

RHODE ISLAND INTERSCHOLASTIC LEAGUE



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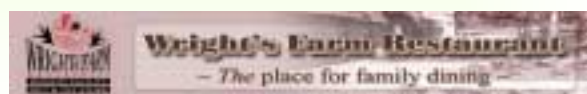
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The RIIL would like to recognize and thank our Sponsors and Affiliates for their support of our sports programs and our student-athletes.



As another year comes to an end, I am in awe of the outstanding accomplishments of our athletes and teams. The years pass quickly and as we grow older we come to appreciate and respect the dedication, determination, and desire of all involved in interscholastic athletics. For our coaches and athletes, its time to reflect on the lessons learned this past year and prepare with all enthusiasm for the challenges that we face in September. As coaches and educators, the job does not get easier. Yet, with the beginning of a new year we look forward to setting new goals, and achieving greater success.

As I reflect on this past year, the RIL is proud to be associated with many wonderful principals, athletic administrators, coaches, fans and athletes. Without their cooperation our accomplishments would be negligible. Congratulations to all participants regardless of whether they were state champs or whether they did not make the playoffs. The stories and history of the past year should not reflect solely on those who have achieved a great deal of success,



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

but it should also reflect the great times and learning experiences our participants have enjoyed.

I would like to congratulate South Kingstown High School, Barrington High School and Mt. St. Charles Academy for being selected as the 2009 Challenge Cup winners. These schools excelled in not only athletic competitions, but also in sportsmanship and school spirit. Through this new program the RIL recognizes RI High Schools for excellence in both athletics and sportsmanship.

Lastly, I would like to congratulate and

thank two members of our Board who will be retiring from education—John Gray, principal of Barrington High School and Denise Boulé, principal of Exeter/West Greenwich High School. John and Denise have been wonderful educational leaders throughout their careers. In addition, they have volunteered their time, energy and expertise in the field of interscholastic athletics. Their efforts have made a long-lasting positive impact on the programs we are able to offer our student-athletes throughout the state.

The year ahead will be challenging to say the least, but I am confident that we can overcome any obstacle and provide the athletic and educational opportunities for our student-athletes that previous generations have enjoyed.

Have a great summer!

Tom Mezzanotte
Executive Director



RIIL SUMMER HOURS

Office Closes: Wednesday, July 1, 2009

ReOpens: Monday, July 13, 2009

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<u>SAT TEST</u>	<u>Registration Deadlines</u>
<u>DATES</u>	
October 10, 2009	September 9, 2009
November 7, 2009	October 1, 2009
December 5, 2009	October 30, 2009
January 23, 2010	December 15, 2009
March 13, 2010	February 4, 2010
May 1, 2010	March 25, 2010
June 5, 2010	April 29, 2010

<u>ACT TEST</u>	<u>Registration Deadlines</u>
<u>DATES</u>	
September 12, 2009	August 7, 2009
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

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PRINCIPALS AND ATHLETIC DIRECTORS USE OF SCHOOL EQUIPMENT DURING THE SUMMER

PLEASE!!

DON'T FORGET!

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(es) 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. ■

Reminder!

INJURY FUND DONATIONS FOR 2009-2010

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. ■





Westerly's Springer, Bay View's Colucci Receive Top Honors at Cox RI Sports Awards Presented by the RI National Guard

Westerly's Andrew Springer and Bay View's Catherine Colucci received top honors at the third annual Cox RI Sports Awards presented by the RI National Guard last night at the Providence Performing Arts Center. Springer, the nation's top high school miler, received the 2009 Male Athlete of the Year Award. Colucci, a multi-sport standout who excelled in field hockey and hockey for the Bengals, was named the 2009 Female Athlete of the Year Award.

Cox Sports and the RI National Guard honored the state's best scholar-athletes from Woonsocket to Westerly and the top college athletes at the Cox RI Sports Awards on Monday, June 15. The Ocean State's best high school scholar-athletes from each sport for every season, as well as the Team of the Year and Coach of the Year, were announced.

North Kingstown All-State football quarterback Dave D'Errico and Bay View's field hockey standout Colucci were the top honorees from the fall season. Cranston West All-State and All-New England wrestler Shawn Giblin and La Salle All-State hockey player Kaitlin O'Donnell were the top athletes honored from the winter season. Joining Springer as the spring's standout athlete was Barrington lacrosse player Kelsey Perkins.

2009 Cox RI Sports Awards Individual Winners:

Fall

David D'Errico, -North Kingstown High, Football
 Nicholas Dubee –Chariho High, Soccer
 Kaitlin Birrell –Scituate High, Soccer
 Mark Feigen –East Greenwich High, Cross Country
 Jenna Riley – Coventry High, Cross Country
 Catherine Colucci –Bay View, Field Hockey
 Alex Geremia – South Kingstown High, Tennis
 Kate Walsh – The Prout School, Volleyball



Winter:

Billy Baron – Bishop Hendricken High, Basketball
 Ashley O'Dell – Lincoln High School, Girls Basketball
 Andrew Springer – Westerly High School, Indoor Track
 Molly Silven – Mount St. Charles Academy, Cheerleading
 Meghan Fogarty – La Salle Academy, Gymnastics
 Shawn Giblin – Cranston West, Wrestling
 Jeff Winters – East Greenwich High, Swimming
 Elizabeth Beisel – North Kingstown High, Swimming
 Kyle Beauchamp – Mount St. Charles Academy, Hockey
 Kaitlin O'Donnell – La Salle Academy, Girls' Hockey
 Samantha Chace, Toll Gate, Indoor Track

Spring:

Ryan Morris – North Kingstown High, Baseball
 Kristen Mitchell - St. Mary Academy – Bay View
 Ian Deveau – Moses Brown, Lacrosse
 Kelsey Perkins – Barrington High, Lacrosse
 Andrew Springer – Westerly High, Outdoor Track
 Eryn Wheeler – Coventry High School, Outdoor Track
 Owen Jacobs – Mount St. Charles, Volleyball
 Kyle Burke – South Kingstown High, Tennis
 Samantha Morrell – North Kingstown High, Golf

The Cranston West wrestling team, which captured its fourth straight state championship this winter, received the 2009 Team of the Year Award. The Coach of the Year went to Central Falls girls basketball coach Jo Handy, who directed the Lady Warriors to the school's first-ever basketball championship.

Kelsey Kriner, a multi-sport athlete who competes for Rogers High and Special Olympics North Kingstown, was named the 2009 Special Olympics Athlete of the Year.

For additional information visit: www.risportsawards.com



OUTDOOR TRACK NOTES - "AROUND THE OVAL"

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

**SPRINGER POWERS WESTERLY BOYS
TO THEIR FIRST R.I. TRACK TITLE;
SKIPPER GIRLS TAKE TEAM PRIZE**

June 8—Andrew Springer turned his final appearance on a Rhode Island track into a “sayonara” party of the grandest proportions at the June 6 State Championships at Brown Stadium. The Georgetown-bound senior captured the prep track equivalent of a triple crown by winning the 800-, 1500- and 3000-meter races (one of them in state-record time), and by running a 1:55.8 split on Westerly’s 4x800 relay that combined to break a 12-year-old state standard.

