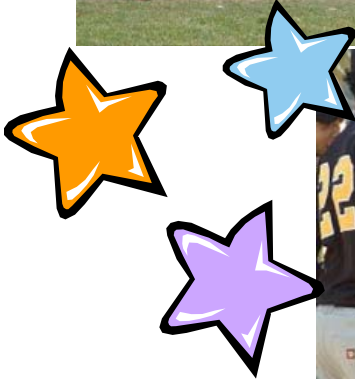


# The Stars Shine at McCoy



Amica

AUTO HOME LIFE



R I I L

June 2005  
Bulletin



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# Rhode Island Interscholastic League

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*Rhode Island Interscholastic League*

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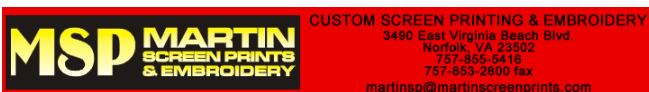
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**FROM THE DESK OF  
THE EXECUTIVE DIRECTOR.....**



It is hard to believe that another year is coming to a close. It is also hard to believe that my first year as Executive Director is also winding down.

I have included on this bulletin a copy of the RIIL Annual Report for 2004-05. As I look back on this year, I can say that there have been many positives. Student participation has increased as well as fan support at our playoffs and championships. Good sportsmanship in all sports among all participants was outstanding. This, of course, is a credit to our coaches, parents, players and school staff. It seems like negative events usually receive the most attention in our business, so it is refreshing to be able to focus on the positives that frequently present themselves throughout the year.

We hope that our monthly bulletin has been informative and enjoyable. I would like to thank our interns— April Arnold and Ashleigh McLean for their contributions. I would also like to thank our schools for providing articles and information used in various articles. It is our hope that schools, parents, students and teachers use this valuable information.

On behalf of the Principals' Committee on Athletics and the RIIL staff, I want to thank you for your support and your input during this past year. The input that is provided by you is so important for the Principals' Committee and the RIIL staff. The opportunities for input are many. Specifically, we appreciate your willingness to serve on RIIL committees or your willingness to allow employees to serve on committees. If you haven't served on a committee or in another capacity but would like to, please contact me at our office (272-9844 or [info@riil.org](mailto:info@riil.org)). The committee structure is a fundamental way to gather and to share information. Please remember your support and input is invaluable to the success of our league.

The RIIL office staff is here to serve and if you have any questions, comments or concerns, please let us know. Thanks again for your support and have a great remainder of your school year and a relaxing summer.

\*\*\*\*\*

**RIIL SUMMER HOURS**

**OFFICE CLOSED FRIDAY, JULY 1, 2005  
OFFICE REOPENS – MONDAY, AUGUST 1, 2005**

**REGULAR OFFICE HOURS RESUME ON  
MONDAY, AUGUST 1, 2005**

**8:00 AM – 3:30 PM**



**→ IMPORTANT TESTING DATES ←**

**SAT TEST**

**Registration Deadlines**

**Test Dates**

September 7, 2005	October 8, 2005
September 30, 2005	November 5, 2005#
October 28, 2005	December 3, 2005
December 22, 2005	January 28, 2006
February 24, 2006	April 1, 2006*
April 3, 2006	May 6, 2006
April 28, 2006	June 3, 2006

(\* ) SAT only. All others include SAT & Subject Tests  
(#) Includes Language Tests with Listening

**REMINDER!**

**INJURY FUND DONATIONS FOR 2005-2006**

As we are all well aware, the Injury Fund of Rhode Island has served countless athletes, coaches and officials for many years. Unfortunately, for many reasons, donations by schools to the Injury Fund have either decreased or have been eliminated in many sports. The RIIL supports the work of the Injury Fund and has negotiated what we feel is a suitable solution for all schools with regard to this issue.

In previous years, officials would donate their services for games designated as "Injury Fund" games. Schools would pay for game supervisors during these Injury Fund games. In the end, the gate which was to go to the Injury Fund was used to pay supervisors and other expenses. The Injury Fund would then receive a lesser donation.

We feel that we must all make a sacrifice for this worthy cause. Therefore, the RIIL strongly recommends the following:

- Designate specific games as "Injury Fund Games."
- Funds earmarked for officials would go to the Injury Fund. Officials would volunteer their services.
- Funds used to pay supervisors for the game would be donated to the Injury Fund. Game supervisors would volunteer their services.
- Gate receipts (after necessary expenses – police, fire, etc.) would be donated to the Injury Fund.

If schools follow these recommendations, the Injury Fund will continue to serve all as they have done for many many years.

As always, the Injury Fund thanks schools for all of their donations.

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**→ IMPORTANT TESTING DATES ←**

**ACT TEST**

**Registration Deadlines**

**Test Dates**

September 16, 2005	October 22, 2005
November 4, 2005	December 10, 2005
January 6, 2006	February 11, 2006
March 3, 2006	April 8, 2006
May 5, 2006	June 10, 2006



## 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.



## Principals and Athletic Directors

### PRINCIPAL / ATHLETIC DIRECTOR CONFERENCE

The annual Principal / Athletic Director conference has been scheduled for September 21<sup>st</sup>, 2005 at 8:00am at Johnson & Wales University, Harborside Campus. **This is a mandatory meeting for ALL Principals and AD's, therefore please make sure to mark your calendars.**

This year's conference will have a different format. Further details will be disseminated at a later date. For your pleasure, a continental breakfast will be provided compliments of Johnson & Wales University.



## Principals and Athletic Directors

### USE OF SCHOOL EQUIPMENT DURING THE SUMMER

**Principals and Athletic Directors** are reminded that school equipment may not be loaned out for use during the summer months by students in your schools. The loaning of equipment is not only a violation of the policy of the Interscholastic League, but opens the schools and their administrators and coaches to serious liability risks in the event that the student borrowing the equipment or others who might use it are injured while using the equipment. Violations are not only subject to the penalties listed in Article 6 of the RIIL Rules and Regulations but are also subject to potential suits. The fact that the equipment was borrowed in violation of the League policy might be the very reason a court may find you negligent and award substantial damages in a negligent liability suit. The insurance policies of most schools do not provide coverage for the use of equipment during the summer months. Such use could well weaken the equipment and, when used for school activities in the Fall, the weakened state could result in serious injuries to players and be the subject of a Kelly Fiske type of suit. In addition, the League's legal counsel maintains that the loaning of equipment that is owned by a public school without permission of the school committee could well be a violation of several criminal statutes that restrict use of publicly-owned equipment for private use. For all these reasons, administrators should make certain that no school equipment is loaned out for summer use.

