your own sports drinks with half juice, half water and a pinch of sugar. You can make a snack before games with a peanut butter and banana sandwich cut in fours. Energy drinks are bad for you and can harm you. Chocolate milk is good to have after a practice or game; its better for you than sports drinks. Drink lots of water to keep yourself hydrated. Cliff bars and other small snacks are good before and during games to boost your energy. If you can’t eat breakfast before morning practices, eat it right before you go to bed and it will set in the next morning.” —Adrienne Pariset

...”carbohydrates increase endurance. I also learned what I should and shouldn’t be eating before sporting events. It is good to eat a bagel, banana, toast, pretzels, raisins and crackers before exercise. Athletes need to consume a wide variety of high-quality protein foods in their diet. I learned a lot of helpful skills that will help me prepare myself before a sporting event.” —Lauren Ledoux

...”athletes are still allowed to eat some junk food, as long as they eat it in moderation. I also learned that athletes should eat a lot of carbohydrates the day before a game because it fuels all of the large muscles in your body. After games and exercise, one of the best things that you can drink is chocolate milk. Energy drinks are very bad for athletes to drink, especially before games or practices. I’ve gained a lot of knowledge about nutrition from going to this seminar.” —Cara Figuerido

...”things I eat 6-10 hours before a game are the things that will effect how much energy I have for the game.” —Julia Hartley

...”before a game I should eat pasta, pancakes, and granola bars. I should be eating a good amount of carbs, but not eat fried foods and anything that is unhealthy.” —Hannah Decelles

...”dieting while exercising can get dangerous. If you’re not taking in enough carbs, then you will not perform well. Also, eating cheese before a game does nothing for you. All that cheese does is sit in your stomach and doesn’t provide any energy.” —Kayla Kiernan

...”everyday I had a turkey and cheese sandwich for lunch with mayo, and learned that cheese and mayo are the two most oily/fatty substances there are. Also, chocolate milk is the quickest to get into your system and re-energize you. So now I drink it everyday after practice and I feel more energized.” —Jocelyn Mandeville

...”take everything in moderation. We are not going to completely cut out fried foods, such as French Fries and Mozzarella Sticks, but to have a small portion and surround it with other healthier foods like Grilled Chicken Salad and a glass of water. Also you need to have a healthy breakfast, lunch, and dinner. Between that you should have a healthy snack. My hockey team can use this information as a secret weapon. Once everyone else is dehydrated and running out of energy from the lack of proper nutrition, we won’t be. I would like to thank Mr. Mezzanotte and Mr. Wierman for making this seminar available to us.” —Alexandra Euglow —*North Smithfield Girls Hockey Goalie*

...”I have horrible eating habits. I also learned how to change that. I did not know that Red Bull and other energy drinks were so bad for you, not that I would ever actually need them.” —Emily McSweeney

...”proper preparation for games is essential to success during that game. The foods you eat and drink, in particular prior to the game, helps to refuel and re-hydrate the body. This creates energy for your system and prevents dehydration. Foods higher in calories should be eaten hours before the game even starts and as you get closer to game time, only foods lower in calories are allowed. As for drinks, eight glasses of water is on average what you should be drinking everyday. I enjoyed the Eat To Compete program and think it should be allowed to continue.” —Amanda Dube



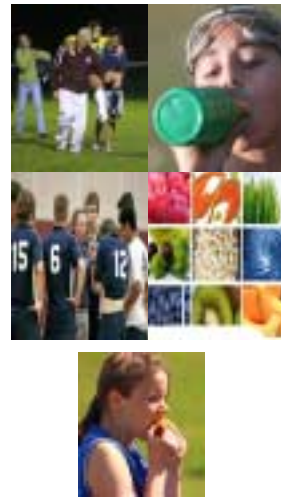
Student Feedback: While at the "Eat to Compete" clinic I learned that...

Continued from page 6

..."there are different types of carbs, Complex and Simple. It helps to know that I need to eat carbs four hours or more before game time, so that they will give me energy in my legs during the game. Also, that some fast food places could actually be healthy, as long as you eat the right type of things." —Brittnay Clarke

..."In my opinion, I've been to several seminars concerning how athletes should eat properly, and I would have to say that this seminar was the best I've seen. I do find it fascinating because I'm looking to go to college for Athletic Training and I do love learning about proper nutrition. The important things I learned that I thought weren't true would have to be: eating before you go to bed, you burn off 500 calories when you sleep, being able to make your own energy drink with orange juice, and a lot of other useful tips about how to eat what you want but still be eating healthy." —Anonymous

To all the individuals who attended the RIIL sponsored "Eat To Compete" seminar, we do hope the guidance and invaluable information shared at the seminar has deeply impacted everyone to be aware, be proactive and be healthy by making good nutritional food choices in the future. As part of the RIIL Wellness Program, seminars to educate our student-athletes, athletic directors, coaches, parents, high school community and beyond will be offered again as we continue our quest toward good health. 🍎



Officials' education program gets technical

By Mary Struckhoff, NFHS Assistant Director

Officials soon will have a new way to enhance how they learn rules and mechanics—beyond just reading the books.

At the National Federation of State High School Associations (NFHS), we are introducing an online educational program that will integrate the modern technologies of video, game and staged footage, animation and interactive forms to help better educate the end-user.

I have actually been working with the NFHS Officials Education Program since well before joining the NFHS, when I was administering the officials program at the Illinois High School Association. The NFHS program has gone through a few different looks and offerings, but ultimately, we knew that video and other visual tools would be essential for officials to get the educational components they wanted, needed and deserved.

Officials often say to me, "show me what you want me to do—don't just make me read it in a book." PowerPoints, hand-outs and many other different types of teaching tools will help the program appeal to each person's individual learning style. I feel that this online program will enable officials to view and understand a concept that is normally difficult to grasp, such as positioning on a field, and to see it in a real-life setting.