Springer’s points - plus support all around (including senior Mike Intreiri’s win in the discus) - gave Westerly its first-ever boys’ team title; 69-50, over second-place Mount Pleasant.

The Rebels rule

On the girls’ side, South Kingstown won its seventh team championship in the 37-year history of girls’ outdoor track. The Rebels gathered 104 points in downing defending state titlists La Salle (81.5). South got wins from Shannon Meehan (high jump); Candace Hazard (long and triple); Amanda Graham (pole); Amanda Norman (100).

The Hope girls’ 4x100 relay blazed to a state-record time of 47.90 seconds behind the super-talented quartet of Lakisha DaCruz, Jasmine Marrow, Royal Cheatham and Angie Quiah. Marrow was a member of the ‘08 Blue Wave relay that held the previous record (48.68).

June 14-Westerly High senior Andrew Springer is currently the number one prep miler in the United States on the strength of his win on Saturday (6/13) at the Midwest Gala Track Meet, held at Benedictine University in Lisle, Ill. Springer’s time of 4 minutes, 2.70 seconds not only bettered his own state-record time of 4:08.79, but broke a decade-old New England standard of 4:02.7 (hand-held), set in 1999 by Andy Powell, of Oliver Ames High in Easton, Mass. (The FAT time is superior to the hand time).

The Georgetown-bound Springer - who holds a total of nine Rhode Island indoor and outdoor marks - currently stands as the 14th all-time outdoor prep mile performer (with the 19th best all-time performance), as rated by Track & Field News Magazine.

Paced along the first 800 meters by a rabbit, Springer clocked a personal-best time of 1:51 on the Benedictine track, and ran the final quarter in under 60 seconds. He hit the tape ahead of Peter Callahan, of Illinois (4:05.20), and Alabama’s Pat McGregor (third in 4:07.07).

**WESTERLY'S SPRINGER
WINS ILL. RACE; IS
AMERICA'S NO. 1 PREP MILER
His 4:02.70 time sets new Rhode Island
and New England records**

New England Championships: Rhode Island had one gold medalist at Saturday’s regional meet, held on the eight-lane oval at Burlington High School in Vermont. West Warwick senior Kenny Olivieri won the boys’ 400 meters in 48.35 seconds. Olivieri won last weekend’s State Championship 400 in 48.83 . . . Coventry senior Eryn Wheeler, capping a fine outdoor campaign, placed third in the 800 (2:12.74). Wheeler was a double winner at the State Meet (800 and 1500 meters) . . . Cranston West junior James Strawderman, the ‘09 state champ as well as the record-holder in the boys’ pole vault, finished in a two-way tie for fifth at the regional meet. Strawderman cleared the bar at 4.34 meters (14 feet, 3 inches) . . . Linnea Totoshek, of Barrington, long-jumped 5.40 meters (17-8.50) to finish fourth . . . Ponaganset junior Nick Keeling threw the javelin 57.12 meters (187-5) earning All-New England honors with his fourth-place showing . . . Emily Barrett, the La Salle senior, placed third in the girls’ 300 intermediate hurdles. Barrett clocked 44.99 seconds. Last weekend at the State Championships, Barrett, won both the 100-meter high hurdles (15.06) and the intermediates (44.79). She holds two R.I. hurdles records: a 44.66 in the 300 intermediates, and 1:03.16 in the 400 intermediate hurdles.



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 2005 football season there have been 19 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 I 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

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Heat Stress

Continued from page 6



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: Recommendations for Hydration to Prevent Heat Illness

TYPES OF SPORTS DRINKS

◆ Fluid Replacers

- Examples: Water, Gatorade, 10K, Quickkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

◆ Carbohydrates loaders

- Examples: Gatorlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

◆ Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

WHAT NOT TO DRINK

- ◆ Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- ◆ Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- ◆ Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

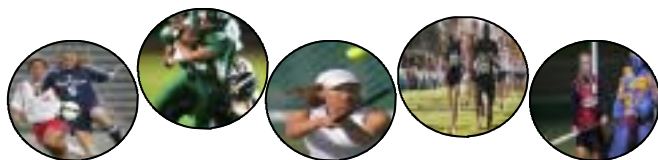


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Recommendations for Hydration Continued from page 8

HYDRATION TIPS AND FLUID GUIDELINES

- ♦ Drink according to a schedule based on individual fluid needs.
- ♦ Drink before, during and after practices and games.
- ♦ Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- ♦ Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- ♦ Drink early—By the time you're thirsty, you're already dehydrated.
- ♦ In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- ♦ Drink fluids based on the amount of sweat and urine loss.
- ♦ Within two hours, drink enough to replace any weight loss from exercise.
- ♦ Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- ♦ Dehydration usually occurs with a weight loss of two percent of body weight or more.



WHAT TO DRINK DURING EXERCISE

- ♦ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ♦ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- ♦ During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- ♦ Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- ♦ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as off setting the amount of fluid lost with sweat.
- ♦ Salt should never be added to drinks, and salt tablets should be avoided.
- ♦ Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS

- ♦ Dehydration can affect an athlete's performance in less than an hour of exercise—sooner if the athlete begins the season dehydrated.
- ♦ Dehydration of just one to two percent of body weight (only 1.5-3lb. for a 150-pound athlete) can negatively influence performance.
- ♦ Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- ♦ High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
- ♦ Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- ♦ Medications/fevers greatly affect an athlete's dehydration problems.
- ♦ Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- ♦ Clothing, such as dark, bulky or rubber protective equipment can drastically increase the change of heat illness and dehydration.
- ♦ Wet bulb temperature measurement should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- ♦ Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- ♦ A Heat Index chart should be followed to determine if practice/contests should be held.
- ♦ A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- ♦ A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- ♦ A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

Journal of Athletic Training 35(2)-212-224; NFHS Handbook Heat Related Illness, Sandra Shultz Ph.d, ATC, CSCS; Steven Zinder MS, ATC



Acclimatization Recommendations for Football

The RIIL Sports Medicine Advisory Committee has studied the issues regarding acclimatization of football players in early season practices when heat and humidity can create health and safety issues for participants. In an attempt to minimize the risk of serious injury or death, the following early season practice recommendations are provided for Rhode Island schools.