**FOR SCHOOL EQUIPMENT USED AT (SUMMER) FOOTBALL CAMPS ...** Please be advised that schools need to obtain a Certificate of Liability Insurance from their insurance carrier. You must:

- ✓ State the name of the camp the student-athlete will attend;
- ✓ Indicate they will use school equipment; and,
- ✓ Name the Rhode Island Interscholastic League as Additional Insured.
- ✓ All Certificates of Insurance must be submitted to the RIIL Office.

**PLEASE NOTE:** If students participate without a Certificate of Insurance having been submitted to the League office, the school shall be in violation of Article 6, Section 13 of the Rules and Regulations of the Rhode Island Interscholastic League (Use of School Equipment During the Summer).

#### Athletic Competition & Coaching During the Summer

1. Can students compete with their high school team mates during the summer?

Yes, there are no restrictions against summer competition.

2. Can a high school athletic coach(s) coach during the summer?

Yes, high school coaches may coach their own athletes during the summer (beginning June 15 of the school year)

#### Note:

- Students participating in summer programs may continue to play until the official day the eligibility listing for fall sports is due in the RIIL office, which is one week before the first varsity game.



# MARK YOUR CALENDARS!!!!!!!

**1. Fall Sports Opening date for the Fall of 2005 is August 20. The start date for football is August 15, 2005.**

**2. RIIL Rules/Procedures Workshop for New Principals & Athletic Directors – August 25, 2005 – 9:00am @ the RIIL Office.**

**NOTE: This workshop is also available to principals and AD's who feel they need additional training.**

**3. Sport Directors' Meeting  
A meeting for all RIIL Sport Directors is scheduled for August 23, 2005 – 10:00am @ the RIIL Office.**

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## *Rhode Island Interscholastic League Principals' Committee on Athletics*

### *2004-2005 Annual Report*

It is indeed a pleasure for me to submit the Rhode Island Interscholastic League Principals' Committee on Athletics 2004-2005 Annual Report to the Rhode Island Principal's Association. I am honored to serve as the Executive Director and follow in the footsteps of Richard Lynch and Monsignor Robert Newbold, who have provided the leadership and dedication to our member schools and the student-athletes of Rhode Island.

I am excited and look forward to the challenges that this position presents. However, I recognize that one cannot be successful and attain their goals unless they have the cooperation and assistance from others. With the help of the Rhode Island Interscholastic League staff, the Principals' Committee on Athletics, School Principals, Athletic Directors, Coaches, Officials and Volunteers we hope to maintain the mission and high standards that the RIIL has embodied for many years. Their hard work and service in advocating and supporting what is best for the student-athletes we serve, and their role in the success of the League is acknowledged and appreciated.

The Principals' Committee on Athletics, operating under its corporate title of the Rhode Island Interscholastic League, provides its member principals and their schools an opportunity to compete on a statewide basis in a sports program administered by principals. The League sports include Baseball, Basketball, Cross Country, Field Hockey, Football, Golf, Gymnastics, Ice Hockey, Lacrosse, Indoor and

Outdoor Track, Soccer, Fast and Slow Pitch Softball, Swimming, Tennis, Volleyball, and Wrestling. In excess of twenty-four thousand (24,000) girls and boys on 891 individual school teams participated in the aforementioned sports offered by the League representing fifty-five (55) public, private, and parochial member schools.

The 2004-2005 school year has been a very busy one for the League staff and the Principals' Committee on Athletics. In addition to the monthly meeting(s) of the Committee, many standing committees and ad hoc committees have met throughout the year to deal with issues being addressed by the League.

The Waiver Request Hearing Committee heard a total of nineteen (19) waiver requests for eligibility issues such as transfer, eight-semester, age, academic eligibility, and foreign exchange. In addition, the Principals' Committee heard four (4) appeals of decisions rendered by the Waiver Request Hearing Committee. This has proved to be a very successful process for two reasons. It added another level for hearings, which allowed the unsuccessful applicant(s) to appeal to the Principals' Committee on Athletics. Secondly, it reduced the number of hearings conducted by the Principals' Committee on Athletics.

In September 2004, the Rhode Island Interscholastic League conducted its Annual Workshop for Principals/Assistant Principals, Athletic Administrators, and Secretaries/Clerks. The workshop was held at the Johnson and Wales Radisson Hotel in Warwick. The purpose of the program was to prepare for the upcoming school year. Many issues pertinent to supervising and administering high school athletic programs for the League's fifty-five (55) member schools were addressed. The Keynote Speaker was Julie A. Moore, Esquire. Ms. Moore spoke about the issues associated with "Sports and Hazing". The message she delivered was outstanding and had a great impact on the audience.

The Rhode Island Interscholastic League inducted ten (10) outstanding individuals into the Rhode Island Interscholastic League High School Athletic Hall of Fame – Class of 2005. The Hall of Fame is dedicated to preserving the colorful tradition of high school athletics in Rhode Island and seeks to highlight the past in order to insure a promising future for Rhode Island high school athletics. The ten (10) inductees were chosen after a two-level selection process involving the Hall of Fame Selection Committee and the Principals' Committee on Athletics. The inductees were: Pasquale J. Abbruzzi (posthumously); Robert Brooks; Alice Lenore Cranston; G. Gail Davis; Joseph P. Hassett; Frank E. Morey, Jr. (posthumously); Ann H. Morris; Alfred Morro; and Haig Varadian. They were inducted on Wednesday, May 4, 2005 at the Quiddnessett Country Club.

The 2003-2004 year marked the end of the four (4) year alignment for all Rhode Island Interscholastic League sports. As the 2004-2005 season began, all sports participated in new alignments. The criteria for this alignment was developed by an alignment sub-committee of the Principals' Committee on Athletics. Part of the criteria stipulated a two-year alignment,

as opposed to four, a weighted win/loss percentage for the past four (4) years, enrollment and geography.

I want to express my sincere thanks to the Principals' Committee on Athletics, the League staff, the sport directors, and all the people who volunteer their services for their dedication, cooperation, and hard work. The success of the Rhode Island Interscholastic League is due to the efforts of these outstanding people.

