

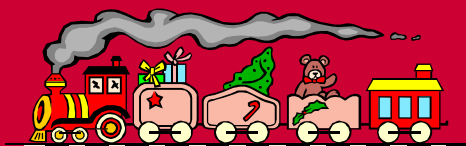
Rhode Island Interscholastic League



November/December 2008 Bulletin



EAST GREENWICH, RI - Wednesday, October 15, 2008 - Alex Butler, age 17, softball captain from Middletown High School, flies through the air on the ropes course at the National Guard's Camp Fogarty during a leadership conference, Wednesday morning. Captains of all the Interscholastic League teams were invited to attend. The conference consisted of adventure-based activities that are meant to teach leadership, communication and problem solving skills. The Providence Journal / Bill Murphy



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Rhode Island Interscholastic League

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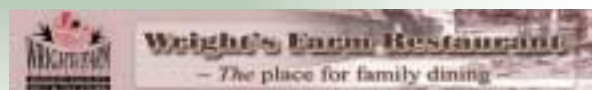
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The RIIL would like to recognize and thank our Sponsors and Affiliates for their support of our sports programs and our student-athletes.





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

Now that the fall season has come to an end, it's important that we take the time to look back and reflect on a great season. We congratulate our championship teams, but just as important we congratulate all of our student-athletes who competed in a variety of sports and at various competitive levels. As a league, our strength is not in the number of athletes that go on to compete in Division I colleges, or the number of All-State athletes in each sport, but more importantly in the number of high school student-athletes that learn the values of team play, sacrifice, dedication, hard work, leadership and sportsmanship. These are the long-term lessons that help build the spirit and character of our future leaders, parents, and members of the American society.

Special thanks to all our school administrators, athletic directors, coaches, parents, and fans for their support and commitment to high school athletics.

On behalf of the RIIL staff, may peace, joy, hope and happiness be yours during this holiday season and throughout the New Year.

Tom Mezzanotte
Executive Director



facebook

Friend or Foe of the Student-Athlete

With the recent popularity of Facebook, MySpace, and other social online networking sites, I want to remind high school student-athletes to use good judgment when posting photos and messages on their page. Although these sites are a great way to network, stay connected, and make new friends, it is also an easy window for anyone to look into your life.

When I was recruiting student-athletes to the University of Michigan, I always wanted to learn as much as possible about a player. Not only did I want to recruit great players but I also wanted to choose young women with outstanding character. Coaches try to avoid student-athletes who might be a bad influence on their team and program.

Coaches can go online now and research recruits. Most college coaches look at their players' Facebook every few days. So, no doubt, they are looking up their recruits as well. Be careful with what you post to the internet! Once it is online, it is out there forever for anyone to see. Even though your site may seem like innocent fun, some photos and stories can be taken out of context.

One bad photo or posting could jeopardize your opportunity to be recruited by your dream school.

Recently, a girl from Virginia just lost a very prestigious full scholarship because she posted an inappropriate picture of herself and it became public. When and if you post a picture of yourself and friends from a party, you must make sure that you - and your friends - are not engaging in anything that could be construed to be inappropriate or crazy in any way. This includes alcohol and looking intoxicated. Any such photo or message about you can make you go from the top recruit to the trash can instantly.

With one click, your reputation could be damaged..

A parent just recently "googled" a university field hockey camp. It turned up some facebook pictures of girls in

their underwear in the dorms with captions that they were attending that camp.

These photos are out there forever even if you go back and delete them from your page. Not only can it damage your reputation and chances to get a college scholarship, but employers are now "vetting" applicants through these sites.

A bad decision now can come back to haunt you years down the road. Be careful!

If you would like to learn more about how college coaches recruit athletes, visit www.4goals.net. Our personalized recruiting consultations can help guide you through the complex recruiting process and assist you in finding the school of your dreams.



RIIL Rules Update



Section 21.

AMENDMENTS OF BYLAWS AND RULES AND REGULATIONS OF THE RHODE ISLAND INTERSCHOLASTIC LEAGUE

Amendments of Bylaws and Rules and Regulations of the Rhode Island Interscholastic League may be submitted by any member school. All such proposed amendments must be submitted in writing to the Executive Director and must be signed by the member school principal. The Executive Director shall place all such proposed amendments on the agenda of the next meeting of the Principal's Committee on Athletics.

All requests must be submitted by January 1st.

ARTICLE 1 ORGANIZATION

Section 22.

TRANSGENDER PARTICIPATION



RIIL Rules and Regulations allow transgender student-athlete participation under the following conditions:

1. A student-athlete will compete in the gender of their birth certificate unless they have undergone sex reassignment.
2. A student-athlete who has undergone sex reassignment is eligible to compete in the reassigned gender when:
 - The student-athlete has undergone sex reassignment before puberty, OR
 - The student who has undergone sex reassignment after puberty under all of the following conditions:
 - Surgical anatomical changes have been completed, including external genitalia changes and gonadectomy.
 - All legal recognition of the sex reassignment has been conferred with all the proper governmental agencies. (Driver's license, voter registration, etc.)
 - Hormonal therapy appropriate for the assigned sex has been administered in a verifiable manner and for sufficient length of time to minimize gender-related advantages in sports competition.
 - Athletic eligibility in the reassigned gender can begin no sooner than two years after all surgical and anatomical changes have been completed.
 - A student-athlete seeking participation as a result of sex reassignment can access the RIIL eligibility appeal process.

Local foods help schools improve diet

With childhood obesity becoming a national epidemic, and with children spending at least six hours a day in class, it makes sense to make sure students are eating healthier at school.

First, there were efforts to get junk-food snacks, including candy bars and soda, out of the schools.

Then, school lunches—those bastions of mystery meat and hockey-puck hamburgers—came under scrutiny.

Last year, parents of children in Newport schools very visibly and vocally asked the school district to provide healthier lunches—and their efforts were rewarded.

Sodexo Inc., the company that provides lunches and breakfasts to the city's public schools, agreed to support the "Rhode Island Farm to School" program and serve home-grown Rhode Island produce, including apples, potatoes, broccoli, carrots and string beans. The company also agreed to work through a local produce company, Commu-

nity Fruit, to expand the program whenever possible.