1. Schools should make a conscious effort to understand that heat and humidity can cause injury, illness, and even death in athletes who have not been properly acclimated to the conditions. Efforts should be made to practice in the cooler parts of the day when heat and humidity issues can be minimized. Regular and frequent water and rest breaks should be scheduled.
2. No early season football practice should exceed three hours in length. When a three-hour practice is scheduled, included within those three hours should be time for low-exertion instruction and water and rest breaks.
3. If two practices are scheduled for the same day, there should be a minimum of three hours of rest and recovery time scheduled between practices.
4. A school should schedule no more than three, two-a-day practices per week, preferably with no consecutive days of two-a-days. On days when two-a-day practices are scheduled, total practice time should be limited to a maximum of five hours per day.
5. A school should not schedule more than six consecutive days of football practice. ■

Football Practice 2009

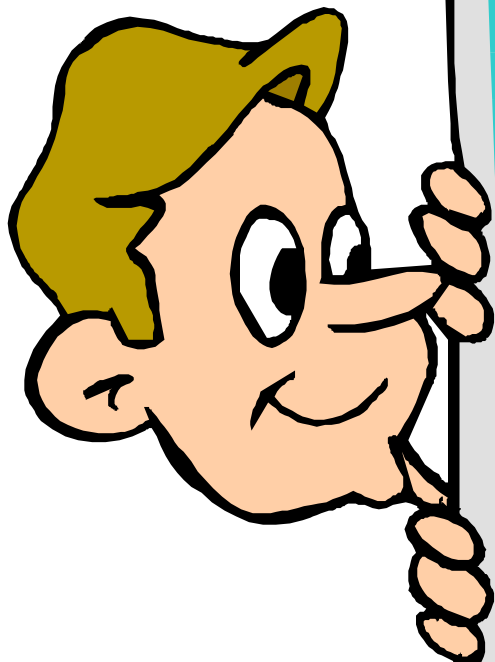
Fall Football practice may start no earlier than seventeen (17) days before the Injury Fund game(s) (**August 17, 2009**) with the following limitations:

1. Days 1: **Helmets only – no contact**
2. Days 2 – 5: Helmets and Shoulder Pads – **no contact**
3. Days 5 – 10: Full pads; contact/scrimmage – **intrasquad only**
4. Day 11 and on: Outside scrimmages/games permitted
5. *The ten (10) day practice limitation period starts from the first (1st) day a student-athlete joins the football team including transfer students. Violations will be subject to penalties as outlined in the Rules and Regulations of the Rhode Island Interscholastic League.*

NOTE: The first (1st) Sunday after the opening day (August 23, 2009) will be a Mandatory day off for all players. The day will also be counted for the Mandatory ten (10) day practice period.

6. Start Date for Football is August 17, 2009.

*Practice for
all other Fall
Sports begins
on
August 17,
2009*



2009-2010 Important Summer/Fall Dates		
2009-2010	Interpretation Meetings for Fall, Winter & Spring Sports (See list on page 11 for dates, times and locations)	
August 5 & 12, 2009	Waiver Hearing Dates for Fall Sports @ RIIL Office	3:00pm
August 17, 2009	RIIL Principal's Committee on Athletic Meeting @ RIIL Office	1:30pm
August 20, 2009	New Principal / AD / Coach / Guidance Pre- Season Workshop @ RIIL Office	10:00am
September 25, 2009	Athletic Directors' Mandatory Workshop @ Johnson & Wales University Harborside Campus, Athletic Facility, Prov., RI	8:00am- 12:00pm
Date TBA	RIIL/RIASSP Breakfast/Mandatory Meeting for Principals @ Crowne Plaza Hotel—Warwick, RI	8:00am- 11:30am



RHODE ISLAND INTERSCHOLASTIC LEAGUE **6/4/09**
COACHES MANDATORY INTERPRETATION MEETING DATES

FALL 2009
FOOTBALL
VARSITY

Thursday, August 6, 2009
 RIIL Office
 6:30pm

GIRLS' SOCCER

Tuesday, August 11, 2009
 RIIL Office
 6:00pm

BOYS' SOCCER

Wednesday, August 12, 2009
 RIIL Office
 6:00pm
(Coaches Meeting to Follow)

GIRLS' VOLLEYBALL

Monday, August 17, 2009
 RIIL Office

FIELD HOCKEY

Monday, August 17, 2009
 RIIL Office
 6:00pm

BOYS' AND GIRLS' CROSS COUNTRY

Tuesday, August 18, 2009
 RIIL Office
 6:00pm

GIRLS' TENNIS

Wednesday, August 19, 2009
 RIIL Office
 6:00pm

WINTER 2009

SWIMMING (INCLUDING INDIVIDUALS)

Tuesday, October 13, 2009
 RIIL Office
 6:30pm

BOYS' & GIRLS' FRESHMAN BASKETBALL

Wednesday, October 14, 2009
St. Mary Academy Bay View
 6:30pm

WRESTLING

Wednesday, October 14, 2009
 RIIL Office
 6:30pm

GYMNASTICS (INCLUDING INDIVIDUALS)

Thursday, October 15, 2009
 RIIL Office
 7:30pm

BOYS' & GIRLS' HOCKEY

Tuesday, October 20, 2009
 RIIL Office
 6:30pm

BOYS' BASKETBALL

Wednesday, October 21, 2009
CHELO'S -POST ROAD NEAR THE AIRPORT
Warwick, RI
 6:00pm

BOYS' & GIRLS' INDOOR TRACK

Date & Location TBD

GIRLS' BASKETBALL

Wednesday, October 28, 2009
 RIIL Office
 6:30pm

COMPETITION CHEERLEADING

Thursday, October 29, 2009
 RIIL Office
 6:30pm

SPRING 2010

LACROSSE

Tuesday, February 9, 2010
Barrington
 Girls – 6:00pm
 Boys – 7:30pm

FAST PITCH SOFTBALL

Wednesday, February 24, 2010
 RIIL Office
 6:30pm
(Coaches Meeting 5:30pm - 6:30pm)

BOYS' TENNIS

Tuesday, March 2, 2010
 RIIL Office
 6:00pm

BOYS' & GIRLS' OUTDOOR TRACK

Tuesday, March 2, 2010
Bishop Hendricken High School
Boys and Girls – 6:30pm
(New Coaches to arrive 1 hour earlier)

FRESHMAN BASEBALL

Tuesday, March 2, 2010
 RIIL Office
 6:00pm

BOYS' VOLLEYBALL

Wednesday, March 3, 2010
LaSalle Academy
 6:30pm
(Coaches Meeting 5:00pm to 6:00pm)

GOLF

Monday, March 8, 2010
 RIIL Office
 6:00pm

BASEBALL

Tuesday, March 9, 2010
 RIIL Office
 6:00pm



PRINCIPALS' COMMITTEE ON ATHLETICS
2009-2010 MEETING DATES

2009

August 17, 2009	1:30 p.m.
September 21, 2009	1:30 p.m.
October 19, 2009	1:30 p.m.
November 16, 2009	1:30 p.m.
December 14, 2009	1:30 p.m.

2010

January 25, 2010	1:30 p.m.
February (no meeting)	
March 15, 2010	1:30 p.m.
April 12, 2010	1:30 p.m.
May 17, 2010	1:30 p.m.
June 14, 2010	1:30 p.m.
July (no meeting)	
August 16, 2010	1:30 p.m.

PLEASE NOTE: All above dates are conditional on the following:

- 1) All meetings are on the 3rd Monday of the month—*except* where noted and when 3rd Monday is a holiday or school vacation.
- 2) Starting time: All meetings will begin at 1:30 p.m.
- 3) Location: Meetings will be held at the RIIL Office, Bldg. #6-R.I College Campus, 600 Mt. Pleasant Avenue, Providence, R.I.

WAIVER HEARING COMMITTEE
2009-2010 MEETING DATES

FALL

Wed., August 5, 2009	3:00 p.m.
Wed., August 12, 2009	3:00 p.m.
Mon., September 2, 2009	3:00 p.m.