The following administrators served on the Principals' Committee on Athletics during the 2004-2005 school year or a part of it:

John Gray, Chairperson  
Elizabeth Marquis, Assistant Chairperson

Denise Boulé  
Candace Caluori  
Robert Cooney  
John Craig  
Edward Daft  
Gerald Foley  
Cheryl Gomes -Appointed Oct 2004  
Colleen Gribbin  
Marie Johnson  
Donald Kavanagh  
Steven Knowlton -Resigned Sept, 2004  
Robert Littlefield  
Dr. Elizabeth Mantelli -Resigned Sept, 2004  
Frederick Silva  
Dan Warner -Appointed Oct 2004

Listed below is a partial list of issues/topics that were addressed by the Principals' Committee on Athletics, including, but not limited to:

1. Approved a change in the following RIIL Rules:
  - Article 16, Section (4C) as follows: *The home school should provide the services of a licensed doctor and/or a licensed athletic trainer at all football games.*
  - Eliminate Article 7, Section 5 – Rationale for All-Star and Out-of-Season Games.
  - Revise Article 7, Section 6 – All-Star Games.
  - Eliminate all except Article 7, Section 5.9 – No athletic team from any school shall compete against any All-Star team.
  - The Committee on Athletics may sanction only one All-Star game per sport provided the game is played during the regular season of the sport involved.
  - Revise Article 7, Section 7 – Non-School Competition and Loyalty to School team
  - Delete D 1.B – “Provided it is not an All-Star contest/team.”
  - Revise Article 7, Section 7 D-2 – The high school coach(es) may not coach: Perspective member(s) of his/her high school club, freshman, junior varsity or varsity team during the off season of his/her sport.

- Revise Article 3 – Eligibility – Section 1.A Determining eligibility:  
“Each school must file with the RIIL a Varsity eligibility list at least one week prior to the first RIIL contest of each sport including Injury Fund and non league contests.”  
**Exception:** Schools participating in RIIL freshman sanctioned sports in Football, Boys and Girls Basketball and Baseball must file a freshman eligibility list.

2. Approved rule changes in the following sports:
  - Boys and Girls Soccer
  - Boys Baseball
  - Boys and Girls Volleyball
  - Wrestling – Dual meet state championship
3. Approved the establishment of several Cooperative Teams in several sports.
4. Approved the mandatory use of the new Assumption of Risk form to be used by all schools starting in September 2005.
5. Created the *Girls and Women in Sports Committee*
6. Approved the increase of ticket prices for all championship events to \$6.00 (Except softball)
7. Increased the price of a regular season ticket to \$5.00
8. Approved the Budget for the 2004-2005 school year.
9. Approved the waiver of sport fees for Alternative Ed Programs/Schools
10. Approved the budget and hiring of the Strategic Planning Facilitator which will begin in the fall of 2005.
11. Approved with the recommendation from the Sports Medicine Advisory Committee to member schools the purchase of Automated External Defibrillators for each athletic department.
12. Shamrock Lacrosse (lacrosse), Penn Monto (field hockey), and Spalding (softball) were approved as the official balls in those sports.
13. Reported [in August 2004] that there are 14,449 boys and 9,976 girls participating in Rhode Island Interscholastic Athletics. There are 509 boys' teams and 435 girls' teams.
14. Commended Bishop Hendricken High School for their compliance with the terms of their probation for recruiting violations.
15. Approved the agreements with the following new corporate sponsors:
  - AMICA Ins
  - Citizens Bank
  - Wrights Farm

The RIIL would like to recognize and thank the following corporate sponsors for their generous support of the League and the student-athletes it serves: Amica Insurance, Baden Athletic Balls; Blue Cross Blue Shield of Rhode Island; Brine; Cox Sports Television, CVS Downtown 5K; Empire Corporate Federal Credit Union; M-F Athletics; Martin Screen Print; MetLife Auto & Home; Pawtucket Red Sox; Penn Monto; Pepsi Cola Co.; Rawlings Sporting Goods; Spalding; U.S. Air Force; U.S. Army, and U.S. Marines.

The Principals Committee on Athletics is deeply grateful to the Rhode Island Association of School Principals for their continued support of its membership. Without the

strong support of the principals of our member schools, the Rhode Island Interscholastic League would not enjoy the level of success that presently exists. The Committee would like to thank John Gray and Betty Marquis, Chairperson and Assistant Chairperson respectively, of the Principals' Committee on Athletics, for their leadership, expertise, and support. A thank you also to the Principals' Committee on Athletics, Sport Directors, and Standing Committee members for their dedication and hard work.

As Executive Director, I would like to acknowledge and express my appreciation to Richard Magarian, Assistant Executive Director, for his cooperation, support and efforts on behalf of the League and its student-athletes. I would also like to thank Jane Hale, RIIL Treasurer, and Ruth Nicastro, Secretary; Susana Borges, Secretary; and Gail Lepore, Secretary, for the important role they play in the success of the League.

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For Immediate Release  
Contact: Brad Rumble  
NASPAA Executive Director  
(816) 421-9595

### **RHODE ISLAND ANNOUNCER HONORED**

Kansas City, MO –The National Association of Sports Public Address Announcers (NASPAA), the professional association for sports public address announcers, has selected J.P. Medeiros, The Voice of the Barrington High School Eagles in Barrington, as the 2004-2005 NASPAA Rhode Island High School Announcer of the Year.

Selections were based on a variety of criteria including years of experience, number of sports being announced, as well as sportsmanship, competency and professionalism. Medeiros has been announcing for 14 years. He was nominated by George Finn, Barrington High School's Director of Athletics.

“Announcing is about more than just having a good voice,” commented Brad Rumble, NASPAA Executive Director. “It’s about passion, commitment and professionalism—qualities inherent in the really good announcers, like J.P. Medeiros”

“Announcers play such an important role in athletics,” remarked Joerg Hermsen, Director of Marketing Communications for Telex Communications, sponsor of the NASPAA Announcer of the Year Awards Program. “Telex is delighted to have the opportunity to help pay tribute to the individuals who have distinguished themselves among their peers.”

For a listing of the 2004-2005 NASPAA Announcer of the Year Award Recipients, go to [www.naspaa.net](http://www.naspaa.net).

**Missed Opportunity:**  
**Athletes turning to performance enhancing drugs**  
**have missed the most potent enhancer,**  
**the mind**

Although the recent discussions on performance enhancement have been those focused on Steroids, and the long list of other drugs banned by the governing bodies of sport, what has not been discussed are the healthy alternatives to improving performance. One alternative that will be highlighted in this article is the use of the mind. Although, drug use in sport is nothing new (first being seen at the ancient Olympic games of Greece), it is understandable that there have been such an outcry about performance enhancing drugs. Although the drugs often used today can facilitate brief moments of success, they can leave people in a health crisis for years. Sadly, there will always be those who will seek out ways to circumvent the rules and rationalize their actions. Steven Ungerleider, Ph.D. a fellow sport psychologist outlines this in his book, which chronicles the East German doping machine from the 1950's-1988 in *Faust's Gold*. This book, from early 2001, is thoughtful, ironic, sad, and poignant. Today's athlete's might do better to look beyond the pharmacy to our mind in order to find peak potentials. By introducing and familiarizing athletes to Sport Psychology principles, they can have a healthier option.