A similar thing is happening in Middletown and Portsmouth.

Chartwells, the company that provides meals for those school systems, has been using locally grown foods such as potatoes, tomatoes and apples in school districts it services around the state since 2006, and has expanded the program so it now is in all the schools it serves.

"When it comes down to it, it's the right thing to do," said Barbara A. Cohen, East Bay district manager for Chartwells. "Besides providing high-quality, fresh food for our meals, it helps out the Rhode Island economy as well, so everyone benefits."

Locally grown foods are fresher and put less stress on the environment because they don't have to travel as far, and support local farming and open space, said Karin Wetherill, healthy schools coordinator for Kids First, a nonprofit organization dedicated to improv-

ing the nutritional and physical well being of students throughout Rhode Island.

Chartwells and Kids First teamed up to serve Thanksgiving dinner-type lunches for students and their parents at schools in Middletown and Portsmouth last week to show how bountiful—and tasty—such meals can be. The more local foods in their meals, the better," said Mitch Turner, whose children, Kiernan and Skylar, attend Forest Avenue School in Middletown. "It's a good example for them."

We agree, and we are glad to see parents, school committees and officials and providers all making these efforts. Learning about where the food they eat comes from, as well as its nutritional value, is an important lesson for children that will serve them well into their adult lives.

*The Newport Daily News / EDITORIAL
Posted: Thursday, November 20, 2008*



Leadership for Today's Athletes You Can Be a Leader Too!

By Beth Blöse

As a cheerleader or dancer, the word “leadership” takes on a whole new meaning. Being a leader not only on the sidelines, but in the classroom and the community as well, is a vital component of your role. You are always in the public eye, and it is so important to represent your school to the best of your ability.

In the words of Dr. Jamie Williams, former San Francisco 49ers tight end, “Leadership is like gravity—you know it’s there, you know it exists, but how do you define it?” And how you define yourself, especially in the role as a leader, is not something to take lightly.

Leadership is the process of influencing your team members to work hard towards, and be committed to, team goals. To be a good leader, you must take part in helping your teammates attain those goals every day.

“It’s been my experience that the best leaders are natural leaders,” says Nicole Luchaire, director of UCA Curriculum and Varsity.com and Varsity Wired reporter. “Leadership is critical for cheerleaders and dancers. Whether you’re cheering from the sidelines or performing at a pep rally, you must always strive to set a good example that others want to emulate.”

Being a good leader is an integral part of being a cheerleader or dancer. Though you may think the only way to be a leader is to be selected as the team captain, that is far from being the only way to prove your leadership capabilities. Everyone has the chance to be a role model.

All athletes are leaders, whether they know it or not, and that



“To be a good leader, you must take part in helping your teammates attain those goals every day.”

includes cheerleaders and dancers. Think about it ... You’re constantly leading the crowd, encouraging people to cheer on your team, and, if you’ve been involved in it for a few years, you have the opportunity to help others grow and gain the necessary skills to be successful. When you put on that uniform, you are representing your team, school and community—you’re not just a pretty girl on top of an impressive stunt.

It doesn’t matter if you’re going to the mall or heading to the game, there will always be someone who knows someone who is friends with someone who knows your coach or administrator. So, even though you may not be wearing your uniform 24/7, you are still known as that cheerleader or dancer from so-and-so school.

Cheerleaders and dancers alike are always looked up to by younger girls. They think of you as a superstar—someone they want to be like when they grow up. That’s definitely something to keep in mind, as it’s important to continually set an example for those around you, especially those younger than you.

A good leader has several characteristics, including respect for teammates, self discipline in yourself, school and community pride, and optimism, or looking at the good in everything. You must also exude passion in your cheer or dance skills, as well as patience, trustworthiness, reliability, wisdom and creativity.

“Anyone can be a leader,” says Jenn Uselton, AACCA certifier and former UCA instructor, “but just like anything, you have to practice at it. And it’s important to remember that it is an honor to serve and not a service to honor.” ♦

COACHES’ QUARTERLY / SUMMER 2008



Sobering Season

Sports Fatalities Put Medical Care in Spotlight

Excerpt from article by Jordan Bostic & Valerie Hunt

The 2008 high school fall sports season has thrust proper medical coverage into a national spotlight and prompted state legislatures to examine the issue. At least 12 high school football players have died since August, in addition to two youth-league football players and two soccer athletes.

Though (sadly) not out of line with fatality rates in recent years, this season—like last—is seeing more deaths stemming from indirect injuries like heat illness, said Fred Mueller, MD, director of the National Center for Catastrophic Sport Injury Research.

“Over the years, [fatalities from] direct injuries were higher and indirect were lower,” Mueller said. “But now it’s going the opposite direction. There have definitely been changes to bring down the number of direct fatalities, but we still have the heat and we still have the heart problems.”

“This means we still have work to do in educating people about those dangers.”

“The number of heat strokes are a concern,” Mueller added. “If you look at the statistics since 1995, I think there are 33 deaths from heat stroke. That’s entirely preventable.”

Sad Reminder

Brian Robinson, MS, ATC, LAT, chair of the Secondary School Athletic Trainers’ Committee, said the rash of fatalities dramatically underscores the importance of developing and practicing an emergency action plan.

“If anything good can ever come out of [these deaths], it gives [athletic trainers] pause to think about and evaluate our own programs and to make sure we are as prepared as possible,” Robinson said. “What if this happened at our schools? Would we have been able to react?” Robinson said.

Robinson found the heat-related deaths particularly concerning. “We have kids in high school that are as big as college players. I think sometimes coaches forget that



just because these boys are huge, it doesn’t mean they have the physiology of an adult.”

Getting Lawmakers’ Attention

Following a spate of deaths in its state—three athletes within a month—the North Carolina High School Athletic Association’s Sports Medicine Committee held an emergency hearing in October. Kevin Guskiewicz, PhD, ATC, offered expert testimony on the need for certified athletic trainers and called on the state to make funds available so high schools can be properly staffed. If schools can’t afford a full-time athletic trainer, Guskiewicz recommended suspending football, lacrosse, wrestling and soccer.

