



*Rhode Island
Interscholastic League*

Monthly Bulletin November 2004



*Congratulations
To All of our
Fall Sports
Champions*



Rhode Island Interscholastic League

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Executive Director

Richard R. Magarian
Assistant Executive Director

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Rhode Island Interscholastic League

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FROM THE DESK OF... THE EXECUTIVE DIRECTOR

November serves as a reminder to all of us that it is the time of the year to reflect and give thanks for all we have in this country. The entire RIIL staff is certainly thankful for the opportunity we have today to provide our student athletes with the opportunity to grow and learn through sports. It's hard to believe that we have completed our fall sports season. As in the past, the RIIL and the Principals' Committee on Athletics continue to focus on making each season, and each of our championships, a special experience for all participants.

Thank you for all that you do for student athletes in the state of Rhode Island.

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Reminder:

As we begin preparations for the winter sports season, we want to remind you to be sure that your schedule confirmations are entered online and that your eligibility lists for each sport are submitted at least one week prior to the first contest including Injury Fund contests. With regard to the home confirmations, please be sure to include non-league games and/or tournaments that your school is hosting. It is most important because we want to be sure that officials are assigned to all contests.

SUCCESS IS NOT WINNING

From Successful Coaching-3rd Edition by Rainer Martens

The basic problem about this issue of worthiness is that athletes learn from parents, coaches, teammates, and the media to gauge their self-worth largely by whether they win or lose. The devastating result is that athletes can maintain their sense of self-worth only by making others feel unworthy. The most important thing you can do as a coach to enhance the motivation of your athletes is to change this yardstick of success.

Winning is important, but it must become secondary to striving to achieve personal goals. This is the cardinal principle for understanding motivation in sport:

Athletes must see success in terms of achieving their own goals rather than surpassing the performance of others.

It is a principle easy to state, but oh so difficult to achieve. If you can help athletes understand and implement this principle, you will do more to help them become excellent athletes—and successful adults—than through any other coaching action.

Personal goals are specific performance or behavioral milestones rather than goals concerning the outcome of winning or losing. The following are examples of personal goals that focus on performance and other behavioral objectives:

My goal is to jump 1 inch farther than I did last week.

I want to improve my backhand so that I can hit it deep into the corner 75 percent of the time.

I want to learn to relax more and enjoy playing.

Setting Realistic Personal Goals

By placing greater emphasis on achieving personal goals, athletes can gain control over an important part of their sport participation—their own success. The important thing here is to set realistic goals; by doing so, athletes ensure themselves a reasonable degree of successes. In the face of all of the competitive pressures and parental and teammate influences, you must help each athlete keep a realistic perspective in setting goals suitable for him or her alone.

Team goals should not be confused with personal goals. In fact, team goals are hardly needed if one of the personal goals of each team member is to make the best contribution possible, given his or her current skill level. Team

goals such as winning so many games or this or that championship are not useful, and they actually undermine the type of personal goals just described. Team goals more appropriately deal with learning to play together as a unit, respecting each other, having fun, and playing with good sportsmanship. Accomplishing these team goals and each athlete's personal goals is more important than winning. Besides, when athletes achieve both individual and team goals, winning usually takes care of itself.

Consequence of Setting Personal Goals

When winning the game becomes secondary to achieving personal goals, athletes are much more motivated to practice. Practices provide athletes opportunities to work toward their personal goals with assistance from the coach. Contests are viewed not as the end-all, but as periodic tests along the way toward achieving personal goals. Athletes do not judge themselves as having succeeded or failed on the basis of whether they win or lose, but in terms of achieving the specific performance and behavioral goals they have set.

Evidence from many sources indicates that not only outstanding athletes but also less successful ones who have most enjoyed and benefited from sport focus on personal goals, not the defeat of others. The consequence of this perspective is incredibly positive. When athletes are allowed to make sure they are realistic, they become responsible for their own progress. They feel in control and take credit for their successes and responsibility for their failures. As stated earlier, this is the first step in motivating athletes.

To help athletes set realistic goals, you must be able to assess each athlete's skill level. This brings up another crucial point, one you perhaps have thought about while reading this chapter.