October (*as needed*)

WINTER

Mon., November 2, 2009	3:00 p.m.
December (<i>as needed</i>)	
January (<i>as needed</i>)	

SPRING

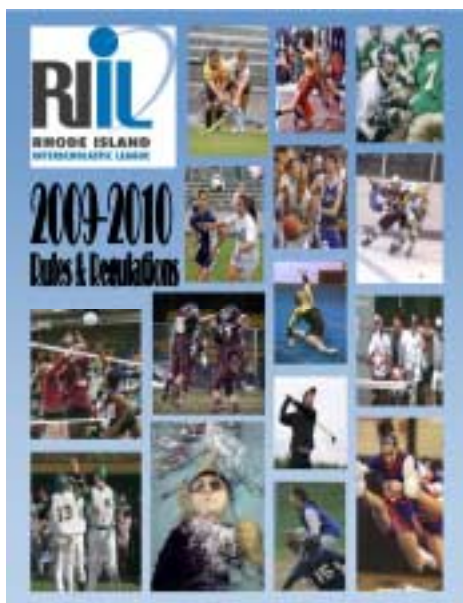
Mon., February 1, 2010	3:00 p.m.
Wed., February 10, 2010	3:00 p.m.
Mon., March 1, 2010	3:00 p.m.
Mon., March 8, 2010 (if needed)	3:00 p.m.

April (*as needed*)

May (*as needed*)

June (*as needed*)

PLEASE NOTE: All meetings are held at the RIIL Office, Bldg. #6, R.I. College Campus, 600 Mt. Pleasant Avenue, Providence, R.I.



2009-2010 RIIL BLUEBOOK

**An updated
 RIIL Rules and Regulations Bluebook
 will be published and distributed to
 member schools in September 2009.**

Speak Out**Mount Saint Charles Academy****Spring Honorable Competition Sports Stories
2009**

Throughout most of the year, we have really separated ourselves by reversing mistakes made by the officials. Volleyball is a unique sport in which players can acknowledge a mistaken call so that it might be reversed and corrected. In a tournament that we played in, there were several touches that were missed by the referees and line judges that were in our favor. We asked that each of those mistakes be corrected.

In one particular game on two separate occasions, two of the opposing players went down with an injury. In both cases, neither was able to return to the game. When the match was over, several of our players went over to the injured players and wished them well. As captains, we were very proud of our teammates.

Against one of our toughest opponents, we were involved in a game that was close right to the end. One of our players hit the ball, and we all knew that it was out of bounds. The referee called it in - much to the dismay of the opposing players. We stopped play and told the official that the ball had landed out and that the point should be reversed. That was a turning point in that game, a game that we lost. But we quickly recovered our composure and went out and won the next three and the match.

Owen Jacobs, Marc McKenna and Sean Calnan – *captains of the championship volleyball team*

In our second track meet of the season, there was a torrential down-pour. We all wondered why the meet was not rescheduled for another day. Nevertheless, our entire team came to win; no one said that they did not want to compete because of the bad weather. The competition lasted three hours and everyone stayed enthusiastic and supportive of one another throughout. And we all ran our hardest despite the conditions.

Emma Burns– *captain of the girls outdoor track team*

As we move on to college, we feel confident that Mount has instilled in us the following lessons about how to compete:

Honorable Competition includes - in order of importance: team, teammates, self.

Honorable Competition means that no one player takes credit for either a win or a loss.

Honorable Competition means that each player puts his heart and soul in each and every game.

Honorable Competition means that integrity is more important than winning.

Honorable Competition means that you support and respect your coach even when you disagree.

Honorable Competition means having a special attitude which says: Leave your ego back at home.

Honorable Competition is about recognizing that nothing can be gained without the hard work of each team member. Sometimes it is the small things that make the difference between winning and losing: the great scoop at first, the blocked ball behind the plate, and the diving catch in the outfield. Although all too often these things go unmentioned in the newspapers, teammates notice and appreciate when players give it their all. That's the real story behind honorable competition.

Ryan and Josh Panborn- *captains of the championship varsity baseball team*

During a golf match the following occurred: one of the opposing players was keeping the scorecard and said to one of our players, "you shot a five for that hole, right?" "No," came the reply. I shot a seven." Our player could have easily said, "yes, I shot a five." No one would have known. But he was honest and spoke the truth. We believe in taking only what is ours and taking credit for what we truly deserve.

Jason San Antonio – *captain of the championship golf team*

In girls' lacrosse it is hard to always come out on top. Though we tried to win every single one of our games, we were not all that successful. But in the process, we came to realize how important good sportsmanship is in the field of competition. We tried to get all of our girls to try hard no matter what the score and to always respect our opponents. At every home game, we went out to greet the opposing team when they arrived and walked off the bus. We always greeted the coach and made sure that the opposing players knew where our bathrooms were. When the play got furious and rough, we tried very hard to remain calm and not to get angry. At the end of each game, we always thanked the officials for their work. Though these were little things, we believe that they made a difference.

Alexandra Lawrence, Marissa LaCombe and Nikki Mazza
– *captains of the varsity girls' lacrosse team*

We were involved with a very hotly contested match. It went down to the wire, and it was physical. In the closing minutes, one of our players picked up a loose groundball and began to sprint down the field. However, he was stopped dead in his tracks when a defenseman from the other team gave him a cheap shot and knocked him down. Our teammate's first impulse was to retaliate. However, he realized something that all of us on this team have come to realize: that every one of us has a responsibility to play fairly and respectfully. Our teammate demonstrated this value by simply getting up and continuing to play hard. Sportsmanship was defined that day on the lacrosse field.

T.J. Blair, Mike Green and Mark Della Posta – *captains of the boys' varsity lacrosse team*

In one of our tennis matches, the opposing doubles team was making bad calls. The easy thing for our players to have done was to retaliate and make bad calls as well. That did not happen. They played hard and fair and kept their cool, avoiding any confrontation.

Down in the first set, one of our players was locked in a tight match. His opponent was making some controversial calls. Actually, he was making bad calls. These calls were making some of us who were watching upset; however, our teammate never wavered from his mission. He did not retaliate. In fact, if anything, he gave his opponent the benefit of doubt with just about every close call. He did lose the first set, but he never lost his composure. In the end he persevered, won the match and earned the respect of all of us who were watching.

Dan Pelzman and Nate Guevremont – *captains of the varsity tennis team*

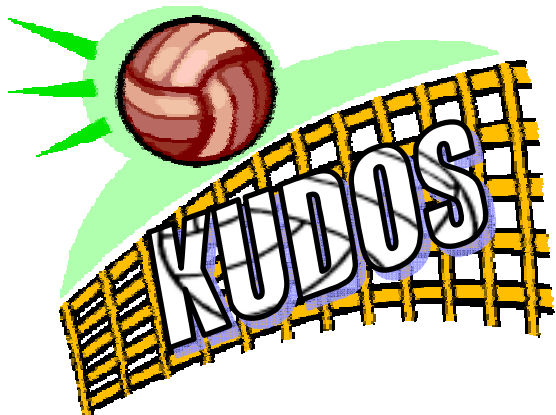
The weather on one particular meet day was hot and humid. It was uncomfortable. The 3,000 meter race occurred toward the end of the meet. Our top runners stayed near the front throughout most of the seven lap race. When he came across the finish line in first place, the official erroneously told him that he had another lap to run. In the end his first place finish was taken away from him, and he was very upset and let the official know it. The captains stepped in, took him aside, and calmed him down. He quickly came to realize that his behavior was inappropriate and apologized to the official in question.