I want to point out that a project like this is rather unyielding, as it will never truly be completely finished. The plan is to create a library or collection of video offerings that will complement all aspects of the rules book and mechanics of all NFHS sports. Think of it—the possibilities are endless when you consider all the situations and educational snippets you can create or capture on video. But the NFHS is committed to these efforts and providing officials the tools they need to improve their skills and competency levels. This means better-officiated contests for all

of our participants, a "win-win" in my book.

Some of the initial work was completed by eight Midwestern states. The NFHS and those eight states have joined forces and pooled their resources to move the project along and offer it to more states. Some of the initial offerings available to officials when the site goes live will have come from the efforts of the original eight states.

Another critical step along the way has been to identify content experts in the various sports for which the NFHS writes rules. These content experts will work with the respective NFHS rules editors and committees to develop the video and other educational materials that will ultimately reside on the online site.

Mark Koski, NFHS assistant director and rules editor for soccer, informed me that he will be breaking down the 18 main rules of soccer and providing video clips of major points of emphasis in order to help officials at varying levels of experience. He is currently gathering information and is in the process of breaking down each rule to detail it with pictures, clips and various interactive programs. Koski suggested that, as a former coach and athlete, it is always best to see footage because there is nothing quite like learning from seeing it actually happen.

The target date to view the first offerings of the online educational system is this fall. Users will be able to log on to the NFHS Web site (www.nfhs.org) and be easily directed to the officials' education link. We hope you will avail yourself of this exciting new teaching tool. ■

OFFICIALS' QUARTERLY / WINTER 2008



The NFHS Fundamentals of Coaching Program—Review

An independent and unsolicited review by Dean Hebert

Posted on 3 February 2009

Seldom do training programs impress me. Less often do “required” training programs impress me. I tend to be very critical of content and delivery having been in the training business (not athletic, but professional training and development field) for so many years. Combine that with the years of coaching, health related work and my standards only are raised when it comes to athletic coaches training.

With that I’m going to offer a short review of a program put together by the National Federation of High School Associations (NFHS). The title is “Fundamentals of Coaching.” It is intended for coaches of all sports not only track and cross-country. Since it was being required by our state for all coaches, I had some reservations about it. Most “required” training I’ve had has been sub-par by my standards.

This could have been so superficially done that it would not be worth completing. Or, it could merely be an academic exercise in “checking boxes” in order to fulfill some requirement. And since the program tackled a topic so basic it could easily be assumed that it would be a slam dunk to do it well. It was none of the above. It was not superficial. It was not a check box exercise. And it was not that basic!

The online self-paced course (www.nfhslearn.com) required approximately 10 hours to complete. I took it over four different sittings.

The course was divided into five major units with subtopics under each. The units included an introduction to coaching, coach as manager, interpersonal skills, physical conditioning and the coach as teacher.

It was refreshing that right from the start the message was set that this is about the athlete. It is not about just winning. I like the following quote: The word “competition” is derived from the Latin word competere, “to seek together, to coincide, to agree.” Opponents are viewed as co-creators of an experience, and competition as a process of striving with, not against, others.

It goes on to state the top five educational outcomes of interscholastic athletics: citizenship, sportsmanship, life skills, healthy lifestyle, promotion of learning. Can’t go far wrong there! I only wish other coaches would buy into that.

The unit on interpersonal skills was of keen interest to me since my professional life in training and development and educational background with psychology and counseling courses gives me a pretty decent foundation in the area. The topics of optimal coaching environments, communication and feedback as well as mental skills were addressed.

The examples, approaches and techniques were sound. They were well presented and clear without getting too techie about the science behind communication. They adequately addressed verbal and non-verbal communication using well established data.

Being a certified mental games coach I went in with a real critical eye on the mental skills section. It passed the muster. Goal setting, confidence building, concentration and the ideal performance state are addressed in simple straight forward language with practical examples once again.

The unit on physical conditioning is scientifically sound. They address rest & recovery, training schedules, nutrition & hydration at a high level, growth and development, injury prevention and drugs. All well done without getting to “lectury.”

The unit on the coach as a teacher addresses learning from sports, technical skill development, tactical awareness, practice planning, evaluating and coaching during competition. A neat point made is that coaches should not punish athletes with some form of physical activity. [For instance: giving drills or push-ups for someone who is late to practice.] It sends the wrong message. Physical activity should never be seen as punishment by athletes. It leads to aversion to sports and healthy lifestyles due to these youth experiences in sports. Makes sense. Now, go convince half the football coaches out there.

Along the course there are quick Q&As. Each unit also had a ten-question assessment at the end. If an answer is wrong, you are referred to the section to review and get the right answer. Beyond testing the whole presentation of the online program was superb. They used multi-sensory learning. There was a change in pace from reading, to listening to a dialog or watching a short video scene called “teachable moments.” These teachable moments were very well done demonstrating some of the points discussed. It was spiced up with good quotes and a written transcript to follow along with spoken dialog. They also provide resources including ready to use forms and lists in downloadable PDF files.

If you are new to coaching (any sport) I highly recommend this program. And if you are not new to coaching, I highly recommend this program.

Now, if only I saw the behaviors advocated in this program in more of the coaches out there.

<http://coachdeanhebert.wordpress.com:80/2009/02/03/the-nfhs-fundamentals-of-coaching-program-review/>



The Dividends of Investing in Athletic Trainers

By Darrell G. Floyd

A student athlete collapses on the playing field in 100-plus degree weather and is unresponsive.

Would you rather have an untrained person as the first responder while the student's parents look on anxiously from the sidelines or a certified athletic trainer immediately attending to the athlete?

It's a no-brainer. Yet far too few high schools have an athletic trainer on hand to provide appropriate, timely medical care to their student athletes.