Recognizing Athletes' Limitations

Athletes do not always perform poorly because they lack motivation. Poor performance may be a signal that personal limits have been reached, that athletes are performing up to their ability. Neither increased effort nor all the confidence in the world will improve their ability to perform. One of your more difficult tasks as a coach is to determine whether an athlete is performing at his or her limits.

Many athletes need help in learning to face their limitations without devaluing themselves. Rather than conveying the nonsense that every athlete can become a superstar or a professional, you should encourage your athletes to learn their limits for themselves. Only in this way can they learn to maintain realistic goals. But if coaches make athletes believe that they have no limits, that to accept limits is loathsome, then athletes may push themselves to seek unrealistic goals, leading to eventual failure, and perhaps event personal injury.

Realistic Personal Goals

When coaches help athletes set realistic goals, athletes inevitably experience more success and feel more competent. By becoming more competent, they gain confidence and can tackle skills of moderate difficulty without fearing failure. They discover that their efforts do result in more favorable outcomes and that falling short is most likely caused by insufficient effort. Realistic goals rob failure of its threat. Rather than indicating that athletes are not worthy, failure indicates that they should try harder.

De-emphasize winning and reemphasize attaining personal goals. This principle is the key to meeting athletes' needs to feel worthy—not only to maintain their self-worth but also to develop it further. This principle is essential to enhancing the motivation of your athletes.

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Important Dates:

- November 20 Ice Hockey Season Begins
- November 22 Boys/Girls Indoor Track Season Begins
- November 29 Winter Season Begins

Reminder to All Schools:

- All winter sports coaches MUST be registered online
- Schools are to report all scores online

Title IX complaint: Questions to Ask

▪ “Red flags” could initiate an Office for Civil Rights investigation

Editor's note: the following was excerpted from The CIF News March 2004 edition.

Document, document, document! To prevent an Office for Civil Rights (OCR) investigation and ensure that your school or district is meeting the intent of the Title IX statute, take some pro-active steps. In order to easily answer questions during an OCR investigation, the best documentation is compiled during routine athletic program evaluations. Some “red flag” issues:

Has your school/district participated in a sports-based interest survey within the last two years?

Was the survey gender-specific, specifying who was being measured and where an interest lies? What action has the school/district taken to respond to survey results?

Are athletic opportunities, program allocations, staffing and coaches' compensation the same in comparable programs?

Does your school offer the same number of teams, varsity, JV, frosh for both the boys and girls programs? Is the number of stipends and pay comparable?

Is the allocation of funds based on money received by all sources including money received by district funds, ASB funds, booster club funds, corporate sponsors, or any other source of income?

Funds, supplies and equipment must be distributed so that all students in the school's athletic program benefit equally, regardless of the source. The school/district must monitor and document income and expenses.

Does the policy and practice of school-used facilities provide comparable amenities and access for practice and competition?

Is there equal, prime time access to the gyms, training room and weight rooms? Are the team rooms for the boys and girls comparable? Are the practice and game facilities for the boys and girls teams equal and comparable? (i.e. if the baseball field has brick dugouts, does the girls' softball field have a comparable dugout?) Do the boys have facilities on campus, but the girls have to travel to their facilities?

Are enforcement and written policies gender-neutral, which include travel and transportation needs?

Is the release time based on distance, game time and road conditions? Do boys and girls teams travel in comparable types of transportation. i.e. school buses vs. chartered motorcoaches? Is overnight stay or return home policy the same for both the boys and girls teams? Do your boys and girls programs have comparable overnight excursion and accommodations?

Does the policy and practice of your school provide equal compensation of coaches for both the boys and girls programs?

Is the procedure for hiring, educating and evaluating coaches of the boys and girls sports the same? Is the money for professional growth and development equal for like positions?



Healthy Lifestyles and Sports Medicine

FOOTBALL FATALITIES LOWEST IN 10 YEARS

INDIANAPOLIS, IN (March 8, 2004) — The 2003 Annual Survey of Football Injury Research indicated two direct fatalities in the 2003 high school football season, the lowest number in 10 years and tied for the third-lowest mark in the 74-year history of the survey.