Oklahoma Rep. Joe Dorman launched a study in October to examine how the legislature can help protect athletes in his state, “whether it’s requiring coaches to have increased first aid and injury care training, properly checking equipment such as football helmets to make sure they are sized for the student properly, or providing enough funding for schools to ensure an athletic trainer is present at all practices and games.”

Ron Walker, ATC, and Dan Newman, ATC, provided information about athletic trainers’ education, skills and expertise.

Making a Difference

But the most convincing evidence is embodied by survivors—some of whom never realize they’ve had a close call, thanks to AT’s intervention.

For example, Alicia Bonanza, 16, came close to death in September but was saved by the quick thinking of her athletic trainer. Bonanza, a soccer player in Hilton Head, N.Y., collapsed in the middle of a game Sept. 2. Carrie Rejewski, ATC, felt Bonanza’s temperature rising and noted a fast pulse, so she covered the girl with ice bags, concentrating on the neck, underarms, feet and behind the knees to cool her body and slow her heartbeat. Bonanza was diagnosed with Long QT syndrome.

Incidents such as these happen time and again, every year. It’s why experts increasingly point to athletic trainers as the most important part of youth sports safety.

In-Season Fatality

•**Taylor Haugen**, 15, was playing for the junior varsity football team at Niceville High School in Niceville, Fla. when two opposing players sandwiched him. He collapsed into the arms of athletic trainer Andrea Lynch, MS, ATC, OTC, CSCS, who immediately recognized the signs of a serious internal injury. Despite surgery, Haugen died within hours of a liver laceration.

Offseason Fatality

•**Ryan Gramberg**, 16, was participating in a football camp at Stevens High School in Rapid City, S.D., when he collapsed and later died at the hospital of hypertrophic cardiomyopathy.

NATANews / November 08
www.nata.org

Speak Out!



Mount Saint Charles Academy

HONORABLE COMPETITION STORIES

Fall Season 2008

The Mount St Charles Athletic Department is committed to promoting The Five Principals of Honorable Competition as listed in THE ENCYCLOPEDIA OF SPORTS PARENTING by Dan Doyle. To this end I meet with the team captains of each varsity sport and engage them in a discussion on what it means to honorably compete and give each of them a mission to promote such behavior among their teammates. Each captain is asked to briefly describe in writing - examples that occur during the season. This is our collection of fall sports stories.

Richard Lawrence CMAA
Director of Athletics

Chris Keyes
Associate Director of Athletics

This year the team defeated our chief rival for the first time in school history. By the time we started our cool down run after the race, we knew what we had accomplished. It would have been easy to run a short, lackadaisical cool-down of boastful yelling and celebrating. But that is not what happened; that is not who we are.

We had adopted a team motto, "No heroes, just hard workers." After the victory was secure, we knew we still had hard work to do. We ran a full 20 minute cool down, calm, collected, and professional. Then, after we had finished, we congratulated the opposing runners for an exceptional race and cheered on the members of the girls' team who were running in the race after ours.

We learned a lot of things this season, but one of the most important things we learned was that every cross country team works hard; it is not an easy sport. So no matter what the score is when the last runner crosses the line, no matter how strong the rivalry or how sweet the victory, every team deserves our respect.

Kevin Peloquin – *captain of the boys' varsity cross country team*

One of our players jumped for a high ball in a match against the first place team. She swung through with all of her power and hit it cross court. With an incredible dig the opposing defensive player returned the ball to our side. One of our players attacked the ball from the back row and dumped it over the net, giving us the point. But we all knew that it was an illegal move, and the entire team stopped for an instant and looked at our coach. We all knew that the point belonged to the other team. Our coach stepped forward and motioned to the official that the point belonged to the other team. They were awarded the point.

The other team rejoiced. Not only did they cheer, but we did as well, for we knew that we had done the right thing. We continued to fight hard, but in the end we lost the match. We may have lost the game, but we never lost our dignity. We fought hard, played our best and by the rules and within the spirit of the rules.

Kristen Ward and Caitlyn Lahouse – *captains of girls' varsity volleyball team (with a contribution from player Maria Saia)*

Let your voice be heard!



Talk about issues that concern you and your school. Send your comments to gail.lepore@riil.org and let your voice be heard.

In a non-league game played early in the season, one of our sophomores got his first career start at midfield. The player that he was matched up with for most of the game was a big bruising individual who played a very physical game. Yet our skinny sophomore hung in there throughout despite taking a physical beating. He earned the admiration of many of his teammates for playing hard throughout and never complaining to the officials when he took a hit.

Jason San Antonio – *captain of the soccer team*

***The boys' varsity soccer team was the winner of the team sportsmanship award for the 2008 season.**

In one of our games which turned out to be a pretty physical contest, our players were served with three yellow cards. Most of us felt that those yellow cards were unwarranted, yet not one of us complained when the whistle blew. We refused to be distracted and lose our concentration. When the final whistle blew, we were ahead by one goal. We were very proud that we had kept our composure. We learned that there are some things in a game that we cannot control and that if we play hard and stay focused, good things will happen.

Colleen McDonald and Eliza Foresti – *captains of the Girls' Division Champion Varsity Soccer Team*

In a dual meet with one of our keenest rivals, I doubled up in pain and fell to the ground half way through the race. Three or four of our runners dropped out of the race so that they could help. Others ran forward in order to get assistance. I told them to forget about me and get back to the race. They ignored my pleas and continued to assist me. Even though the team had trained hard to put out their best effort in this competition, all of that became secondary when a teammate went down with an injury. Dedication to a fallen teammate showed the true sense of community which existed on our team.

Amanda Fontaine – *captain of the Girls' Varsity Cross Country Team*

During the state championship tennis match, one of our players hit the ball very close to the line. One of the opposing players called it out; however, her partner overruled the call and said that the point was ours because the ball actually hit the line. It was game point. We salute our rivals for their fair play.