The National Athletic Trainers' Association estimates only 42 percent of high schools nationwide have access to a certified athletic trainer. And in my home state of Texas, that number is only slightly higher, 57 percent. The value of having at least one certified athletic trainer on staff is priceless in terms of safety for student athletes.

A Paramount Need

Certified athletic trainers are unique healthcare professionals who specialize in the prevention, diagnosis, treatment and rehabilitation of injuries and illnesses. They also help ensure the prevention of chronic injuries from overuse. Athletic trainers often are confused with personal trainers. A personal trainer is an individual who focuses solely on fitness and conditioning. The difference is vast.

Certified athletic trainers must have at least a bachelor's degree in athletic training (yet more than 70 percent also hold a master's degree) and maintain their certification through the Board of Certification, a 20-year-old organization independent of the athletic trainers' association.

As a superintendent, I know the safety and security of our students is paramount. Ask any parent and he or she will tell you that should be our first priority, no matter what the activity. Before becoming a superintendent, I was a high school principal and before that a teacher/coach. I have seen the good, the bad and the ugly in regard to student injuries and the consequences that arise for parents as a result.

During my years as a coach, principal and now as superintendent, I always have been relieved to have an athletic trainer on my school's athletic and health care teams. But not all coaches and administrators have that as an option.

In Texas, where we take our interscholastic sports seriously, access to a certified athletic trainer is dependent

upon the size of the school district. In 2004-2005, 100 percent of 5A and 4A high schools (the two largest classifications) had at least one athletic trainer. Yet only 10 percent of 2A schools (190 to 389 students) and 2 percent of 1A schools (fewer than 190 students) had athletic trainers on board.

While the low numbers generally correspond to smaller budgets, there is still no substitute for the important role athletic trainers play in a district. These positions can be funded if it becomes a priority of the school district.

When I was principal of a high school of 850 students near Fort Worth, we were able to add a full-time certified athletic trainer for the first time, even though the budget was tight. That was because the administration and school board understood how necessary it was to the well-being of our students. As a result, that high school became the beneficiary of having a person on staff to save a life, to reduce the onset of injury and to ensure the appropriate care of all student athletes.

Widespread Expertise

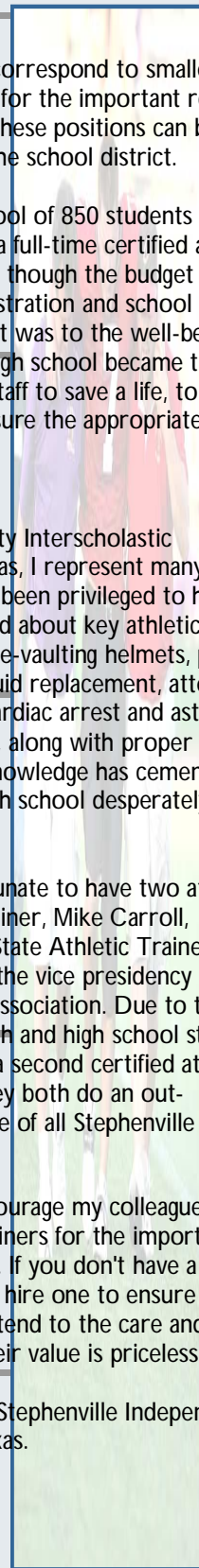
Now, as a member of the University Interscholastic League's Legislative Council in Texas, I represent many 4A school districts. In this role, I have been privileged to hear first-hand from experts in their field about key athletic training issues such as required pole-vaulting helmets, prevention of heat-related illnesses, fluid replacement, attentive care of concussions, sudden cardiac arrest and asthma in athletes, steroid testing, first aid, along with proper conditioning and rehabilitation. This knowledge has cemented even more my belief that every high school desperately needs at least one athletic trainer.

In Stephenville, Texas, we are fortunate to have two athletic trainers. Our head athletic trainer, Mike Carroll, serves on the board of the Texas State Athletic Trainers' Association and recently assumed the vice presidency of the Southwest Athletic Trainers' Association. Due to the high participation of our junior high and high school students in athletics, we also employ a second certified athletic trainer, Meredith Swayne. They both do an outstanding job of taking excellent care of all Stephenville student athletes.

As a new school year begins, I encourage my colleagues to recognize your existing athletic trainers for the important role they play at your high schools. If you don't have a certified athletic trainer, I urge you to hire one to ensure the peace of mind of parents and to attend to the care and safety of your student athletes. Their value is priceless.

Darrell Floyd is superintendent of Stephenville Independent School District in Stephenville, Texas.

E-mail: darrell.floyd@sville.us



A Basic Reflection on Athletic Motivation



By Don Logan

COACHES QUARTERLY / WINTER 2008

The motivation of any athlete is a key element in the overall success of a team. It is also the cornerstone on which individual development is based. As coaches, one of our more challenging tasks is motivating athletes of varied abilities, interests, maturity and commitments to achieve at higher levels. Regardless of how one breaks it down or tries to understand it, defining, developing and maintaining motivation, and using it to help gain higher levels of success within individuals and teams, can be demanding and frustrating.

Coaches understand that the principle of “what works for one, works for all” certainly does not apply in terms of motivation. Even punishment and reward-based programs fail with everyone at some time. Typically, such failures in motivating athletes often appear at the least helpful time as well. The successful coach is one who can motivate athletes to exhibit their best performances.

There are many well-tested and logical theories about motivation and athletic performance. As coaches, we most likely favor having a team filled with internally, self-motivated athletes. Generally, this does not often occur. Since most coaches are working with developing personalities and athletic abilities, it would be helpful to the overall success of a coach to understand the basics of motivation and instill basic aspects into the athlete in anyway possible.