The purpose of the annual survey is to assist in reducing risks in the game of football. Jerry Diehl, assistant director of the National Federation of State High School Associations (NFHS) and staff liaison to the NFHS Football Rules Committee, said with this annual report, rules committees are able to see injury trends, and then use those trends as tools to promote changes in helping promote risk minimization. Since 1980, the Annual Survey of Football Injury Research, as it is known today, has been compiled by Frederick O. Mueller, Ph.D., University of North Carolina at Chapel Hill, and chairman of the American Football Coaches Committee on Football Injuries.

In the report, football fatalities are classified as either direct or indirect. Direct fatalities are those which result directly from participation in the fundamental skills of football. Indirect fatalities are those which were caused by systemic failure as a result of exertion while participating in football activity, or by a complication which was secondary to a non-fatal injury.

During the 2003 football season, there were four indirect fatalities at the high school level, which is the lowest number of indirect deaths since there were two in 1994. Indirect fatalities are often heart-related or caused by heat stroke. All four of the indirect fatalities in 2003 were heart-related. For the second consecutive year, none of the indirect deaths were due to heat stroke.

Of the two direct fatalities, one resulted from an injury to the brain and the other involved an injury to an artery in the player's neck. According to Diehl, brain injuries often result from what is called, “Second-Impact Syndrome,” in which a player can have an initial concussion, yet not show any symptoms. If that same player were to receive a second concussion, the body would react differently. It is this concussion that appears to precipitate brain damage, although the real cause may have been from the original concussion.

Since a 1976 rules change that made initial contact with the head while blocking or tackling illegal, direct fatalities in high school football have declined dramatically. After a high of 26 direct deaths in 1968, the average number of direct fatalities per year during

the past 10 years has been four. Diehl said this reduction is due, in part, to the annual data collection and recommendations made in the report to help reduce the incidence of serious injury.

In addition to effective monitoring of athlete injuries, the 2003 report makes several more suggestions for reducing head and neck injuries. Among the suggestions are conditioning exercises to strengthen the neck, practice drills which emulate proper execution of fundamental football skills - particularly blocking and tackling - and assurance that all equipment is properly fitted.

MEDIA CONTACT: Bruce Howard or John Gillis, 317-972-6900A

Healthy Lifestyles and Sports Medicine ORGANIZATIONS PLAN TO REDUCE HERPES GLADIATORUM OUTBREAKS THROUGH EARLIER DIAGNOSIS AND TREATMENT

American College of Sports Medicine and National Federation of State High School Associations to address widespread infection among athletes in high school wrestling programs

INDIANAPOLIS – The American College of Sports Medicine (ACSM) and the National Federation of State High School Associations (NFHS) are collaborating to conduct a timely and thorough review of high school wrestling health and safety guidelines, addressing one of the most common infections caused by athletic activity: herpes gladiatorum. Herpes gladiatorum (HG), a virus that causes skin lesions on the body, is highly contagious through personal contact during wrestling practice and competition. Prevention techniques are the focus of this collaboration, since early and accurate detection and comprehensive treatment, rather than mat and equipment cleanliness, are increasingly recognized as more effective in containing and minimizing the risk of exposure.

Young athletes at risk of developing HG are typically wrestlers who engage in the lock-up position, which places the face, neck, and arms of the opposing wrestlers in close contact. Lesions indicative of the skin disorder generally occur on the face, neck, and arms as a result, accompanied by symptoms such as inflamed skin rash, sore throat, general malaise, fever, and the appearance of clustered vesicles, which are small fluid containing elevations of the skin. ACSM and NFHS, the rule-making governing body for high school sports, will work to ensure that medical professionals more closely monitor systemic signs or symptoms to diagnose and treat herpes simplex virus-1 (HSV-1), the virus precursor for HG, and require the swift withdrawal of wrestlers from participation until a diagnosis can confirm or rule out infection. In smaller schools and districts with limited athletic personnel, ACSM and NFHS will provide educational resources for coaches, who are often the first and most efficient individual to screen wrestlers for suspicious skin conditions. Further, the organizations will work with athletes, coaches, and athletic trainers to emphasize that mat disinfection and personal cleanliness, while important, may reduce but will not prevent the types

of outbreaks seen in the upper extremities of the body.