Caitlin Kline, Alyssa Marciniak and Alexandra Lawrence – *captains of the Girls' State Champion Varsity Tennis Team*

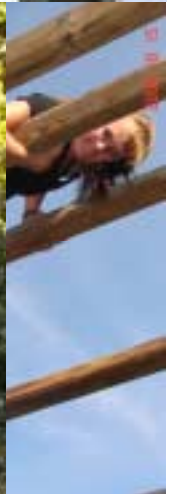
(This program of promoting honorable competition and fair play is now in its third year. It is directed to the captains of each of the varsity sports. They are encouraged to promote these values and to write about them when they see them occur. But the landscape is changing. Without prompting, underclassmen and junior varsity players are stepping forward and joining in this celebration of honorable competition. We are very proud of how our athletes and coaches have embraced this very important initiative.) ■

Sport Captains



Major General Robert T. Bray, the Adjutant General of Rhode Island and Commanding General of the Rhode Island National Guard, and Thomas Mezzanotte, Executive Director of the Rhode Island Interscholastic League, hosted a Sport Captains Leadership Conference on Wednesday, October 15, 2008.

The conference was held at the RING's Camp Fogarty in East Greenwich, RI.

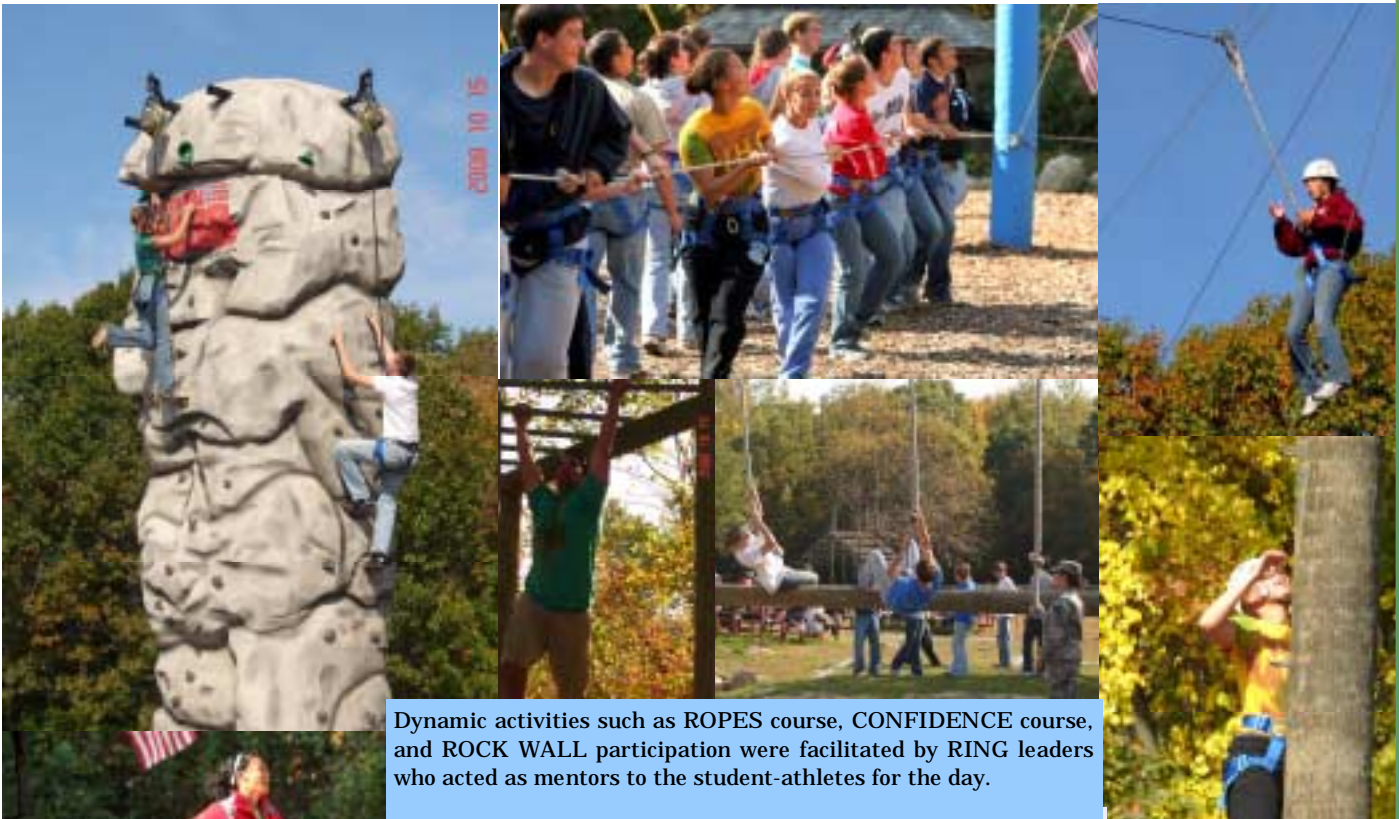


The intent of the conference is to provide interscholastic team captains with an experience which promotes cooperation versus competition and allows the participants to explore their unique leadership, communication, and problem-solving skills. An “adventure-based” activity, the day-long conference will provide a series of group and individual challenging activities which will allow the participants to explore and implement essential leadership skills. Participants will be able to return to their respective teams with a heightened understanding of the leadership dynamic.

Tom Mezzanotte....“We are thrilled to be able to provide this meaningful and dynamic training experience for our student-athlete leaders.” “The nature of the RING’s training facilities and methods presents the perfect opportunity for us to reinforce many of the RIIL core values, especially discipline, teamwork, commitment, confidence, and work ethic, with our sport captains.”



Leadership Conference



Dynamic activities such as ROPES course, CONFIDENCE course, and ROCK WALL participation were facilitated by RING leaders who acted as mentors to the student-athletes for the day.



Major General Robert T. Bray.....“The military has long recognized the importance of student athletics and we are pleased to support the RIIL in their continued efforts to provide a more meaningful and valuable experience to their sport captains. As General Douglas MacArthur noted many years ago, ‘Upon the fields of friendly strife are sown the seeds that upon other fields on other days, will bear the fruits of victor.’ MacArthur’s recognition of the importance of student athletics is as true today as it was when he uttered those words nearly 80 years ago and we applaud the RIIL efforts and are happy to support them.



PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF OCTOBER MEETING

The October 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 September 15, 2008 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.

RIIL BY-LAWS: TERM LIMITS FOR PCOA COMMITTEE

The Committee discussed a Bylaw from the RI Association of Secondary Principals concerning the Principals' Committee on Athletics election and terms. The Principals' Committee on Athletics agreed to form a sub-committee to discuss this Bylaw.

RIIL/RIASP BREAKFAST FOR PRINCIPALS: ROLE OF THE PRINCIPAL IN INTERSCHOLASTIC ATHLETICS

The RIIL/RIASP Breakfast for Principals was held on September 26 at the Crowne Plaza Hotel. All went well.

WORDING OF ARTICLE 15, BOYS AND GIRLS BASKETBALL SECTION I.D.

On a motion made and seconded, the PCOA unanimously approved the following RIIL Rule Change and wording of Article 15, Boys and Girls Basketball, Section 1.D. Rules:

The number of adults (certified coaches and scorers) sitting on the bench at all games is limited to a maximum of four (4). Athletic trainer(s) and student scorers are allowed to sit on the bench.

TRANSGENDER PARTICIPATION: RULES AND REGULATIONS

The Committee discussed a rule regarding transgender participation. The Principals' Committee on Athletics will review the rule and make a recommendation at the November meeting.

RIIL RULES VIOLATIONS

West Warwick High School: Article 7, Section 6.D.1.B 50% Rule
The PCOA thanks West Warwick High School for self-reporting the violation. On a motion made and seconded, the Principals' Committee on Athletics unanimously voted the following, that: The West Warwick High School administration reviews with their coaching staff all the Rules and Regulations of the RIIL, and in the event of any further infractions of the 50% rule, West Warwick High School shall be subject to disciplinary action as listed in Article 7, Penalties of the Rules and Regulations of the RIIL.

Johnston High School: Article 3., Section 3, Academic Eligibility

The PCOA thanks Johnston High School for self-reporting the violation. On a motion made and seconded, the Principals' Committee on Athletics unanimously voted the following, that: Johnston High School Football team forfeits the one (1) game in which the academically ineligible student-athlete participated (an adjustment will be made to the online win/loss record). A fine of \$100 be imposed.

Central High School: Article 3., Section 3, Academic Eligibility

The PCOA thanks Central High School for self-reporting the violation. On a motion made and seconded, the Principals' Committee on Athletics unanimously voted the following, that: The Central High School Football team forfeits the one (1) game in which the academically ineligible student participated. The football coach is suspended for two (2) football games. A fine of \$100 be imposed. Furthermore, the PCOA directs the principal, athletic director, and varsity football coach to attend the next PCOA meeting in November.

South Kingstown High School: Missed Mandatory Principals Meeting

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved to waive a \$50 fine imposed on South Kingstown High School for missing the mandatory principals meeting.

Pilgrim High School: Missed Swim Interpretation Meeting

On a motion made and seconded, the Principals' Committee on Athletics unanimously denied Pilgrim High School's request to waive a \$50 fine imposed on Pilgrim HS for missing the mandatory swim coaches' interpretation meeting.

LASALLE ACADEMY: FOREIGN EXCHANGE STUDENT FORM A NON-APPROVED PROGRAM

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved to allow a Foreign Exchange Student to attend and participate in athletics at LaSalle Academy. The earliest date this student can become eligible for varsity competition is after he has served 50% of the league schedule varsity period in each sport in which he participates on a varsity level.

REQUEST FROM NEW ENGLAND LABORERS'/CRANSTON PUBLIC SCHOOLS CONSTRUCTION CAREER ACADEMY TO APPLY FOR A WAIVER (ARTICLE 3, SECTION 1.L.1) ALLOWING STUDENTS TO PARTICIPATE IN ATHLETICS

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved a waiver to allow student-athletes from the New England Laborers'/Cranston Public Schools Construction Career Academy to participate in athletics for the RIIL. They must reapply every year.

LEADERSHIP, SPORTSMANSHIP AND CHARACTER: DAN WARNER, CHAIRMAN

Mr. Magarian reported the RIIL along with the RI Army National Guard sponsored a Sport Captains Leadership Conference on October 15 at Camp Fogarty, East Greenwich. This day-long interactive team-building and leadership training program provided sport captains the opportunity to understand the meaning of leadership.

ALIGNMENT

The present sports alignment extends through June 2010. All sport committees must realign during the 2009-2010 school year. Criteria for realignment will be sent to all sport directors.

... ..continued

FALL SPORTS

- ⇒ **Football** – Mr. Cooney, Director – all is going well.
- ⇒ **Boys' Soccer** – John Craig, Director – there are numerous schools with excessive yellow/red cards. Several schools are in jeopardy of missing the play-offs and being placed on probation. The RIIL will monitor closely.
- ⇒ **Girls' Soccer** – Marie Cote, Director – no report given.
- ⇒ **Girls' Volleyball** – Elaine Botelho, Director – no report given.
- ⇒ **Girls' Tennis** – Denise Boulé, Director – all is going well.
- ⇒ **Field Hockey** – Jean Angell, Director – no report given.
- ⇒ **Boys' & Girls' Cross Country** – Ron Boemker, Director – no report given.