Motivation is basically a push or pull process. Athletes are pushed by drive theories that emphasize an internal basis for motivation, and are pulled by incentive theories that offer external goals or rewards. Theories range from self-determination and self-concept approaches to identity and identification approaches. In most cases, blended styles of motivation need to be used.

One such thought of motivating the athlete to perform well suggests that coaches should meet the needs of independence, power, success, aggression, excitement, affiliation and excellence. Each of these factors has been well-tested and documented as viable and functional aspects of motivation.

What is the best method? Experience suggests that the internally/intrinsically motivated athlete is easier and better to coach than one who relies upon coaches for reinforcements. This statement appears to “leave it up to the performer.” However, most coaches deal with the emerging athlete rather than the one who is internally motivated. Coaches should work at having the athlete compete against his or her personal bests, and they need to promote self-confidence and self-reward, along with team affiliation and social cohesiveness. Emphasis should be more on success of the individual in these domains than merely on victory.

This self-motivation always arises from some “inner cause, wish, need or drive” and once in place, needs little to no external reason. This type of motivation is vitally important not only in athletics but in any endeavor that

expects high performance and success. Such athletes learn that they alone are accountable for actions, choices and decisions.

More than likely, the difference between being successful or unsuccessful boils down to internal motivation. It is the ability of the individual athlete to develop strength, desire, determination and willpower to strive for the goal. If an athlete wants to succeed, the motivation must come from within. Coaches need to help nourish this drive within their athletes. It cannot be random or occasional; it has to be consistent and purposeful.

Ralph Waldo Emerson and William James believed that a man becomes what his thoughts dwell upon. Thus, the basic law of human/athletic motivation is simply that an athlete becomes what he chooses to think about.

The first step in motivation is realistic goal-setting. This is something that the emerging personality and athlete needs well-grounded guidance to accomplish. Goals are about progressing to the end and then setting new ones.

Second, an athlete must strive for peak performance. This is a desire and willingness to work toward goal completion. The sooner the athlete dedicates himself or herself to peak performance, the more likely the achievement. Solid mentoring and guidance from coaches is vital in helping the athlete stay focused on the goal.

Third, the athletes must develop belief in his or her ability. Most are not going to be “the best.” Athletes must acknowledge and appreciate their talents and their weaknesses. Knowing what you can and cannot do gives talent a perspective. That perspective breeds confidence, which in turn, breeds success. A successful coach helps an athlete develop this understanding and works at improving the confidence.

Self-discipline plays a key role in an athlete's success. The athlete should never be satisfied with his or her knowledge, performance or skill. There is always room for improvement. Even those who had a “perfect game” need to understand that there is another game coming. Successful coaches help the emerging athlete understand this need to grow, learn and develop all the time.

The next goal is to learn from defeat or failure. Most coaches agree that a loss often tells them more about themselves and their team than does winning. Successful coaches help athletes keep perspective on their accomplishments and their failures. They help their athletes keep working to attain their goals and not to be defeated by loss or inflated by victory.

There is a saying that the best excuse is the one you never make. Successful coaches keep the athlete focused on what they can handle and control. Taking ownership of those things they can influence improves self-concept. Successful coaches know a key to motivation is not letting the athlete dwell in excuse-making or alibi-giving.

All coaches and athletes have their own perspective on motivation and how it is instilled and managed. The ultimate outcome of sound motivation is a life-long skill that promotes being successful. Certainly, motivation of emerging athletes is one of the most important tasks for coaches. ■

strength
willpower

determination
desire

desire
determination
willpower
strength

PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF DECEMBER MEETING

The December meeting of the Principals' Committee on Athletics was called to order at 1:45 p.m.

Executive Director's Report

The Executive Director's Report from the November 17, 2008 meeting was approved.

Treasurer's Report

The Treasurer's Report was approved. Ms. Hale reported that a few schools have not yet paid their dues and fees and have been notified.

Communications

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

Jean Angell, Scituate High School, submitted her resignation as a member of the RIIL High School Athletic Hall of Fame Selection Committee. On a motion made and seconded, the Principals' Committee on Athletics, accepted with regret, Ms. Angell's resignation.

The RIIL is pleased to announce that Blue Cross & Blue Shield of Rhode Island has agreed to sponsor an initiative entitled Teamwork for a Healthier Rhode Island – The Performance Edge – Wellness for Winners.

PRINCIPALS' COMMITTEE ON ATHLETICS RESIGNATION

Dr. Wayne J. Montague, Sr., Principal of Hope High School submitted his resignation as a member of the Principals' Committee on Athletics. On a motion made and seconded, the Principals' Committee on Athletics, accepted with regret, Dr. Montague's resignation.

2008-2009 CHALLENGE CUP (FALL SEASON WINNERS)

Congratulations to all schools!

Large School Division

1. LaSalle Academy – 950 points
2. South Kingstown High School – 900 points
3. North Kingstown High School – 590 points

Medium School Division

1. Barrington High School – 970 points
2. Lincoln High School – 545 points
3. Portsmouth High School – 540 points
4. Central Falls High School – 520 points

Small School Division

1. Mount St. Charles – 545 points
2. Moses Brown School – 435 points
3. Tiverton High School – 385 points

PUBLISHER & REVENUE SHARING AGREEMENT: RIIL/SCHOLASTIC TOOLS AND XTENSIBLE TECHNOLOGY

The RIIL/Scholastic Tools and Xtensible Technology have entered into a publisher and revenue agreement.

RIIAAA CONCERNS: SUPERVISION AT HOME HOCKEY GAMES

The Committee discussed concerns raised by the RIIAAA regarding the supervision at home hockey games. This matter was tabled until the January meeting. Mr. Mezzanotte will follow up with a report at the January meeting.

END OF SEASON CHAMPIONSHIP REPORT

The End of Season Championship Report Form was approved and is to be used by sport directors.