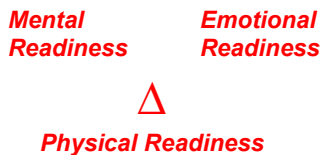
Sport Psychology/Performance Psychology seeks to provide those opportunities for anyone. It provides the tools to be able to look within and capture the zone. I am always amazed by how few people know about Sport Psychology/Performance Psychology; most often people think it is new. In reality, it has been around since the turn of the 19<sup>th</sup> century. Some of its slow journey into world's vernacular can be attributed to various sources all of which is an exploration for another time. However, most people, not just athletes, want to excel but it is where we look to attain these goals that will help us capitalize. All of us are performers whether you are an athlete or not, “performance is performance.” Whether you are a stay-home mom, a CEO, a nurse, or a wide receiver, the principles athletes use to improve their game are the same anyone can apply. For the sake of this article I will focus more on athletes.

Most of sport and the teachers of sport focus on physical repetition as the gateway to excellence. However, once the basic biomechanics are learned continued reps without looking at the mental emotional aspects produce training that is incomplete. As a Sport Psychology consultant, I often hear from athletes and coaches alike that their sport is 70%, 80%, 90%, or even 100% mental. Yet, when I ask how much time they spend looking at these aspects, the answers are usually “not at all” to “rarely.” When I have run coaches clinics and have coaches describe a good athlete more times than not, half to over half of the adjectives are mental and emotional; “focused”, “confident”, “has fun”, “motivated”, “disciplined”, etc. It is clear, more often than not and for whatever reason, the mental and emotional aspects of excellence are over looked.

For any performer to be at their best one must look to honor physical, mental, and emotional readiness. Physical readiness is the foundation. You might be surprised to hear a Psychologist say that but there is no way around that fact. We are physical beings. Practice must come in the form of conditioning, eating, sleeping, and recovery. Recovery is key for it is in the recovery from stress that we grow stronger; not in cycles of incompatible workloads without

rest. If we do not recovery properly, we will eventually breakdown. Even the most elite athletes experience this from over training. Mental readiness starts with being able to concentrate, stay focused, discipline one's ways of thinking and communicating. Emotional readiness applies to being able to find and manage energy, as well as having the ability to conjure emotions to produce or decrease emotional energy given the demands of the situation.

Sport psychologists are armed with a myriad of ways to complete this pyramid of readiness for excellence.



Some of the tools of the trade that Sport Psychologist's employ to help any performer include:

- **Imagery/Simulation:** Mentally rehearse your performance, using visual details, or as some might call it "controlled day dreaming."
- **Emotion Regulation Training/ Relaxation Training:** Learn to regulate emotional responses to situations during competitions. Use various relaxation methods to help with readiness for performance before and during.
- **Concentration Training:** Learn to tune out distracters and develop focusing strategies.
- **Positive Thought Training / Positive Self-Talk Training:** Change thinking patterns, catch negative thoughts and stop them, think positively instead.
- **Confidence Building:** Develop ways of building confidence and consistency.
- **Goal Setting:** Learn to set high but attainable goals. Also set short, intermediate, and long-term goals to keep consistent motivation.
- **Pre and Post Competition Routines:** To help performers consistently put forth their best efforts by creating routines that attend to physical, mental, and emotion preparation. Good routines produce good results!
- **Team Building:** Identify leadership, foster team cohesiveness, and establish a solid communication system that translates a mission and facilitates motivation.
- **Injury Management:** Managing the mental aspects of the dark side of sport can help with the healing process. Using mental/emotional skills also can help a performer maintain gains with skills and help facilitate learning from difficult moments.
- **Recovery Training:** Learning to balance periods of stress with periods of recovery. The quality of our recovery is directly related to the quality of toughening physically, mentally, and emotionally. It is not in the work that allows us to grow, it is in the recovery. Most athletes over train and thus underperform.

Sport Psychology offers a choice to look within instead of the whole host of illegal ways to achieve through chemistry. Look for these opportunities in your local area. Remember that not all Psychologists' are competent to work with this specialty so keep these things in mind. In addition to being a Psychologist the individual has obtained sport-specific experiences in principles and practices of applied sport psychology, organization and systemic

aspects of sport, an understanding of developmental and social aspects of sport and supportive knowledge of exercise physiology and kinesiology. Contact your local college/university psychology department or sport medicine department or contact the American Psychological Association at 1-(800)-964-2000 to find a qualified Sport Psychologist. Improved performance can start from within looking out!

**About the author:** John Sullivan, Psy.D. is a University Psychologist and Coordinator of Athletic Counseling/Sport Psychology Services at the University of Rhode Island. Dr. Sullivan is also the Chief Consultant of Clinical & Sports Consulting Services. Clinical & Sports Consulting Services provides support services to athletes, coaches and other performers seeking to excel in their lives and professions. For follow-up, questions or comments to this article please freely contact Dr. Sullivan via e-mail at [jps@uri.edu](mailto:jps@uri.edu) or [jpsnc@earthlink.net](mailto:jpsnc@earthlink.net).

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## 2006 World Scholar-Athlete Games

The Institute for International Sport at The University of Rhode Island, administrators of the 2006 World Scholar-Athlete Games (WSAG), has recently announced that 400 spots in the 2006 Games will be reserved for high school students from Rhode Island. The 2006 WSAG, to be held from June 24 – July 2 at URI and in Newport, will bring together more than 2,000 talented scholar-athletes and scholar-artists from 160 countries and territories to participate in athletic competitions, cultural activities, an educational Theme Day program, and special leadership forums.

In conjunction with the Rhode Island Interscholastic League, the Institute will also involve these 400 young people from Rhode Island in a major leadership initiative. They will be invited to attend a special leadership evening as part of the URI Honors Colloquium series in late November or early December of 2005, to be followed by a leadership symposium in May of 2006 at the Institute for International Sport. The leadership initiative will culminate for these young people during the 2006 WSAG, which will have leadership development as a central focus.

All Rhode Island principals and athletic directors are invited to nominate qualified young people as soon as possible through the Institute's web site ([www.internationalsport.com](http://www.internationalsport.com)), as the 400 reserved spots will go quickly. Questions can be directed to WSAG Commissioner Jon Peachey at 401-874-2375, or email [jpeachey@internationalsport.com](mailto:jpeachey@internationalsport.com).

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## National Federation of State High School Associations

### Sports Medicine: Heat Stress and Athletic Participation

#### Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2002 football season there have been 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE** – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.