WINTER SPORTS

- ⇒ **Boys' and Girls' Ice Hockey** – George Egan, Director – the 2008-2009 Boys' and Girls' Hockey schedule has been sent out. A request by the Hockey Sport Committee to increase the game cap from 22 to 24 was approved 7-5 by the PCOA (for one year only).
- ⇒ **Boys' Basketball** – Gerry Foley and Wayne Montague, Co-Directors – all is going well.
- ⇒ **Girls' Basketball** – Cindy Neal, Director – On a motion made and seconded, the PCOA unanimously denied the recommended changes by the Girls' Basketball Sports Committee in Division II. As a result, the alignment will revert back to the 2007-2008 alignment, with exception Moses Brown move to Division II Central.
- ⇒ **Freshman Basketball** – Colleen Gribbin, Director – no report given.
- ⇒ **Cheerleading** – Patricia DiCenso, Director – all is going well.
- ⇒ **Boys' Indoor Track** – Charley Sweeney, Director – no report given.
- ⇒ **Girls' Indoor Track** – Jane Headley & Bob Bayha, Co-Directors – no report given.
- ⇒ **Gymnastics** – Melissa Gendreau, Director – no report given.
- ⇒ **Swimming** – Cindy Bowden, Director – On a motion made and seconded, the PCOA unanimously approved the recommended changes in alignment by the Swim Sports Committee.
- ⇒ **Wrestling** – Fred Silva, Director – no report given.

SPRING SPORTS

- ⇒ **Baseball** – Dan Kelley and Keith Kenyon, Co-Directors – the NFHS Baseball Rules will be implemented beginning with the 2008-2009 school year. The Baseball Sports Committee reviewed a request by West Warwick High School to move to Division II and denied their request. The PCOA upheld the Committee's decision. In addition, the following recommendations submitted by the Baseball Sports Committee were unanimously approved:
 - Article 14, Baseball - rule change, pitching restriction: One pitch constitutes an inning.
 - Allow two catchers and up to 8 pitchers to report one week prior to the start of the spring season. Date to be determined.
 - pre-season conditioning is for 5 days only (date to be stipulated by RIIL).
 - no grade 9 students will participate.
 - recommend a pre-season conditioning program developed

and coordinated by a certified athletic trainer or other medical doctor.

- all must be eligible by all RIIL rules.
- athlete can not simultaneously be playing on another RIIL team i.e. winter sport.
- Clinic for new NFHS Baseball rules. Each school must send one (1) person representing the school baseball program to a mandatory NFHS Baseball rules clinic. Date to be determined by the RIIL Baseball Sports Committee.
- ⇒ **Boys & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – no report given.
- ⇒ **Boys' and Girls' Lacrosse** – George Finn, George Nasuti, Co-Directors – the RIIL received a request from Moses Brown School to enter Boys' Lacrosse Division I for the 2009 season. The Committee forwarded the request to the Lacrosse Sport Committee for review and consideration.
- ⇒ **Boys' Volleyball** – Don Kavanagh, Director – no report given.
- ⇒ **Boys' Tennis** – Kevin McNamara, Director – the Committee forwarded requests by North Smithfield, Burrillville and Warwick Veterans High School to move to Division III to the Boys' Tennis Sport Committee for review and consideration.
- ⇒ **Fastpitch Softball** – Betty Marquis, Director – no report given.
- ⇒ **Golf** – Mike Lunney, Director – no report given.

RIIL STUDENT-ATHLETE WELLNESS PROGRAM

On December 3, 2008, RI College will host Eat to Compete, The Athletes Sports Nutrition Program, *The Performance Edge: Wellness for Winners* - sponsored by the RIIL Wellness Program. This clinic is open to all RI High School Coaches, Athletic Directors, Athletic Trainers, Athletes and Parents.

RIIL FOUNDATION: NAME CHANGE TO: MONSIGNOR ROBERT NEWBOLD GRANT

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved to change the name of the RIIL Foundation Grant to the: Monsignor Robert Newbold Grant.

REQUEST FOR EXECUTIVE SESSION**PONAGANSET HIGH SCHOOL REQUEST APPEAL OF ARTICLE 6, PENALTIES, SECTION 6.C. USE OF AN INELIGIBLE ATHLETE**

The PCOA thanks Ponaganset High School for self-reporting the violation. On a motion made and seconded, the Principals' Committee on Athletics unanimously denied Ponaganset High School's appeal for use of an ineligible athlete and voted the following, that: Ponaganset High School Football team forfeit the two (2) games in which the academically ineligible student-athlete participated (an adjustment will be made to the online win/loss record). The student-athlete will not be eligible to participate in any RIIL sport for the remainder of the 2008-2009 academic year. A fine of \$100 be imposed.

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 October meeting of the Principals' Committee on Athletics was adjourned at 4:30 P.M.

PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF NOVEMBER MEETING

The November meeting of the Principals' Committee on Athletics was called to order at 2:00 p.m.

Executive Director's Report

The Executive Director's Report from the October 20, 2008 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.

RIIL HIGH SCHOOL ATHLETIC HALL OF FAME COMMITTEE RECOMMENDATIONS FOR THE CLASS OF 2009

On behalf of the Hall of Fame Committee, Mr. Magarian recommended the following twelve (12) names for consideration as inductees into the 2009 Class of the RIIL High School Athletic Hall of Fame: Charles J. Ajotian, William Francis Almon, Mary L. Burke, Manuel C. "Manny" Correia, James Dionizio, George M. Egan, John R. Gray, Richard Hazard, Arthur J. Kershaw III, Jerome "Jerry" Morgan, Christina (Batastini) Sheehan and Michael Stenhouse.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the recommended names for the Class of 2009 Hall of Fame induction.

TRANSGENDER PARTICIPATION: RULES AND REGULATIONS

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following Transgender Participation rule under Article 1, Section 22 of the RIIL Rules and Regulations:

RIIL rules and regulations allow transgender student-athlete participation under the following conditions:

1. A student-athlete will compete in the gender of their birth certificate unless they have undergone sex reassignment.
2. A student-athlete who has undergone sex reassignment is eligible to compete in the reassigned gender when:
 - ⇒ The student-athlete has undergone sex reassignment before puberty, OR
 - ⇒ The student who has undergone sex reassignment after puberty under all of the following conditions:
 - ⇒ Surgical anatomical changes have been completed, including external genitalia changes and gonadectomy.
 - ⇒ All legal recognition of the sex reassignment has been conferred with all the proper governmental agencies. (Driver's license, voter registration, etc.)
 - ⇒ Hormonal therapy appropriate for the assigned sex has been administered in a verifiable manner and for sufficient length of time to minimize gender-related advantages in sports competition.
 - ⇒ Athletic eligibility in the reassigned gender can begin no sooner than two years after all surgical and anatomical changes have been completed.
 - ⇒ A student-athlete seeking participation as a result of sex reassignment can access the RIIL eligibility appeal process.