Nick Belanger, Russell Blais, Dan Appenfeller, Jeff Deslandes, Andrew Jessey, and Schuyler English – *captains of the varsity boys' track team*

Submitted by:

Richard Lawrence, CMAA
Director of Athletics
Mt. St. Charles Academy

Chris Keyes
Associate Director of Athletics
Mt. St. Charles Academy



The following story is a “true example of people who ‘Get It’” as witnessed by Ray DeAngelis, Boys’ Volleyball Official, of the coaches and players during a match between North Smithfield and Classical High

My name is Ray DeAngelis and I recently had the pleasure to officiate a boys’ volleyball match between North Smithfield and Classical High Schools. In twenty years of officiating, I have never left a match feeling so good.

There is a young man playing for North Smithfield who has some developmental disabilities and minimum of athletic talent. What he does have is boundless enthusiasm, an endless joy of the game and an absolutely tremendous attitude.

Despite his lack of playing skill, his coach decided to have him start every set of the match and to serve in rotation regardless of the results. It was obvious that his teammates fully endorsed this decision because when he served his first ball over the net, they surrounded him with high fives and pats on the back. Considering that a loss in this match would eliminate their team from the playoffs, I found the actions of coach and players to be a true example of people who “Get It.”

Now if my story ended here it would be outstanding but there is more, while all the high fives and pats were going on the Captain of the Classical team asked me what the big deal was. After hearing my explanation he proceeded to inform his coach and teammates who for the rest of the match did not block while this very special athlete was attempting to spike the ball. I also overheard some of the players offering a “nice hit” or “good swing” after plays he was involved in were over.

I have intentionally left out the score and results here because they are not important. Everyone on both teams and in the stands went home a better person for having been there that night.

Thank you for the privilege to be associated with coaches who teach the right things and fine young athletes who work so hard to learn them.

The RIIL Mission “stresses education, sportsmanship, integrity and safety” and the actions displayed by the coaches and players that evening deserves the highest recognition and accolades. The RIIL is very proud to share this story/message with everyone.

NFHS 2009 Football Rules Changes

Addition to Rule 9-4-3—The horse-collar tackle has been added to the list of illegal personal contact fouls in high school football. It will be illegal to grab the inside back or side collar of the runner’s shoulder pads or jersey and subsequently pull the runner to the ground. The penalty will be 15 yards from the succeeding spot.

Addition to Rule 9-4-3—Will make it illegal to grasp an opponent’s chin strap, in addition to the opponent’s face mask or edge of a helmet opening.

Rule 9-8-3—A maximum of three coaches may be in the restricted area to communicate with players during dead-ball situations. Before the ball becomes live, however, the coaches must retreat into the team box. This rule change results in a 2-yard belt that is clear of team personnel and helps eliminate sideline congestion while helping to minimize the risk for participating players, coaches and officials during live-ball situations.

Rule 9-8-1g—Clarifies that the mandatory three-minute warm-up period begins immediately following the conclusion of the halftime intermission. An unsportsmanlike conduct penalty will be assessed to the head coach if the team is not back on the field prior to the start of the warm-up period.

Rules 7-2-5 and 2-14-2—The definition of a scrimmage-kick formation was clarified to differentiate formations that have been used traditionally for attempting a field goal or kick try from those used for a punt. In

addition, the circumstances under which the numbering exception can be utilized have been changed to clarify what can be done on first, second, third and fourth downs.

Rule 1-3-1c—Regarding the stripes on the football. The change states that the stripes located on the football must be adjacent to and perpendicular to the seam upon which the laces are stitched.

Rule 1-2-3b—A note was added stating that all required field markings must be clearly visible. Further, when other markings such as logos are placed on the field, the required markings shall remain visible.

Rule 3-3-4b5—If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended. The teams will change goals to start the next period.

Rules 8-2-2, 8-2-3, 8-2-4 (new), 10-5-1f—Three rules were revised and a new article was created regarding penalty enforcement for dead-ball, non-player or unsportsmanlike fouls that occur during or after a touch-down-scoring play. The revisions now allow the offended team, in most situations, the option of enforcing the penalty on the subsequent kickoff. Fouls committed after the initial ready-for-play signal following the touchdown are not affected by this change.

Rule 9-7-2 Exception—A foul will now occur for illegal batting by the kicking team if it bats a scrimmage kick that has not yet been grounded unless it is batted by the kicking team toward its own goal line. ■



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

National Federation of State High School Associations



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 face-mask 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





EVEN MINOR CONCUSSIONS WITHOUT LOSS OF CONSCIOUSNESS CAN HAVE DEVASTATING RESULTS

Suggested Guidelines for Management of Head Trauma in Sports

INTRODUCTION

Head trauma is a common problem in sports and 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 real risk of catastrophic results when an athlete is returned to action too soon. The medical literature and lay press are reporting instances of death from “second impact syndrome” when a second concussion occurs before the brain has recovered from the first one regardless of how mild both injuries seem.

At many athletic contests across the country, trained and knowledgeable individuals are not available to make the decision to return concussed athletes to play. Frequently, there is undo pressure from various sources (parents, player and coach) to return a valuable athlete to action A.S.A.P. In addition, often there is unwillingness by the athlete who wants to play to report headaches and other findings because the individual knows it would prevent his or her return to play.

Outlined below are some guidelines that may be helpful in establishing a protocol at your institution. Please bear in mind that these are general guidelines and must not be used in place of the central role that physicians and certified athletic trainers must play in protecting the health and safety of student-athletes.

SIDELINE MANAGEMENT OF ACUTE HEAD INJURY

1. **Did a head injury take place?** Based on mechanism of injury, observation, history and unusual behavior and reactions of the athlete, even without loss of consciousness, assume a concussion has occurred if the head was hit.
2. **Does the athlete need immediate referral for emergency care?** If confusion, unusual behavior or responsiveness, deteriorating condition, LOC, or concern about neck and spine injury exist, the athlete should be referred at once for emergency care.
3. **If no emergency is apparent, how should the athlete be monitored?** Every 5-10 minutes mental status, attention, balance, behavior, speech and memory should be examined until stable over a few hours.
4. **No athlete suspected of a head injury should return to the same practice or contest, even if clear in 15 minutes, without clearance by an appropriate medical physician.**



Prepared by Vito Perrella, M.D., member of the NFHS Sports Medicine Advisory Committee, 2005



National Federation of State High School Associations
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www.nfhs.org

EXAMPLE OF SPECIFIC INSTRUMENTS BEING USED TO DO SIDELINE ASSESSMENT OF ATHLETES WITH CONCUSSION

Outlined below 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 should prevent return to play. Abnormalities of attention, processing speed, memory, balance, reaction time, and ability to think and analyze information appear to be those areas most likely to be involved and persist after a head injury. Several instruments such as the Sideline Concussion Checklist (SCC) and the Sideline Assessment of Concussion (SAC) have been developed as reasonably user-friendly methods of monitoring an athlete on the sideline to determine whether he or she is stable or needs immediate referral for emergency care. The CDC has also developed a tool kit (Heads UP: “Concussion in High School Sports”), which has been made available to all high schools, and has information on head injuries for coaches, athletes and parents. The NFHS is proud to be a co-sponsor of this initiative. Computerized tests that evaluate similar domains (IMPACT, Sentinel, CRI, or ANAM) are being used by some schools, professionals and others. Cost and availability vary. Balance studies such as Balance Error Scoring System (BESS) may also be a helpful sideline tool for monitoring athletes.