RIIL/SPECIAL OLYMPICS PROJECT UNITY: GRANT APPROVED

The RIIL/Special Olympics Project Unity grant was approved. Further details will be forthcoming.

FALL CHAMPIONSHIPS

GIRLS VOLLEYBALL

Division Champions

Division I North – LaSalle Academy
Division I South – Coventry High School
Division II North – West Warwick High School
Division II South – Prout High School
Division III – Central Falls High School

State Champions

State Champions – LaSalle Academy
Runner up: Classical High School
Division II – Prout High School
Runner up: West Warwick High School
Division III – Central Falls High School
Runner up: Shea High School

FOOTBALL

Division Champions

Division I – LaSalle Academy
Division II-A – West Warwick High School
Division II-B – South Kingstown High School
Division III – Tiverton High School
Division IV – Exeter/West Greenwich, Hope and Middletown HS – Tri-champs

State Champions

State Champions – LaSalle Academy
Runner up: Barrington High School
Division II – South Kingstown High School
Runner up: Tolman High School
Division III – Johnston High School
Runner up: Tiverton High School
Division IV – Exeter/West Greenwich High School
Runner up: Middletown High School

FRESHMAN FOOTBALL

Division Champions

Division I – Portsmouth High School
Division II-East – Mt. Hope High School
Division II-West – Westerly High School

State Champions

State Champions – Portsmouth High School
Runner up: Barrington High School
Division II – Mt. Hope High School
Runner up: Westerly High School

FALL SPORTS

- **Girls' Volleyball** – Elaine Botelho, Director – A request from Pilgrim High School to move to Division 2 and a request from Prout School to move to Division 1 was forwarded to the Girls' Volleyball Committee for their review and consideration.
- **Girls' Tennis** – Denise Boulé, Director – A request from East Greenwich High School to move to Division 2 was forwarded to the Girls' Tennis Committee for their review and consideration.
- **Field Hockey** – Jean Angell, Director – A request from Moses Brown to move to Division 1 was forwarded to the Field Hockey Committee.

.....continued

FALL SPORTS CONT'D

- **Boys' Soccer** – John Craig, Director – no report given.
- **Girls' Soccer** – Marie Cote, Director – no report given.
- **Boys' & Girls' Cross Country** – Ron Boemker, Director – no report given.

WINTER SPORTS

- **Boys' and Girls' Ice Hockey** – no report given.
- **Boys' Basketball** – Gerry Foley and Wayne Montague, Co-Directors – no report given.
- **Girls' Basketball** – Cindy Neal, Director – no report given.
- **Freshman Basketball** – Colleen Gribbin, Director – The RIIL received letters from Westerly and Cumberland High School informing the League they must withdraw from Girls' Freshman Basketball for the 2008-2009 school year. The revised scheduled has been sent to all schools.
- **Cheerleading** – Patricia DiCenso, Director – The RIIL Cheerleading Committee proposed a rule change to the Article 16, Cheerleading. On a motion made and seconded, the Committee unanimously approved the following rule change to Article 16, Cheerleading:
 "Competition Cheerleading teams and individual team members who are involved in cheerleading activities such as cheerleading skills practice, participation at cheerleading events, participation at RIIL sports and sporting events and performing while at other forums or assemblies, shall follow applicable NFHS and RIIL rules and guidelines, and shall not perform cheerleading skills outside those allowed by said rules."
- **Boys' Indoor Track** – Charley Sweeney, Director – no report given.
- **Girls' Indoor Track** – Jane Headley & Bob Bayha, Co-Directors – no report given.
- **Gymnastics** – Melissa Gendreau, Director – no report given.
- **Swimming** – Cindy Bowden, Director – On a motion made and seconded, the PCOA unanimously approved a request from the Swim Sport Committee to hold the Injury Fund on December 8, 2008.
- **Wrestling** – Fred Silva, Director – no report given.

SPRING SCHEDULES DUE: JANUARY 15, 2009**SPRING SPORTS**

- **Boys' and Girls' Lacrosse** – George Finn, George Nasuti, Co-Directors – The RIIL received a request from Moses Brown School to enter Boys' Lacrosse Division I for the 2009 season. The Committee forwarded the request to the Lacrosse Sport Committee for review and consideration. The Girls' Lacrosse Sport Committee submitted a proposed request for realignment for the 2009 season. On a motion made and seconded, the Committee unanimously approved the realignment. The realignment includes St. Mary Academy-Bay View approval to move up a division.
- **Boys' Volleyball** – Don Kavanagh, Director – The RIIL received a request from Barrington High School to join the Boys' Volleyball League beginning with the 2009 season. On a motion made and seconded, the Committee unanimously approved the request.
- **Golf** – Mike Lunney, Director – The RIIL received a request from Moses Brown School to join the Golf League beginning with the 2009 season. On a motion made and seconded, the Committee unanimously approved the request.
- **Boys' & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – no report given.
- **Baseball** – Dan Kelley, Keith Kenyon, Co-Directors – no report given.
- **Boys' Tennis** – Kevin McNamara, Director – no report given.
- **Fastpitch Softball** – Betty Marquis, Director – no report given.

RIIL STUDENT-ATHLETE WELLNESS PROGRAM

On December 3, 2008, RI College hosted Eat to Compete, The Athletes

Sports Nutrition Program, *The Performance Edge: Wellness for Winners* - sponsored by the RIIL Wellness Program. It was well attended and a great success.

RIIL SPORT ALIGNMENT 2010-2014

The Committee discussed the alignment criteria. Formal recommendations will be made at the January meeting along with a timeline for approval. The present sports alignment extends through June 2010. All sport committees must realign during the 2009-2010 school year.