2008-2009 CHALLENGE CUP

Mr. Mezzanotte reported the standings for the fall sports Challenge Cup will be distributed in December. Also, the following will be added to Challenge Cup rules, and on the website voting page: "Any school suspected of circumventing the online voting system, by electronic or any other means, will have their vote counts zeroed for the respective sports season. The RIIL website staff is currently recording vote tallies by hour and will review daily. If a school's votes are zeroed, the school will receive no points towards the school spirit portion of the Challenge Cup standings."

LEADERSHIP, SPORTSMANSHIP AND CHARACTER: DAN WARNER, CHAIRMAN

Mr. Warner reported the Committee is looking to once again send six (6) RI students to the NFHS National Student Leadership Conference. These students will be selected by the Leadership, Sportsmanship and Character Committee in Feb.

FALL SPORTS AND CHAMPIONSHIPS

GIRLS' TENNIS

Division Champions

Division I North – The Lincoln School
 Division I South – St. Mary Bay View Academy
 Division II South – Cranston West High School
 Division III North – North Providence
 Division IV East – Co Champions – PCD and Middletown High School
 Division IV West – Warwick

State Champions

State Champions – Mt. St. Charles Academy
 Runner up – The Lincoln School
 Division II – Moses Brown School
 Runner up – Cumberland High School
 Division III – Portsmouth High School
 Runner up – North Providence High School
 Division IV – Middletown High School
 Runner up – Providence Country Day

FIELD HOCKEY

Division Champions

Division I – Co Champions – Lincoln HS and North Kingstown HS
 Division II North – Moses Brown
 Division II South – Toll Gate High School

State Champions

State Champions – North Kingstown High School
 Runner up – St. Mary Bay View Academy
 Division II – Moses Brown
 Runner up – The Wheeler School

CROSS COUNTRY

Team Champions

	<u>BOYS</u>	<u>GIRLS</u>
Class A Team	Bishop Hendricken	LaSalle Academy
Class A Individual	Conor Mercurio, LaSalle	Jenna Riley, Coventry
Class B Team	South Kingstown	Barrington
Class B Individual	Andrew Springer, Westerly	Emily Siskind, Barrington
Class C Team	East Greenwich	East Greenwich
Class C Individual	Mark Feigh, E. Greenwich	Katharine Meinertz, Smithfield

State Champions

State Team Champions – Bishop Hendricken LaSalle Academy
 State Individual Champion – Andrew Springer, Westerly Jenna Riley, Coventry

BOYS' SOCCER

Division Champions

Division I Central – LaSalle Academy
 Division I East – Barrington High School
 Division I North – Cumberland High School
 Division I South – Chariho High School
 Division II North – Shea High School
 Division II South – Westerly High School
 Division III North – North Smithfield High School
 Division III South – Tiverton High School

State Champions

State Champions – Barrington High School
 Runner up – LaSalle Academy
 Division II – Lincoln High School
 Runner up – Shea High School
 Division III – Tiverton High School
 Runner up – North Smithfield High School

GIRLS' SOCCER

Division Champions

Division I North – LaSalle Academy
 Division I South – South Kingstown High School
 Division II North – Mt. St. Charles Academy
 Division II South – Cranston West High School
 Division III North – North Smithfield High School
 Division III South – Tiverton High School
 Division IV North – Woonsocket HS and Tolman HS - Tie
 Division IV South – Rogers High School

Girls' Soccer State Champions

State Champions – LaSalle Academy
 Runner up – South Kingstown High School
 Division II – St. Mary Bay View Academy
 Runner up – Cranston West High School
 Division III – St. Raphael Academy
 Runner up – Tiverton High School
 Division IV – Woonsocket High School
 Runner up – Tolman High School

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WINTER SPORTS

- **Boys' and Girls' Ice Hockey** – no report given.
- **Boys' Basketball** – Gerry Foley and Wayne Montague, Co-Directors – all is going well.
- **Girls' Basketball** – Cindy Neal, Director – no report given.
- **Freshman Basketball** – Colleen Gribbin, Director – no report given.
- **Cheerleading** – Patricia DiCenso, Director – the RIIL received a letter from Charho High School informing the League they must withdraw from Cheerleading for the 2008-2009 school year.
- **Boys' Indoor Track** – Charley Sweeney, Director – no report given.
- **Girls' Indoor Track** – Jane Headley & Bob Bayha, Co-Directors – no report given.
- **Gymnastics** – Melissa Gendreau, Director – no report given.
- **Swimming** – Cindy Bowden, Director – On a motion made and seconded, the PCOA unanimously approved a request from the Swim Sport Committee to hold the Injury Fund on December 8, 2008.
- **Wrestling** – Fred Silva, Director – no report given.