2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity  
65-73– Moderate risk  
73-82 – High risk  
82 plus – Very high risk

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the

Sports Medicine Handbook section on heat related illness published by the NFHS. Figure 1 is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

**HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.** Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

**HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

**SUMMARY –** The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the

athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

## 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)



## NFHS Sports Medicine Handbook





**Contains information about:**

- Emergency Planning
- Equipment Issues
- Heat-related Illness
- Nutritional Concerns and much more

### Sports Medicine Handbook Order Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 School and/or Organization: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_

Payments accepted by check (payable to NFHS) or credit card.  
 Check one of the following:  VISA  MASTERCARD

Account No. \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Cardholder Name (Print): \_\_\_\_\_

**SHIPPING & HANDLING CHARGES:**

Up to \$50.00, add \$5.95  
 \$50.01 to \$75.00, add \$7.95  
 Over \$75.00, add \$9.95

Shipping and Handling Charges to Alaska, Hawaii and Canada add \$19.00  
 call for charges outside continental U.S. or corporate territory

\_\_\_\_\_ copies of Sports Medicine Handbook @ \$14.95 each

Shipping and handling \_\_\_\_\_

TOTAL \_\_\_\_\_

Purchase Orders Accepted if Order is Over \$50.00

Send orders to:  
 NFHS Customer Service  
 PO Box 20606  
 Kansas City, MO 64195-0606  
 Charge by phone at 1-800-776-3462

## Sports Medicine: Reducing Brain and Spinal Injuries in Football & Other Athletic Activities

**FREDERICK O. MUELLER, Ph.D.**  
**ROBERT C. CANTU, M.D.**

Brain and spinal injuries in football have been dramatically reduced since the rules were changed in 1976 to prohibit butt blocking and face tackling, and any other technique in which the helmet and facemask purposely received the brunt of the initial impact. There

are still a small number of football players (and fewer in other sports) that become paralyzed, but the lesson to keep the head and face out of blocking and tackling remains.

Generally, about 3 – 5% of the injuries experienced by participants in athletics are concussions, e.g., temporary dizziness, confusion, nausea, headaches, and perhaps unconsciousness. Concussions are given grades from Grade 1 (a hit that dazes for a few minutes to Grade 3 (unconscious). No concussion should be dismissed as minor until proven so by medical personnel. The task is to be sure that the athlete no longer has any post concussion symptoms at rest and exertion before returning to competition. What is now called “the second impact syndrome” with its high rate of morbidity if not mortality, is the result of returning to play too soon.

Several suggestions for reducing brain and spinal injuries follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous brain or spinal injuries. If the physician has any questions about the athlete’s readiness to participate, the athlete should not be allowed to play.

2. A physician should be present at all games and practices. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a brain or spinal injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.

3. Athletes must be given proper conditioning exercises which will strengthen their neck muscles in order for them to be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.

4. Coaches should drill the athletes in the proper execution of the fundamentals of the football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**

5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.

6. All coaches, physicians and trainers should take special care to see that the players’ equipment is properly fitted, particularly the helmet.

7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.

8. When a player has experienced or shown signs of brain trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should

encourage players to let them know if they have any of the above mentioned symptoms (that can't be seen by others, such as headaches) and why it is important.

9. Both athletes and their parents should be warned of the risks of injuries.

10. Coaches should not be hired if they do not have the training and experience needed to teach the skills of the sport and to properly train and develop the athletes for competition.

### Following is a list of Post Concussion Signs/Symptoms:

- Depression
- Numbness/tingling
- Dizziness
- Poor Balance
- Drowsiness
- Poor Concentration
- Excess Sleep
- Ringing in the ears
- Fatigue
- Sadness
- Feel "in fog"
- Sensitive to Light
- Headache
- Sensitivity to Noise
- Irritability
- Trouble falling asleep
- Memory Problems
- Vomiting
- Nausea
- Nervousness

\*\*\*\*\*



### SOME SIGNS OF CONFUSION/CONCUSSION:

Confusion can be defined in many different ways and listed below are some of the signs and symptoms frequently associated with minor head trauma (a.k.a. "ding", "bell rung", dazed). Most categories of impairment appear to be deficits of attention, concentration, information processing speed and memory. We also have suggested some of the means of assessing these signs and symptoms to decide whether the athlete is "clear" to return to action.

1. **Thinking deficits:** Tests such as the Paced Auditory Serial Addition Task (PASAT), and Trails Making A & B Test have proven to be helpful in identifying post-head-trauma residual problems brain function.
2. **Lack of sustained attention:** Difficulty sustaining adequate focus to complete a task or persevere with a coherent stream of thought can be a sign of poor attention. Repeating digits forward and backward, stating the months of the year in reverse order or counting backwards by a certain interval are ways of identifying this lack of concentration ability.
3. **Confused mental status:** Disorientation to time, date, place, address and phone number may be helpful; however, recent studies suggest that information relating to the game such as opponent, score, quarter, play was injured on and individual assignment on the play are more relevant to identifying deficits after minor head trauma.
4. **Amnesia:** Retrograde amnesia usually represents a more serious deficit than post-traumatic amnesia.
5. **Dazed look or vacant stare.**
6. **Slurred or incoherent speech.**
7. **Vomiting and/or nausea.**
8. **Slow motor and verbal responses.**
9. **Emotional lability:** Reactions that seem out of proportion and inappropriate, as well as combative and/or aggressive behavior can be seen for a period of time after a concussion.
10. **Memory deficits (short-term and delayed memory):** A common manifestation is the repeated asking of the same questions over and over again. Asking for details of the contest, names of teams in prior contests, remembering three words or objects at 0 and 5 minutes and asking about significant recent news events are ways of evaluating memory status.

11. **Poor coordination:** A recent study indicated an individual's balance was abnormal for three to five days after a concussion even without other residual signs and symptoms. Tests of strength, coordination and agility, such as finger-to-nose testing and tandem gait observations, can be helpful in analyzing the athlete's state of coordination.
  12. **Dizziness.**
  13. **Headaches:** This is a very important symptom and has been one of the gold standards of clinical symptoms to help determine return to play.
  14. **Restlessness:** Changing position frequently and having trouble resting or "finding a comfortable position" can be manifestations of post-head-trauma difficulties.
  15. **Neurasthenia and hyperesthesias:** Neurasthenia, which is nervous weakness, exhaustion and irritability, and hyperesthesia, excessive sensitivity to various sensory stimuli such as touch, pain, light, sound, etc.
- It is very important that these assessments be done both in the resting state and, if the individual appears "clear," to ask the athlete to perform many of them after sufficient exercise such as short sprints, push-ups, sit-ups and knee bends to raise the heart rate. If any abnormal signs return, the athlete should be withheld from participation.



### SUGGESTED GUIDELINES FOR MANAGEMENT OF HEAD TRAUMA IN SPORTS

Head trauma is a common problem in sports that has the potential for serious complications if not managed correctly. Even what appears to be a "minor ding" or "bell ringer" without loss of consciousness, has the risk of catastrophic results in a youngster who is returned to action too soon. The medical literature and lay press are reporting instances of death from "second impact syndrome" even after mild concussions.