The NFHS will continue to monitor developments in this research as investigators seek ways of making these instruments more practical.

SIDELINE DECISIONMAKING

1. **No athlete should return to play (RTP) after head injury even if clear in 15 minutes without medical clearance.**
2. Any athlete removed from play for a head injury must have appropriate medical clearance before practice or competition may resume.
3. Close observation of athlete should continue for a few hours.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms.

- A. ATHLETE MUST REMAIN ASYMPTOMATIC TO PROGRESS TO THE NEXT LEVEL.**
- B. IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL.**
- C. MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.**

SIGNS OF CONCUSSION

Concussions can appear in many different ways. Listed below are some of the signs and symptoms frequently associated with minor head trauma (e.g., “ding”, “bell rung”, dazed or concussion). Most symptoms, signs and abnormalities after a head injury fall into the four categories listed below. A coach or other person who knows the athlete well can usually detect these problems by

MANAGEMENT OF HEAD INJURIES THAT INTERRUPT RETURN TO PLAY (SEE “SIDELINE MANAGEMENT”)

Any athlete who is removed from play because of a head injury will require medical clearance before being allowed to return to play or practice. The second international conference on concussion held in Prague suggests an athlete should not return to practice or competition in sport until he or she is asymptomatic and appears normal for a minimum of one week. The athlete must be able to progress through a return to play (RTP) protocol as outlined below without any return of signs or symptoms before actually competing. 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 brain function. Research is now revealing some fairly objective and relatively easy-to-use tests which appear to identify subtle residual deficits that may not be obvious from the traditional evaluation. These identifiable abnormalities frequently persist after the obvious signs of concussion are gone and appear to have relevance to whether an athlete can return to play in 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; the duration of symptoms for clearing; and the level of play.

MEDICAL CLEARANCE RTP PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as skating, running, etc.
4. Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.
5. Then full contact in practice setting.
6. If athlete remains without symptoms, he or she may return to play.

observing the athlete and/or by asking a few relevant questions to the athlete, referee or a teammate who was on the field or court at the time of the head injury. Below are some suggested observations and questions a non-medical professional like a coach or school administrator can use to help determine whether an athlete has suffered a concussion and how urgently he or she should be sent for medical care following a head injury.

1. PROBLEMS IN BRAIN FUNCTION:

- a. Confused state—dazed look, vacant stare, confusion about what happened or is happening.
- b. Memory problems—Can't remember assignment on play, opponent, score of game, or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she was wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by athlete—Headache, nausea or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in ears, feeling foggy or groggy.
- d. Lack of Sustained Attention—Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

2. **SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

3. **UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive or very silly manner, or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or “finding a comfortable position.” These can be manifestations of post-head trauma difficulties.

4. **PROBLEMS WITH BALANCE AND COORDINATION:** Dizzy, slow clumsy movements, acting like a “drunk,” inability to walk a straight line or balance on one foot with eyes closed.

CHECK FOR CONCUSSION

In addition to observation and direct questioning for symptoms, asking the athlete specifics about the contest or the injury, having the athlete repeat a series of numbers forward and backward, or recite the months of the year in reverse order may help identify problems in brain function. Checking coordination and agility such as touching a finger to the nose and to another object, balancing on one foot, and walking heel-to-toe on a straight line can be helpful in analyzing the athlete's state of coordination.

Any athlete being returned to play because he or she seemed not to have actually had a head injury should be assessed after exercise, such as push-ups, sit-ups, sprints and deep knee bends, before concluding a return to play would be appropriate.

Increasing evidence is suggesting that initial signs and symptoms, including loss of consciousness and amnesia, may not be very predictive of the true severity of the injury and the prognosis or outcome. More importance is being assigned to the duration of such symptoms and this, along with data showing symptoms may worsen some time after the head injury, has shifted focus to continued monitoring of the athlete. This is one reason why these guidelines not longer include an option to return an athlete to play even if clear in 15 minutes.

PREVENTION

Although all concussions cannot be prevented, many can be altered or avoided. Proper coaching techniques, good officiating of the existing rules, and use of properly fitted equipment can minimize the risk of head injury. Although the NFHS advocated the use of mouthguards in nearly all sports, there is no convincing scientific data that their use will prevent concussions. ■

PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF MAY MEETING

NOTE: There was no April PCOA meeting.

The May 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 March 16, 2009 meeting was approved.

Treasurer's Report

The Treasurer's Report was approved.

Communications

After conducting meetings throughout the state, Mr. Mezzanotte shared with the Committee his report summarizing issues, recommendations, and implications brought forth by principals, athletic directors and superintendents regarding the financial outlook for athletics in 2009-2010.

The 2009-2010 Coaches Mandatory Interpretation Meeting dates were distributed to all sport directors and are posted on the RIIL website.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the allocation of \$90.00 to the NFHS Foundation. The NFHS Foundation funds state student leadership conferences. The Foundation has also funded research and education on risk minimization in baseball, steroids and sports medicine.

2009-2010 MEETING DATES

Principals' Committee on Athletics Meeting Dates -

<u>2009</u>	<u>2010</u>	
August 17	January 25	June 14
September 21	February (<i>no meeting</i>)	July (<i>no meeting</i>)
October 19	March 15	August 16
November 16	April 12	
December 14	May 17	

Waiver Hearing Committee Meeting Dates -

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
August 5, 2009	November 2, 2009	February 1, 2010
August 12, 2009	December (<i>as needed</i>)	February 10, 2010
September 2, 2009	January (<i>as needed</i>)	March 1, 2010
October (<i>as needed</i>)		March 8, 2010
		April, May & June (<i>as needed</i>)

ANNOUNCEMENT OF A RETIREMENT

Mr. John Gray, Chairperson of the Committee, submitted his resignation as Chairperson and as a member of the Principals' Committee on Athletics effective June 15, 2009. On a motion made and seconded, the Principals' Committee on Athletics accepted with regret, Mr. Gray's resignation.

Mrs. Denise Boulé, principal of Exeter West Greenwich High School, submitted her resignation as a member of the Principals' Committee on Athletics and as Sport Director of Girls' Tennis effective June 15, 2009. On a motion made and seconded, the Principals' Committee on Athletics accepted with regret, Mrs. Boulé's resignation.

NOMINATIONS ARE BEING ACCEPTED FOR NEW CHAIRPERSON FOR THE RIIL PRINCIPALS' COMMITTEE ON ATHLETICS

Letters of interest and/or nominations for a new Chairperson for the Committee are being accepted. A vote to select a new Chairperson will be held at the June meeting.