RIIL FOUNDATION: MONSIGNOR ROBERT NEWBOLD GRANT APPROVALS

The League is pleased to announce the awarding of fourteen Monsignor Robert Newbold grants totaling \$14,686 to RIIL member schools. The schools are: Bishop Hendricken High School, Bishop Keough High School, Chariho High School, Classical High School, Exeter/West Greenwich High School, Mt. Hope High School, Narragansett High School, North Kingstown High School (2), Smithfield High School, South Kingstown High School, Tiverton High School, Westerly High School and Woonsocket High School.

The RIIL Foundation was established by the Principals' Committee on Athletics whose main interest is to serve the interest of student-athletes by awarding grants in the areas of character, education, sportsmanship and leadership. The grants are awarded annually.

REQUEST FOR EXECUTIVE SESSION**2007-2008 ANNUAL AUDIT REPORT**

Adam Diaz, CPA, Partner of Aaronson, Lavoie, Streitfeld, Diaz & Co, PC reported on the 2007 Annual Audit. The RIIL received a clean, unqualified opinion.

OFFICIALS NEGOTIATIONS

Negotiations between the RIIL and the Officials Associations will begin as soon as possible.

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 December meeting of the Principals' Committee on Athletics was adjourned at 4:05 P.M.



PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF JANUARY MEETING

The January meeting of the Principals' Committee on Athletics was called to order at 1:45 p.m.

Executive Director's Report

The Executive Director's Report from the December 15, 2008 meeting was approved.

Treasurer's Report

The Treasurer's Report was approved. Ms. Hale reported that a few schools have not yet paid their dues and fees and have been notified. The RIIL received a letter from East Providence notifying the League they will send payment of their dues and fees in February.

Communications

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

Once again, the RIIL has approved **Pink Spirit Week** during the week of May 4 – 11, 2009. The purpose of the program is to make everyone aware of how important it is to know of their family's health history – to have regular mammograms early – to remember those women – and even those men – who have breast cancer.

PRINCIPALS' COMMITTEE ON ATHLETICS RESIGNATION

Marie Cote, Assistant Principal of Pilgrim High School submitted her resignation as a member of the Principals' Committee on Athletics and Director of Girls' Soccer. On a motion made and seconded, the Principals' Committee on Athletics, accepted with regret, Mrs. Cote's resignation.

NEW APPOINTMENT TO PRINCIPALS' COMMITTEE ON ATHLETICS

On a motion made and seconded, the Principals' Committee on Athletics appointed Scott Barr, Principal of Classical High School to the RIIL Principals' Committee on Athletics and as Co-Director of Boys Basketball and also appointed Jeannine Nota-Masse Principal of East Greenwich High School to the RIIL Principals' Committee on Athletics and as Director of Girls' Soccer.

RIIL SPORTS MEDICINE ADVISORY COMMITTEE

Mr. Mezzanotte discussed a position paper on Pre-participation Physical Examinations submitted by the RIIL Sports Medicine Advisory Committee encouraging its use by member schools.

RULES REVISION: ARTICLE 9 OFFICIALS

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved rule changes to Article 9, Officials, which will be posted online.

PUBLISHER & REVENUE SHARING AGREEMENT: RIIL/SCHOLASTIC TOOLS & EXTENSIBLE TECHNOLOGY

The RIIL announced a strategic partnership with Manchester, NH based Xtensible Technology, for the purpose of generating new revenue for the RIIL on its website. Xtensible Technology will act as a sales agent on behalf of the RIIL to secure advertising revenue for the organization through the addition of their award winning online platform MondoPulse™.

RIIAAA CONCERNS:

RULES REVISION: ARTICLE 2, THE PRINCIPAL

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved a rules change to Article 2, The Principal, Section 3.C.1., as follows:

1. The home team shall provide an adult game supervisor at home *hockey*, basketball, field hockey, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration *and crowd control*. *They should notify police, and rink representatives to seek appropriate assistance.*

In the event of a problem, he/she must notify the RIIL office the next day and submit a written report detailing the incident (s).

NOTE: Due to the fact that hockey games are played off-campus, and the availability of school personnel to supervise is limited, the Committee recommends that schools assign supervision to games that involve rival teams or to games which may present fan issues.

REVENUE SHARING WITH THE RIIL

The Committee discussed the possibility of revenue sharing between the RIIL and RIIAAA. Mr. Mezzanotte will work with the RIIAAA on the matter and present this to the Finance Committee Meeting for review.

RIIL SPORT RE-ALIGNMENT 2010-2014

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following criteria to be used by Sport Committees to realign their sports:

- A. The following sports will be excluded from this criteria:
 - i. G/B Cross Country, Gymnastics, G/B Hockey, Cheerleading, G/B Swim, G/B Indoor Track, G/B Golf, G/B Outdoor Track. (These teams are excluded due to size, number of teams, facilities, etc.)
 - ii. The following sports will be included:
 - Field Hockey, G/B Soccer, G/B Volleyball, G/B Tennis, Football, G/B Basketball, Wrestling, Baseball, Fast Pitch Softball, G/B Lacrosse
- B. The new alignment will be for four (4) years – Fall 2010 to June 2014.

Appeals to the League Alignment

Each Sport Committee will meet after two (2) years to consider adjustments, **based on requests, to** league alignments. Schools must notify the RIIL of their request (to move up or down) in accordance with Article 8 – Appeals, Section 4 “League alignment requests must submit a **written rationale** to the Executive Director by the school principal within forty (40) school days after the last regular season game/match. The request will be sent to the RIIL Director of the sport for consideration.”
- C. Criteria for League alignment:
 1. The Committee has designated a structure based on 60-40 percentage (**40% Enrollment and 60% win/loss over the past four (4) years**). If possible, use October 2010 enrollment figures.
 2. A weighted win/loss percentage for the past **four (4)** years:
 - Division I – 1 pt
 - Division II - .75 pt
 - Division III - .5 pt
 - Division IV - .25 pt
 3. **ENROLLMENT:** Each Sport Committee will determine the range of enrollment for each Division/Sub division. If there is a tie in placement, the team with the lowest enrollment will have the choice of placement.
 4. **GEOGRAPHY:** Geography will be used to place teams in subdivisions.
- D. All sports will use the same terminology for all leagues: i.e. Division I, II, III, etc. All subdivisions within a division will be labeled North, South, East, and West. Exceptions: when league classes/divisions are named after individuals.
- E. All sports will play no more than eighteen (18) league games in any one season.
- F. Each Sport Committee will be given some latitude in making specific recommendations relative to their sport.