At many athletic contests across the country, there is a lack of trained and knowledgeable individuals making the decision to return concussed athletes to the game. Frequently, there is undue pressure from various sources (parents, player and coach) to return a valuable athlete to action A.S.A.P. In addition, often there is an unwillingness by the athlete who wants to play to report headaches and other symptoms that will prevent his/her return to play.

Outlined below are guidelines that may be helpful in establishing a protocol useful to those responsible for the return to play decision after a head injury, whether they are medically trained or not. These are general guidelines and are not meant to replace the judgment of a physician or certified athletic trainer present on the sideline. **IF THERE IS ANY OBVIOUS ABNORMALITY OR DETERIORATION OF SYMPTOMS, IMMEDIATE MEDICAL CARE SHOULD BE FOUND.** It is the relatively minor head injury with no obvious consequence where this protocol could be most helpful on the sideline.

#### SIDELINE MANAGEMENT OF ACUTE HEAD INJURY

Following a head injury, an athlete should be returned to practice or a game **ONLY** if he/she meets **ALL** of the following criteria. (See schematic)

1. Head injury did not result in any loss of consciousness;
2. Any "confusion" or altered mental status clears in less than 15 minutes;
3. The injured athlete has had no other concussion or significant head injury during the present season;
4. The athlete checks out "clear" on mental status, orientation, concentration and memory tasks before and after exertional provocative tests. (See reverse side)

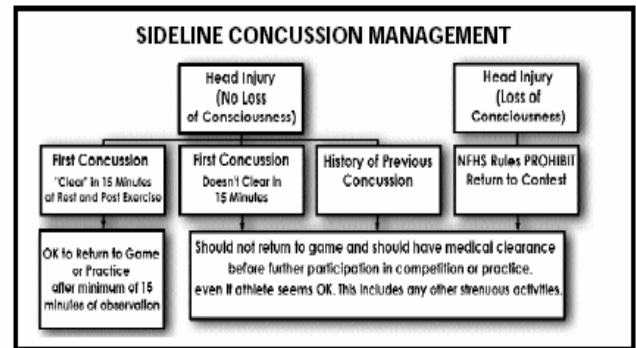
#### MANAGEMENT OF HEAD INJURIES THAT INTERRUPT RETURN TO PLAY

Any athlete whose concussion involves loss of consciousness, doesn't "clear" in 15 minutes or who has had previous concussions should not return to play or practice until medical clearance is obtained. Generally, an athlete is advised not to return to play or practice in a contact sport until he/she is asymptomatic and clear for at least one week. This has traditionally meant no headache, confusion or any of the problems listed below. These recommendations have been based on the awareness of the increased vulnerability of the brain to concussions occurring close together and of the cumulative effects of multiple concussions on long-term cognitive function. Research is now revealing some fairly objective and relatively easy-to-use tests which appear to identify the subtle residual effects of concussion not found by traditional evaluation. These identifiable deficits frequently persist after the obvious signs of concussion are gone and appear to have relevance to whether an athlete can return to the game with relative safety. The significance of these deficits is still under study and the evaluation instruments represent a work in progress. They may be helpful to the professional determining return to play in conjunction with consideration of the severity and nature of the injury; the interval since the last head injury and the level of play.

### EXAMPLE OF A SPECIFIC INSTRUMENT THAT IS BEING USED TO DO SIDELINE ASSESSMENT OF ATHLETES WITH CONCUSSION:

Outlined in the included schematic is a fairly comprehensive list of signs, symptoms and observations that can be utilized to determine if an athlete is "clear" of any abnormalities that would prevent return to play. Several investigators have been working on quick and efficient checklists for sideline assessment that can be performed by individuals with varying degrees of training and could be an alternative if a professional is not on hand. Dr. Kutner and Dr. Barth are working on a Sideline Concussion Checklist (SCC) that looks very promising. Drs. McCrae, Kelly, Bartolic, et al have developed a Sideline Assessment of Concussion (SAC) instrument, which has been validated on hundreds of athletes. The test has a reasonable user-friendly system for grading concussions and utilizes tests that can be done on the sideline. In addition, a scoring system is included to serve as a guideline to help in decision-making and suggests a course of action to follow on return to play. A palm card, as provided by the Brain Injury Group and the Academy of Neurology, has summarized the experience and consensus of a number of researchers in this field. The palm card and a packet of test materials with information on scoring, etc. can be obtained from the Brain Injury Association, 800-321-7037.

The schematic below reflects the latest recommendations on concussion management in a form we believe should be helpful to schools, especially if no medically trained individual is available on the sideline.



NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS  
PO Box 690  
Indianapolis, Indiana 46260  
Phone: 317-972-6900, Fax: 317-822-5700  
[www.nfhs.org](http://www.nfhs.org)

Prepared by Vito Perrillo, M.D., a member of the NFHS Sports  
Medicine Advisory Committee.  
8-02



## Rhode Island Interscholastic League



# New Principal / Athletic Director Workshop

**A special workshop designed to help new (or relatively new) Principals and Athletic Directors has been scheduled for Thursday, August 25, 2005 @ 9:00 AM at the RIIL office.**

### AGENDA

1. Athletics – An Extension of the Classroom
  - a. RIIL Mission Statement
2. Important Issues
  - a. Physical Exams
  - b. Student Insurance
3. RI Injury Fund
4. School Responsibility to the RIIL
  - a. Principal's Pledge
  - b. Declaration of Intent
  - c. Surveys
  - d. Dues & Fees – Deadline Dec 1<sup>st</sup>
  - e. Oct 1<sup>st</sup> Enrollment
  - f. RI Association of School Principals – paid members
  - g. Other
5. RIIL Rule Book – Review
  - a. Unsportsmanlike Conduct Questionnaire
  - b. Dual Participation – Article 7, Section 7
6. Forms – Online – [www.riil.org](http://www.riil.org)
  - a. Eligibility Lists
  - b. School Profile
  - c. Coaches Registration ( Coaches Directory – To be maintained by school)
  - d. Score Reporting
  - e. Scheduling
  - f. Emails
  - g. Directions to facilities/fields
  - h. Obtain officials lists/coaches lists
  - i. Assignment of officials
7. Game Forfeit(s)
8. Sportsmanship/Citizenship
9. Home Confirmation Schedule – Online
  - a. Request for change – emailed to Director of Sports
  - b. CALL OPPOSING SCHOOL
10. Officials Assignments – Online
11. Game Cancellation Procedure/Postponement – Online
12. Non-League Games/Tournaments/ Festivals / Invitationals, Etc.
  - a. Agreement to Compete Form
  - b. Event sanction procedure
13. RIIAAA
14. Q & A



# Rhode Island Interscholastic League

## Attention: RIIL Sport Directors



There will be a very important meeting for all Sport Directors on Tuesday, August 23, 2005 @ 10:00 AM at the RIIL office.