RIIL DECLARATION OF INTENT 2009-2010

The Declarations of Intent for 2009-2010 were distributed to all sport

directors.

RIIL CHALLENGE CUP RESULTS

The RIIL High School Challenge Cup results for the Winter Season and the combined Winter/Fall Seasons are posted on our website at www.riil.org. As the end of the Spring Season approaches, we will be calculating the final results for all three divisions: Large, Medium, and Small Schools. The Challenge Cup recognizes excellence by schools in all sports, school spirit, and sportsmanship. The winning schools will be honored at the annual Cox Sports Award Program on June 15, 2009 at the Providence Performing Arts Center. In addition, the winning school will receive their special award at a school ceremony in the fall. This is the first year of the Challenge Cup competition, and we would like to thank our schools for their cooperation and encouragement and hope to continue this program in the coming years.

RIIL RULES VIOLATIONS

St. Mary Academy Bay View: Article 3, Section 1., Eligibility List

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to impose a fine of \$100.00 on St. Mary Academy Bay View for violating Article 3, Section 1., due to a clerical error by the coach. Also, an adjustment must be made to the online individual scores of the ineligible player for the two matches (4/20 & 4/21), and the coach must sit out the next league contest.

Moses Brown School: Article 3, Section 1., Eligibility List

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to impose a fine of \$100.00 on Moses Brown School for violating Article 3, Section 1., due to a clerical error by the coach. Also, an adjustment must be made to the online individual score of the ineligible player for the April 28 match, and the coach must sit out the next league contest.

Providence Country Day High School: Article 3, Section 1., Eligibility List – appeal fine

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny Providence Country Day's request to waive a \$200 fine placed on Providence Country Day School for not placing the Boys' Tennis Eligibility List online as required by the Rules and Regulations of the Rhode Island Interscholastic League.

Mount St. Charles Academy: Article 7, Section 6.D. Non-School Competition and Loyalty to School Team

The Committee discussed the circumstances involving the rehiring of a volunteer Assistant Fastpitch Softball Coach at Mount St. Charles Academy for the spring 2009 season, and will not impose any penalties. The Committee understands and accepts the circumstances of the coach's rehire as described in a letter to Mr. Mezzanotte. The Committee does not object to the rehire for the 2009 Fastpitch Softball Season.

ALIGNMENT: RIIL SPORT COMMITTEES: MEETING MAY 13

Mr. Mezzanotte met with sports directors on May 13 regarding the Alignment Criteria approved by the RIIL Principal's Committee on Athletics in January 2009. After much discussion, an ad-hoc committee was established to formulate an alternate league alignment proposal based on geography for all sports. The meeting is scheduled on June 18, 2009. In the meantime, all sport committee's will suspend discussion regarding alignment until the ad-hoc committee makes its final recommendation to the Principals' Committee on Athletics.

FALL SPORTS

⇒ **Football** – Bob Cooney, Director – On a motion made and seconded, the Principals' Committee on Athletics unanimously approved a rule change to Article 19 Football, Section 5 Playoffs as follows:

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The Championship Playoffs will be conducted under the direction of the Director of Football using a format determined by the Director of Football, approved by the Committee, and published with the RIIL Football Schedule.

A. Football Playoff Qualification:

The concept behind this system is that in any step of the tie-breaking process only one team advances to the playoffs and is given the highest seed involved in the tie. When one team wins the tie-breaker, all other teams revert to step #2 of the applicable two-team or three or more format.

1. Wins & losses in League games.
2. If there is a tie between two (2) teams, head-to-head competition will be the tie breaker.
3. If there are more than two (2) teams tied for playoff qualification, pool records will be the first tie breaker. Pool records will be the win/loss record among the tied qualifying teams only. If one team has the best won-lost record among the tied teams, that team wins the tie-breaker and becomes the highest seed in the tournament. If all teams remain tied, the next step is Quality Points. If two teams tie for the best record, they revert to step #2. The team defeated in that step, along with the other remaining team(s) will then revert to step #2. If this process leaves two (2) teams still tied, revert back to #2 (head-to-head competition).
4. If pool records do not break the tie among three (3) or more teams, then quality points shall be the criteria. Teams will be awarded one quality point for each game won by the teams they have defeated. Every attempt will be made during an overtime game to determine a winner and a loser. However, in the event that the referee ends the game and a tie still exists; the following will occur: Each team will receive ½ quality point for every League game won by the other team. If one team has the most quality points among the tied teams, that team wins the tie-breaker and becomes the highest seed in the tie. If all teams remain tied, the next step will be defensive points allowed. If this process leaves two (2) teams tied with quality points, revert back to #2 (head-to-head competition). The team defeated in that step, along with any other remaining team(s) will revert to step #2.
5. If #4 does not break the tie, total defensive points allowed in the games between the teams involved in the tie breaker only shall be used. If one team has given up the fewest points among the teams tied, that team wins the tie-breaker and the highest seed in the tie. All remaining teams revert to step #2. If two teams remain tied, the next step will be a coin toss. If two teams tie with the fewest defensive points, they will revert to step #2. The team defeated in that step, along with any other remaining teams(s) will revert to step #2.
6. Coin toss/random drawing. The method used will be at the discretion of the Football Director. The winner of the coin toss/random drawing will receive the highest seed available in the tie. The losers of the coin toss/random drawing will revert to step #2.

- ⇒ **Boys' Soccer** – John Craig and Bob Kavanagh Co-Directors – A request from Toll Gate High School to move to Division II was forwarded to the Boys' Soccer Committee for their review and consideration.
- ⇒ **Girls' Soccer** – Jeannine Nota-Masse, Director – The Girls' Soccer Committee denied a request by Chariho High School to move to Division III. The Committee upheld their decision.
- ⇒ **Girls' Tennis** – Denise Boulé, Director – The Girls' Tennis Committee denied a request from East Greenwich High School to move to Division II. The Committee upheld their decision.
- ⇒ **Field Hockey** – Jean Angell, Director – no report.
- ⇒ **Girls' Volleyball** – Elaine Botelho, Director – no report.
- ⇒ **Boys' & Girls' Cross Country** – Ron Boemker, Director – no report given.

WINTER CHAMPIONSHIPS & SPORTS

BOYS' ICE HOCKEY

Division Champions

Division I - Mt. St. Charles Academy

Division IA - Barrington High School

Division II - Smithfield High School

Division III-North - North Smithfield High School

Division III-Central - Warwick Veterans High School

Division III-South – Narragansett High School

State Champions

Division I Mt. St. Charles Academy

Runner up: Bishop Hendricken High School

Division IA Cranston High School West

Runner up: Barrington High School

Division II

Smithfield High School

Runner up: North Kingstown High School

Division III

The Prout School

Runner up: Mt. Hope High School

⇒ **Boys' and Girls' Ice Hockey** – George Egan, Director – The RIIL received requests from Cranston West, Narragansett, North Kingstown, Pilgrim, Smithfield, Toll Gate, Tolman High School and Prout School to move divisions. The requests were forwarded to the Ice Hockey Sport Committee for their review and consideration. In another matter, the RIIL received a recommendation from Barrington High School concerning the Girls' Ice Hockey schedule for 2009-2010. The Committee will take the request into consideration.