ALL SPORT LEAGUE ALIGNMENTS AND PLAY-OFF STRUCTURES MUST BE APPROVED BY THE RIIL PRINCIPALS' COMMITTEE ON ATHLETICS.

SPORT RE-ALIGNMENT TIMELINE:

December – Review present criteria to PCOA (Period of alignment – 4 years – Fall 2010 – June 2014)

January, 2009 – PCOA to approve Criteria

Spring, 2009 – Sport Directors Meeting – Present Sport Committee alignment guidelines – Timeline for alignment of sports

.....continued

SPORT RE-ALIGNMENT TIMELINE cont'd:

September, 2009 – Principal/AD Conference – Announcement of realignment/process/criteria

September, 2009 – RIIL to notify all schools of criteria for realignment and number of years

September, 2009 – Sport Committees to meet to work on individual sport alignment & play-off structure – Revised Alignment to be approved by the PCOA

March, 2009 – Deadline for fall sports to be aligned

May, 2010 – Deadline for winter sports to be aligned

October, 2010 – Deadline for spring sports to be aligned

August, 2010 – New four (4) year alignment begins

SPIRIT OF SPORT AWARD

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the selection of Mr. James Caron a long time track coach at Ponaganset High School as the recipient of the newly created Rhode Island Interscholastic League "National High School Spirit of Sport Award." The purpose the RIIL Spirit of Sport Award is to recognize individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of RIIL education-based athletics.

FALL SPORTS

- **Girls' Volleyball** – Elaine Botelho, Director – no report given.
- **Girls' Tennis** – Denise Boulé, Director – no report given.
- **Field Hockey** – Jean Angell, Director – A request from South Kingstown HS to move to Division II was forwarded to the Field Hockey Committee for review and consideration.
- **Boys' Soccer** – John Craig, Director – no report given.
- **Girls' Soccer** – Marie Cote, Director – no report given.
- **Boys' & Girls' Cross Country** – Ron Boemker, Director – no report given.

WINTER SPORTS

- **Boys' and Girls' Ice Hockey** – George Egan, Director – the RIIL forwarded a request for hockey rule changes to the Ice Hockey Committee for their review and consideration.
- **Boys' Basketball** – Gerry Foley, Director – the RIIL received a letter from Davies School notifying the League they must withdraw from Boys' Basketball for the 2008-2009 season. The Committee is requesting that the principal appear before the Committee in March to discuss the Davies Boys' Basketball team's status for the 2009-2010 sport season. The Committee discussed schools that have multiple junior varsity and sub-varsity teams. Currently, the RIIL Rules and Regulations do not prohibit the practice of multiple freshman or junior varsity teams.
- **Girls' Basketball** – Cindy Neal, Director – no report given.
- **Freshman Basketball** – Colleen Gribbin, Director – no report given.
- **Cheerleading** – Patricia DiCenso, Director – the RIIL received a request from North Providence High School requesting to attend a competition in New York City after the State Tournament (March 14). On a motion made and seconded, the Committee unanimously approved the request. Permission has been granted contingent on the following: All Rhode Island Interscholastic League Rules & Regulations are adhered to especially Article 16 – Cheerleading and the competition follows all National Federation Spirit Rules.
- **Boys' Indoor Track** – Charley Sweeney, Director – the following schools: Portsmouth, North Kingstown, Shea, Classical, Cranston West, LaSalle, and Mt. St. Charles Academy and also Rogers HS (**for Girls' Indoor Track**), were in violation of Article 6, Section 6, Use of Ineligible Athletes. Schools have been notified. If the player's (name) omission from the Eligibility List was caused by a coach; the coach is ineligible to coach in the next scheduled RIIL League contest. There will be no penalty imposed on the player or the team assuming the player is eligible by all the other Rules and Regulations of the RIIL. Additionally, a \$100.00 fine has been assessed to the schools.
- In another matter, South Kingstown High School used a runner in three (3) distance races 1000, 1500 and 3000 in Boys' Indoor Track on January 5, 2009 violating Article 28, Section 1.B.1., Track (winter and spring) Boys of the Rules and Regulations of the Rhode Island Interscholastic League. Although this does not change the final results of any of the meets, it does change the scores. Therefore, an adjustment

must be made to the scores on-line. Mr. Sweeney, Director, RIIL Boys' Indoor Track notified the South Kingstown coach and the other two coaches from LaSalle and East Providence.

- **Girls' Indoor Track** – Jane Headley & Bob Bayha, Co-Directors – no report given.
- **Gymnastics** – Melissa Gendreau, Director – no report given.
- **Swimming** – Cindy Bowden, Director – no report given.
- **Wrestling** – Fred Silva, Director – no report given.