### AGENDA

- ◆ Review and discuss the status and responsibilities of each Sport Committee
- ◆ Responsibilities of the Sport Director
- ◆ Make-up of the Sport Committees
- ◆ Other Topics for discussion:
  - Sport Alignment
  - School requests
  - Playoff dates and venues
  - The Game
  - Coaching and Officiating
  - Safety
  - Sportsmanship
  - Concerns raised by people outside of the committee

If you can not attend this meeting, please make sure that a member of your committee is present. Please notify the RIIL office if you are unable to attend.

Thank you,  
Tom Mezzanotte

# Leading the Way to Notte Park



**Congratulations !!!**  
**2005 FAST PITCH SOFTBALL CHAMPIONSHIPS**



## **FAST PITCH SOFTBALL RESULTS:**

**Division I: St. Raphael Academy**

**Division II: Toll Gate High School**

**Division III: Fatima High School**

# Congratulations to Barrington High School!

Golf State champions for the fourth straight year.



**State Tournament Results:**  
**Barrington High School: Score 303**  
**Bishop Hendricken High School: Score 305**  
**LaSalle Academy: Score 312**

Can you give me some golf tips?



Thanks to Cranston Country Club

# Congratulations to Tolman High School!

Girls' Slow Pitch Softball Team Champions 2005





## **Congratulations to Barrington and Narragansett Girl's Lacrosse Teams!!!!**

**Girl's Lacrosse Finals:  
Division I: Barrington High School**

**Division II: Narragansett High School**



## **Boy's Lacrosse Championships!!!!**



## **Congratulations to Bishop Hendricken High School for capturing the State Division I Boy's lacrosse title!**

**Results: Division I**

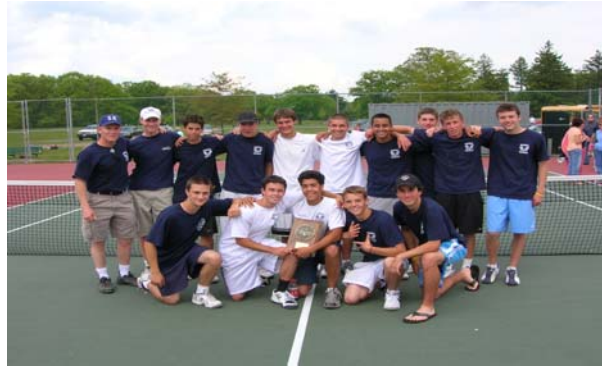
**Bishop Hendricken High School 14  
North Kingstown High School 7**

## **Division II Championship was won by Mt. Hope High School. Congratulations!**

**Results: Division II**

**Mt. Hope High School 8 (Triple overtime)  
Narragansett High School 7**

# Congratulations to South Kingstown High School Tennis Team!!!!



For the seventh consecutive year South Kingstown High School's Tennis team captured the RI State Tennis Title. This outstanding accomplishment is a state record. **GREAT JOB!**

## Tennis Championship Results:

**Division I :** South Kingstown High School

**Division II:** North Kingstown High School

**Division III:** Burrville High School

**Division IV:** Shea High School

## Congratulations !

### Bishop Hendricken High School Division I Volleyball State Champions



### Scituate High School Division II Volleyball Champions

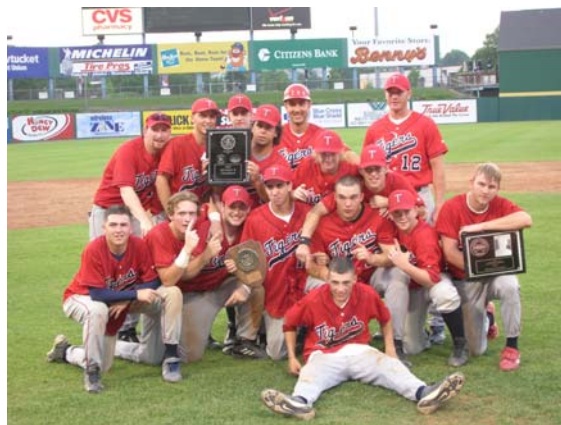


# 2005 Baseball Championships

## Division I Bishop Hendricken High School



## Division II Tolman High School



## Division III Moses Brown School



**Amica**  
AUTO HOME LIFE



## SUMMARY OF MEETING

*The May 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 April 11, 2005 meeting was approved.

### TREASURER'S REPORT

The Treasurer's Report was approved.

### COMMUNICATIONS

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

### MEETING DATES

Mr. Mezzanotte submitted meeting dates for the Principals' Committee on Athletics and the Waiver Hearing Committee for the 2005-2006 school year.

### MILEAGE FORMS

Mr. Mezzanotte referred to the Mileage Forms for the 2004-2005 school year placed in each Committee member's packet and asked they please be completed and returned to the League office no later than June 24, 2005. The new mileage rate is \$.37 per mile.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously approved to increase the mileage allocation to \$.37 per mile.*

### RIIL 2005-2006 DECLARATIONS OF INTENT – BOYS/GIRLS

Mr. Mezzanotte submitted the Declarations of Intent for Boys' and Girls Sports for the 2005-2006 school year.

### RULE VIOLATIONS

Mr. Mezzanotte referred to a letter submitted by LaSalle Academy in which the school self-reported an unintentional violation of an RIIL eligibility rule. LaSalle Academy submitted the \$100.00 fine to the RIIL.

Mr. Mezzanotte referred to a letter submitted by Mount Saint Charles Academy in which the school self-reported the inadvertent use of an ineligible student-athlete in three (3) baseball games, violating Article 6, Section 5, of the Rules and Regulations of the RIIL.

*On a motion made and seconded, the Principals' Committee on Athletics voted 8-2 to impose upon Mount Saint Charles Academy a fine of \$100.00 for omitting the student-athlete from the Varsity Eligibility List. In addition, the Committee wants to thank and commend Mount Saint Charles Academy for self-reporting the violation.*

Mr. Mezzanotte referred to a letter submitted by Ponaganset High School in which the school self-reported the inadvertent use of an academically ineligible student-athlete in a golf match, violating Article 3, Section 3, of the Rules and Regulation of the RIIL.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to impose upon Ponaganset*

*High School a fine of \$100.00 for using an academically ineligible student-athlete in a golf match. The Committee wants to thank and commend Ponaganset High School for self-reporting the violation.*

Mr. Mezzanotte referred to a letter submitted by Cumberland High School requesting forfeiture of a baseball game due to a student-athletes violation of the schools attendance policy. The student-athlete in question did not violate any RIIL regulations.