⇒ The RIIL received a request from the Toll Gate and Cranston Girls Ice Hockey Teams to continue their Co-op in Girls' Ice Hockey. On a motion made and seconded, the Principals' Committee on Athletics unanimously approved their request, with reservations, to extend the "co-op" waiver as allowed in Article 3, Section I.K (Cooperative Teams) of the Rules and Regulations of the Rhode Island Interscholastic League for the 2009-2010 season only.

⇒ **Boys' Basketball** – Gerry Foley and Scott Barr, Co-Directors – The Boys' Basketball Sports Committee received a request from the Mt. Hope Boys' Basketball Team to move down to Division III. The Boys' Basketball Sport Committee denied the request. The Committee upheld their decision.

⇒ **Girls' Basketball** – Cindy Neal, Director – The RIIL received requests from Barrington, Central, East Greenwich, Toll Gate, and Woonsocket High School to move divisions. The requests were forwarded to the Girls' Basketball Sport Committee for their review and consideration.

⇒ **Freshman Basketball** – Colleen Gribbin, Director – no report.

⇒ **Wrestling** – Fred Silva, Director - The RIIL received requests from Barrington and Woonsocket High School to move divisions. The requests were forwarded to the Wrestling Sport Committee for their review and consideration. In another matter, the RIIL received a request from Barrington High School to host the Division II sectional tournament. The Committee will take the request into consideration.

⇒ **Gymnastics** – Melissa Gendreau, Director – no report.

⇒ **Boys' and Girls' Swim** – Cindy Bowden, Director – no report.

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⇒ **Boys' and Girls' Indoor Track** – Charley Sweeney, Director (Boys), Jane Headley and Bob Bayha (Girls), Co-Directors – Mr. Sweeney submitted the following recommended changes by the Track Sport Committee which affects Boys' and Girls' Indoor/Outdoor Track:

- Add 4X4 relay to the Boys Dual Meet schedule and change the order of events to match the girls
- Allow a 4th entry to dual meet events for boys and girls for a 1-year trial basis
- At the State Meet, allow the games committee to expand the fields for the hurdles and dash to a max of 24 (current is 18)

⇒ On a motion made and seconded, the Committee unanimously approved the above changes to Article 28 & 29 (Track) of the Rules and Regulations of the RIIL.

SPRING SPORTS

⇒ **Boys' & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – see Boys' and Girls' Indoor Track rules changes above.

⇒ **Boys' and Girls' Lacrosse** – George Finn, Director – no report given.

⇒ **Golf** – Mike Lunney, Director – no report given.

⇒ **Baseball** – Dan Kelley and Keith Kenyon, Co-Directors – no report given.

⇒ **Freshman Baseball** – Richard Grenier, Director – the RIIL received a request from Rogers High School notifying the league they must drop Freshman Baseball for the 2009 season.

⇒ **Boys' Tennis** – Kevin McNamara, Director – no report given.

⇒ **Fastpitch Softball** – Betty Marquis, Director – no report given.

⇒ **Boys' Volleyball** – Don Kavanagh, Director – no report given.

ALIGNMENT REQUESTS

All Fall/Winter requests for movement within the current alignment must be confirmed by the June meeting.

LEADERSHIP, SPORTSMANSHIP AND CHARACTER

The following student-athletes have been chosen to attend the NFHS National Student Leadership Conference: Eric Lara, Rocky Hill School; Grace Morton, Mount St. Charles Academy; Dan LaBove, Narragansett High School; Macayla Leigh Kirylo, Tolman High School; Colby Fugere, Smithfield High School and Latisha Jean-Pierre, Tolman High School. The conference is being held from July 16-19, 2009 in Indianapolis, Indiana.

GIRLS & WOMEN IN SPORTS

The Committee approved the establishment of an Alice Sullivan Softball game; however, the Committee requested additional information for other sports.

REQUEST FOR EXECUTIVE SESSION

MEETING WITH HOPE HIGH SCHOOL

At the Committee's request, Hope High School was asked to present information regarding the use of an ineligible wrestler during the 2009 season. After hearing testimony, the Committee unanimously approved the following penalties on Hope High School:

1. Hope High School will be placed on probation for two (2) years from August, 2009 to June, 2011.
2. Be fined a sum of two-hundred (\$200.00) dollars.
3. Hope High School shall provide the Rhode Island Interscholastic League written documentation of their coaches' manual and any other published or scheduled information and/or methodology that educates coaches, volunteers and parents of the Rules and Regulations of the Rhode Island Interscholastic League.
4. The Principal and Athletic Administration appear annually (during

the probationary period at the May meeting of the Principal's Committee on Athletics to review Hope High School's compliance with League rules.

5. The head wrestling coach be suspended from coaching two (2) RIIL wrestling league contests and all contests in between in the Winter, 2009 for his knowingly using an ineligible athlete.
6. In the event of any further infractions of the use of ineligible athletes rule, Hope High School and the wrestling coach shall be subject to further disciplinary actions, which may include sanctions up to suspension from the Rhode Island Interscholastic League.

The Rhode Island Interscholastic League Principals' Committee on Athletics is troubled by the inability of Hope High School conforming to the letter and spirit of all the Rhode Island Interscholastic League Rules and Regulations.

REPORT FROM THE RIIL FINANCE COMMITTEE

Mr. Kavanagh submitted a report from the Finance Committee regarding the status of finances to date:

- **RIIL ANNUAL AUDIT** - At the January 2009 meeting of the Principals' Committee on Athletics, the Committee approved a resolution to conduct a full financial audit every three (3) years and an audit review in between. This matter was discussed at the May Finance Committee Meeting. The Committee recommended that a full financial audit be conducted annually. On a motion made and seconded, the Principals' Committee on Athletics unanimously approved a full financial audit every year.

- **2008-2009 HOCKEY FINANCIAL REPORT** - Mr. Mezzanotte submitted the Hockey Financial Report. After discussion it was noted there was a significant loss of income for 2008-2009.

- **RIIL Awards and T-Shirt Bids** - The Finance Committee recommended the approval of bids for awards and t-shirts. On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the awards bid to Recognition Awards – RI *dba* Emblem and Badge for a period of two (2) years (2009-2011) and the t-shirt bid to Team IP Sports for three (3) years (2009-2012).

- **HOCKEY ASSESSMENT** – The Finance Committee recommended an \$82.00/per school increase to the hockey assessment fee. On a motion made and seconded, the Committee unanimously denied the request.

- **OUTDOOR TRACK SPORT FEE** - The Finance Committee recommended an increase to the outdoor track sport fee. On a motion made and seconded, the Committee voted 6-8 denying the request.

LEGAL MATTERS

Mr. Mezzanotte discussed several legal matters with the members of the Committee.

EXECUTIVE DIRECTOR EVALUATION

A sub-committee of the Principals' Committee on Athletics will conduct an annual evaluation of the Executive Director as stipulated in the Executive Director contract.

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 5:30 P.M.

Rhode Island Interscholastic League

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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.

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.