SPRING SPORTS

- **Boys' and Girls' Lacrosse** – George Finn, George Nasuti, Co-Directors – no report given.
- **Boys' Volleyball** – Don Kavanagh, Director – no report given.
- **Golf** – Mike Lunney, Director – no report given.
- **Boys' & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – no report given.
- **Baseball** – Dan Kelley, Keith Kenyon, Co-Directors – On a motion made and seconded, the Principals' Committee on Athletics voted to approve Article 14, Baseball Rules including the following: all teams will be required to comply with the NFHS Rules regarding equipment. [See Rule 1, Section 3, Article 1-7 and Rule 1 Section 5, Article 1-12].
Balls: The ball is required to have the NFHS authenticating mark.
Bats: All non-wood bats shall meet the Ball Exit Speed Ratio (BESR) performance standard and such bats shall be labeled with a permanent certification mark. **Batting Helmet:** The batting helmet shall have extended ear flaps that cover both ears and temples and also display the NOCSAE stamp on the exterior warning statement. **Batting Face Mask:** Shall meet NOCSAE standard (*not mandatory*). **Catcher's Helmet & Mask:** The catcher's helmet & mask combination shall meet the NOCSAE standard.
- **Boys' Tennis** – Kevin McNamara, Director – no report given.
- **Fastpitch Softball** – Betty Marquis, Director – Ms. Marquis submitted the following recommendations on behalf of the Fastpitch Softball Sports Committee:
»Teams may allow two (2) catchers and up to four (4) pitchers to report one week prior to the start of the spring season. Date to be determined.
-pre-season conditioning is for 5 days only. Date to be determined.
-no grade 9 students will participate.
-recommend a pre-season conditioning program developed and coordinated by a certified athletic trainer or other medical doctor.
-all athletes must be eligible by all RIIL rules.
-athlete can not simultaneously be playing on another RIIL team i.e. winter sport.

On a motion made and seconded, the Committee voted 6-2 approving the above recommendations. Additionally, on a motion made and seconded, the Principals' Committee on Athletics requested the RIIL Sports Medicine Advisory Committee look into a pitch count rule for Fastpitch.

RIIL STUDENT-ATHLETE WELLNESS PROGRAM

The RIIL will survey all schools regarding a spring conference.

LEADERSHIP, SPORTSMANSHIP AND CHARACTER

Mr. Warner reported the Committee is looking to once again send six (6) RI students to the NFHS National Student Leadership Conference. All member schools have been informed and are requesting nominations. These students will be selected by the Leadership, Sportsmanship and Character Committee.

REQUEST FOR EXECUTIVE SESSION**ANNUAL AUDIT OR REVIEW**

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved a full audit every three (3) years and a review in between.

HEARING**Shawn McLacklan-Perry – Juanita Sanchez School**

Waiver of Article 3, Section 4c, The 8-Semester Rule. Appealing a decision of Waiver Committee.

Motion to grant waiver: 9-0 *denied*

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 5:30 P.M.

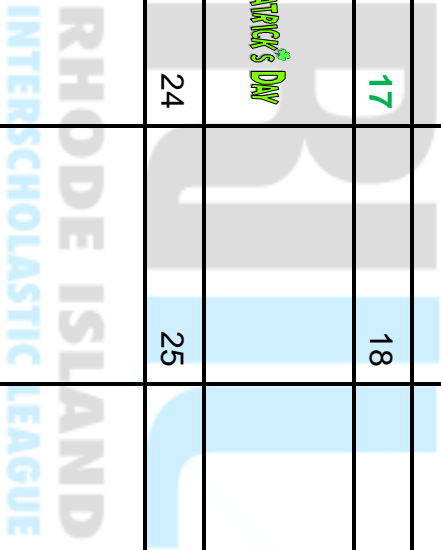


March 2009

RILL Monthly Planner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		INTERP. MTGS: 3 Boys' Tennis 6:00pm @ RILL B&G Outdoor Track 6:30pm @ B. Hendicken (New coaches @ 5:30pm) Frosh Baseball 6:00pm @ RILL	Golf Interpretation Mtg 6:00pm @ RILL Boys' Volleyball Interpretation Mtg 6:30pm @ LaSalle (Coaches Mtg 5:30pm to 6:00pm)			
8	9	10	11	12	13	14
 Daylights Savings Time Begins	Baseball Pitchers/Catchers March 9-13 Finance Comm 16 12noon @ RILL Principals' Committee on Athletics 1:30pm @ RILL OPENING DATE SPRING SPORTS	Baseball Interpretation Mtg 6:00pm @ RILL				
15	16	17	18	19	20	21
		HAPPY ST. PATRICK'S DAY				
22	23	24	25	26	27	28
29	30	31				
						Hall of Fame Tickets are now available. Call the RILL Office at 272-9844



Rhode Island Interscholastic League
 For latest information on the Winter Tournament Schedule
 Please refer to the RILL Website (www.rill.org) and Click on "Tournament Info"

Rhode Island Interscholastic League

Bldg. #6 RI College Campus
600 Mt. Pleasant Avenue
Providence, RI 02908

Phone: 401.272.9844

Fax: 401.272.9838

Email: info@riil.org



Mission Statement

The Mission of the Rhode Island Interscholastic League is to provide its member schools governance, leadership, and support for interscholastic athletics which give student-athletes opportunities to compete in an environment that stresses education, sportsmanship, integrity and safety.



Come Visit Us
on the Web!
www.riil.org



National Affiliation



Mission Statement

The National Federation of State High School Associations serves its members, related professional organizations, and students by providing leadership for the administration of education-based interscholastic activities which support academic achievement, good citizenship and equitable opportunities.

We believe:

- the NFHS is the recognized national authority on interscholastic activity programs.
- interscholastic activity programs enrich each student's educational experience.
- participation in education-based activity programs promotes student academic achievement.
- student participation in interscholastic activity programs is a privilege.
- interscholastic participation develops good citizenship and healthy lifestyles.
- interscholastic activity programs foster involvement of a diverse population.
- Interscholastic activity programs promote positive school/community relations.
- the NFHS is the pre-eminent authority on competition rules for interscholastic activity programs.
- national competition rules promote fair play and minimize risks for student participants.
- cooperation among state associations advances their individual and collective well-being.
- properly trained administrators/coaches/directors promote the educational mission of the interscholastic experience.
- Properly trained officials/judges enhance interscholastic competition.