SPRING SPORTS

- **Boys' and Girls' Lacrosse** – George Finn, George Nasuti, Co-Directors – the RIIL received a request from Moses Brown School to enter Boys' Lacrosse Division I for the 2009 season. The Committee forwarded the request to the Lacrosse Sport Committee for review and consideration. The RIIL received a request from St. Mary Academy Bay View to move up to Division IA in Girls' Lacrosse. The Committee forwarded the request to the Lacrosse Sport Committee for review and consideration.
- **Fastpitch Softball** – Betty Marquis, Director – no report given.
- **Golf** – Mike Lunney, Director – no report given.
- **Boys' Volleyball** – Don Kavanagh, Director – no report given.
- **Boys' Tennis** – Kevin McNamara, Director – on a recommendation from the Boys' Tennis Sport Committee requests by North Smithfield, Burrillville and Warwick Veterans High School to move to Division III were denied. On a motion made and seconded, the Principals' Committee on Athletics upheld the decision from the Boys' Tennis Sport Committee. No team from Division III wished to move up and we are in the middle of a four-year alignment.
- On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following rule changes to Boys' Tennis:
 1. An amendment to the coaching rule was passed that allows coaches on the court at the net post and at the rear of the courts in the area between courts.
 2. At the start of the practice season, ladders will be based on the previous year's ladder with accommodations for students that have left the team. Flexibility will remain for students that join the team that demonstrate superior skill.
 3. Adopt a new tie-breaker system whereby players change sides each time they serve. This would eliminate the confusion that tie-breakers seem to cause.
 4. The regular season begin on Tuesday, March 31, 2009. This was approved for one (1) year only.
- **Baseball** – Dan Kelley and Keith Kenyon, Co-Directors – the NFHS Baseball Rules will be implemented beginning with the 2008-2009 school year. There will be a mandatory baseball rules clinic on January 17, 2009. The RIIL is requiring schools to send at least three (3) representatives to the clinic: head varsity coach, junior varsity coach and freshman coach (if necessary).
- **Boys & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following rule changes to Boys' and Girls' Outdoor Track:
 1. Continue the practice of identifying certain meets as State Meet Qualifiers.
 2. Establish criteria that must be met in order for a meet to be considered a qualifier.
 3. Require meet management of qualifying meets to submit financial reports.
 4. The RIIL will assume management and financial responsibility for Divisional Championships Meets (officials and awards), thus providing a second opportunity to qualify without incurring an extra entry fee.

SPRING SCHEDULES DUE: JANUARY, 15, 2009**RIIL SPIRIT OF SPORT AWARD**

As a means of recognizing deserving individuals, the RIIL is proposing the RIIL "Spirit of Sport Award." This award is being proposed in conjunction with the NFHS National High School Spirit of Sport Award. This annual award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education based athletics. This award may be given in recognition of a specific act or for an activity of longer duration. It could

be given to an individual who has overcome some adversity or challenging circumstances. Nominations will be submitted on a form provided by the RIIL. The request for nominations will be posted on the RIIL website and may be accessed by school principals or athletic directors. The winner will be selected in January. Once selected, the winner will be submitted to the NFHS as our state's nominee for the NFHS national award. In addition, the winner will be honored at the RIIL Hall of Fame induction ceremony held in May.

RIIL STUDENT-ATHLETE WELLNESS PROGRAM

On December 3, 2008, RI College will host Eat to Compete, The Athletes Sports Nutrition Program, *The Performance Edge: Wellness for Winners* - sponsored by the RIIL Wellness Program. This clinic is open to all RI High School Coaches, Athletic Directors, Athletic Trainers, Athletes and Parents.

RIIL SPORT ALIGNMENT 2010-2014

The present sports alignment extends through June 2010. All sport committees must realign during the 2009-2010 school year. The criteria for realignment was sent to all sport directors. This matter was tabled until December.

RIIL FOUNDATION: REQUESTS FOR GRANTS

The deadline for grants is December 5, 2008. A meeting will be held December 11, 2008 at the RIIL Office to review all applications.

REQUEST FOR EXECUTIVE SESSION**REPORT FROM FINANCE COMMITTEE**

- RIIL Foundation – Fourteen thousand (\$14,000) dollars from the RIIL Coaches Education Course has been deposited in the Foundation account to support the Monsignor Newbold Grants for 2009. A RIIL Golf Tournament, which will become an annual event, has been scheduled for June 2009. Proceeds will go to the Foundation.
- Licensing Resource Group, LLC Presentation – LRG would like to enter into an Exclusive License Agreement with the RIIL and its member schools. LRG desires the RIIL and its member schools to sublicense certain rights to LRG for the purpose of commercialization by capturing revenue from the largest sundry product manufacturers and retailers which utilize the licensed marks. For their rights, LRG will pay a fee to member schools and the RIIL based on a percentage of gross revenues resulting from the sale of licensed products in RI.
- Bank Accounts – The RIIL is looking into transferring funds from its checking account with Sovereign Bank to another institution.
- Annual Audit – The RIIL 2007 Annual Audit Report is being finalized and will be presented to the Principals' Committee on Athletics at the December meeting.
- Corporate Sponsors – RIIL reported that eighteen (18%) percent of its yearly budget comes from corporate sponsors. While the league continues to search for new sponsors, the future of this revenue is questionable due to the financial instability with our economy.
- Fall Tournaments: Preliminary Financial Report – Revenue looks good, however, all expenses are not accounted for.
- 2008-2009 Financial Report – Mr. Mezzanotte reported on several financial concerns: Instability of corporate sponsorships and the fact that they make up eighteen (18%) percent of our budget. Expenses have increased: venue costs, official fees police/fire, etc. Hockey – presently, the RIIL controls all aspects associated with hockey: rink agreements, officials, police/fire, athletic trainers, schedules, etc. Schools pay a separate assessment for this service. Rinks have increased their venue costs. In addition, the rinks have requested to host only their local boys/girls teams and no out-of-town teams. As a result of the difficult parameters the rinks are setting, this will prohibit the league from scheduling all other schools team games. It is becoming more and more difficult for the RIIL to run hockey under the current arrangement. The League may have to consider the possibility of providing hockey league schedules to our schools and have the schools secure ice time and assume the costs for their own games

RIIL DECISION/CONSISTENCY

Discussion was held regarding the general process about RIIL decisions and consistency.

CENTRAL HIGH SCHOOL: USE OF AN INELIGIBLE ATHLETE

Deb Bush, athletic director from Central High School and the head football coach from Central High School both appeared before the Committee to discuss the use of an ineligible athlete in football. The Committee commends the athletic director for her organization and attention to detail regarding issues of eligibility. The football coach apologized for the use of an ineligible player.

The Committee then adopted the following closing motion: THAT ANY AND ALL MOTIONS, AMENDMENTS AND ACTIONS BY THE PRINCIPALS' COMMITTEE ON ATHLETICS AND THE EXECUTIVE OFFICERS OF THE PRINCIPALS' COMMITTEE ON ATHLETICS TO THIS DATE BE REAFFIRMED AND RATIFIED.

The November meeting of the Principals' Committee on Athletics was adjourned at 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



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.