*On a motion made and seconded, the Principals' Committee on Athletics voted 7-3 to deny the motion to support Cumberland High School's decision to forfeit the game.*

### REQUEST FROM TIMES<sup>2</sup> ACADEMY TO WITHDRAW FROM THE RIIL 2005-2006

Mr. Mezzanotte referred to a letter submitted by Times<sup>2</sup> Academy in which the school requested to withdraw from the RIIL and allow Times<sup>2</sup> Academy to send their Providence student-athletes to their respective feeder high school to compete in athletics.

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

- allow Times<sup>2</sup> Academy to withdraw from League team participation, however, Times<sup>2</sup> Academy must still be a member of the RIIL and must pay annual dues.
- allow Times<sup>2</sup> Academy to send their Providence student-athletes to their respective feeder high school to compete in athletics.

### PRINCIPALS'/ATHLETIC DIRECTORS' MANDATORY MEETING 2005-2006

Mr. Mezzanotte reported the 9<sup>th</sup> Annual Principals'/Athletic Directors' Conference will be held on Wednesday, September 21, 2005 at the Johnson & Wales University Harborside Campus, Athletic Facility. Also, Mr. Mezzanotte requested to change the Principals'/Athletic Directors' Conference format from a procedural meeting to an informative meeting.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to change the Principals'/Athletic Directors' Conference format from a procedural meeting to an informative meeting.*

### CHEERLEADING – UPDATE

Mr. Magarian attended a meeting looking into the possibility of having Rhode Island schools participate in the RIIL in competition cheerleading. Mr. Magarian will establish a cheerleading committee to develop rules and guidelines for recommendation to the Principals' Committee on Athletics for the 2005-2006 school year.

### FALL SPORTS OPENING DATE FOR FALL 2005 – AUGUST 20, 2005 (EXCEPT FOOTBALL)

- **Boys' Soccer** - Mr. Mezzanotte has asked the Boys' Soccer Committee to review date changes for play-offs to be in line with the Girls' Soccer Play-offs and consider new rules regarding team's accumulation of cards (yellow/red) and have them ineligible for play-offs.
- **Girls' Soccer** - Mr. Mezzanotte reported on requests from Classical High School and Saint Raphael Academy to move up to another division in Girls' Soccer. The requests have been denied.

- **Football** – the start date for football for 2005 is August 15. The 2005 Football Schedule will be revised to reflect a game change between Johnston High School and Lincoln High School on Thanksgiving Day. The Football Committee discussed the Freshman Football League. There is no change with the present Freshman Football program. Mr. Mezzanotte referred to a recommendation from the RIIL Sports Medicine Advisory Committee to reword Article 16, Section 4c to read: *The home school should provide the services of a licensed doctor and/or a licensed athletic trainer at all football games...*

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the recommendation from the Sports Medicine Advisory Committee to reword Article 16, Section 4c.*

- **Boys' and Girls' Cross Country, Field Hockey, Girls' Tennis and Girls' Volleyball** – no report was given.

#### WINTER SPORTS

#### Gymnastics Championships – REVISED 5/05

##### *Division Championships*

**Division A** LaSalle Academy

**Division B** Middletown High School

##### *Team Championships*

**Class A** LaSalle Academy

**Class B** Portsmouth High School

##### *State Individual Championships*

**Balance Beam** – Casey Lesiur, Coventry High School

**Vault** – Kourtney Hundertmark, St. Mary Academy Bay View

**Uneven Bars** – Elizabeth Sartel, The Prout School

**Floor Exercises** – Stephanie Fay, Coventry High School

##### *All Round*

Stephanie Fay, Coventry High School

*On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the Revised 2004-2005 Gymnastics Championships.*

- **Boys' Indoor Track** – Mr. Mezzanotte referred to a request from the Boys' Indoor Track Committee which was tabled from the April meeting regarding individual participation and team points in indoor track.

*On a motion made and seconded, the Principals' Committee on Athletics voted 12-1 to not award points to individual participants in indoor track teams and reassign these points to the next team.*

- **Swimming** – Mr. Mezzanotte received a request from Mount Saint Charles Academy requesting to move to Division I in Boys' and Girls' Swim. The request was referred to the Swim Committee.
- **Ice Hockey** – Mr. Mezzanotte received a request from Warwick Veterans High School requesting to move from Division I in Ice Hockey. The matter was referred to the Hockey Committee.
- **Girls' Basketball** – The Girls' Basketball Committee report was given. The Girls' Basketball Committee recommended the Girls'/Boys' State Finals be played on separate

dates. Also, the Committee recommended dropping the 10 second backcourt rule.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve dropping the 10 second backcourt rule from Girls' Basketball.*

- **Boys' Basketball, Girls' Indoor Track and Wrestling** – no report was given.

#### SPRING SPORTS

- **Baseball** – Mr. Mezzanotte received a request from the RI Baseball Coaches Association to hold their Annual All-Star Baseball games at McCarthy Field on May 21.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the annual All-Star games for baseball.*

- **Boys' and Girls' Lacrosse, Boys' and Girls' Outdoor Track, Boys' Tennis, Boys' Volleyball, Fastpitch & Slowpitch Softball, and Golf** - No report was given.

**BEFORE THE MEETING WAS ADJOURNED, A MOTION WAS MADE AND SECONDED TO GO INTO EXECUTIVE SESSION. THE COMMITTEE VOTED TO GO INTO EXECUTIVE SESSION.** Mr. Mezzanotte will address sport entry fees for 2005-2006, especially for non-revenue sports, and game caps for sports in 2005-2006 at the June meeting.

Mr. Mezzanotte reviewed and discussed the need and importance of each sport committee. He also discussed the responsibilities. The RIIL will call for a meeting in August with Sport Directors to discuss make-up of sport committees, business, meeting times, etc.

Mr. Mezzanotte submitted the RIIL Strategic Planning Facilitator and Budget for the 2005-2006 year for approval. *On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the RIIL Strategic Planning Facilitator and Budget for the 2005-2006 year.*

Mr. Mezzanotte confirmed the following companies as "Official" Balls of the Rhode Island Interscholastic League: **Penn Monto** – Field Hockey, **Shamrock** – Lacrosse (Boys & Girls) and **Spalding** – Softball (Fastpitch & Slowpitch - Dudley Ball). Baden and Nike are not finalized.

#### 3:30pm Bishop Hendricken High School

The Committee would like to commend Bishop Hendricken High School for their compliance with the RIIL and the terms of their probation for recruiting violations. Bishop Hendricken High School has developed a model program for coaches and parents to guard against any recruiting violations.

***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 May meeting of the Principals' Committee on Athletics was adjourned at 3:55 pm.***

## **Mission Statement**

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

## **National Affiliation**

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

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

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



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