A clinical evaluation appearing in the November issue of *Medicine & Science in Sports & Exercise*®, the official scientific journal of ACSM, calls for a review of standards to address numerous outbreaks that have occurred among high school wrestlers in the past 13 years. Specifically, the author studied and tracked an outbreak involving 19 high schools during a 1999 Minnesota state high school wrestling tournament. This outbreak demonstrated extensive transmission can occur in a short period of time, as wrestlers on seven out of nine teams, and ultimately 61 wrestlers and three coaches contracted HG.

Based on this clinical evaluation, preventative factors, including increased vigilance to potential misdiagnosis by individual's physicians who may not understand how the viral infection develops and spreads, are recommended as key to avoiding and controlling future outbreaks.

ACSM members will work within NFHS networks to develop opportunities for qualified and certified healthcare providers to implement early detection and rapid diagnosis efforts on local levels. This will enhance on-site screenings and skin checks, provide an educational mechanism to culture samples from suspicious skin lesions, and develop a protocol for promptly removing questionable individuals from participation, as well as prescribing a course of treatment before allowing return to play.

"These outbreaks gave us solid and viable information to help governing bodies assess guidelines for youth sports," said William O. Roberts, M.D., ACSM president-elect. "Team physicians, researchers, and the institutions that support them know that health education and disease prevention is like technology—there are always better answers out there. ACSM and NFHS are dedicated to looking forward to ways to protect young athletes and supply coaches and trainers with the information they need to avoid future occurrences in this sport."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 20,000 International, National, and Regional members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

NOTE: *Medicine & Science in Sports & Exercise*® is the official journal of the American College of Sports Medicine, and is available from Lippincott Williams & Wilkins at 1-800-638-6423. For a complete copy of the research paper (Vol. 35, No. 11, pages 1809-1814

or to speak with a leading sports medicine expert on the topic, contact the Communications and Public Information department at 317-637-9200 ext. 127 or 117. Visit ACSM online at www.acsm.org.

This mailbox is for the delivery of messages only. Replies to this message may not be read. For more information, contact ACSM at (317) 637-9200. Thank you!

"Go confidently in the direction of your dreams. Live the life you have imagined."
-Hiznry David Thorzau

Healthy Lifestyles and Sports Medicine



Member of the
National Federation
of High Schools

ADOLESCENT OBESITY IS ISSUE IN AMERICA'S SCHOOLS

Coaches' Quarterly/Fall 2004

Over the past two decades, the percentage of obese adolescents has increased dramatically. According to the American Obesity Association, in 2000, 15.5 percent of America's youth (ages 12 to 19) were considered to be obese.

That is a 210-percent increase in just 20 years. The World Health Organization has now declared obesity a global epidemic, affecting 60 percent of all Americans and more than 300 million people nationwide.

As education-based organizations, the NFHS, its member state associations and our nation's high schools, exist to educate today's youth, setting the tone for healthy lifestyles that will continue into adulthood.

The rise in adolescent obesity is an issue in which we cannot sit back and watch worsen. Through education, we need to teach today's youth to feel empowered. We need to teach students to embrace a healthy and active lifestyle early on, so they will be more willing and better-equipped to carry that lifestyle into adulthood.

Currently, there are 33 states that have pending legislation to remove vending machines from our nation's schools. With the claim that daily access to "junk food" (specifically soft drinks and candy) is causing the rise of obesity in adolescents, the proposed legislation in each state is different, according to the National Conference of State Legislatures.

Some states are requesting complete bans on all vending machines during school hours, while others are limiting only the types of products available in schools. Some more specific than others, legislation in many states proposes to allow certain food and beverages, which would be considered nutritional.

Among the allowable food and beverages are items typically containing large amounts of fats and sugars, non-carbonated water, milk, 100-percent fruit juices and non-caffeinated beverages. Also among the lists of allowable beverages are what have been coined as electrolyte-replacement beverages, containing no more than 42 grams of additional sweetener per 20-ounce serving. In short, this means Gatorade and other electrolyte-replacing beverages similar in nutritional value.

So, there currently are 30-plus states with different legislation, all attempting to achieve one thing: reduce the growing epidemic of obesity in our nation's youth. Yet, herein lies the problem. Vending machine revenues are largely used by schools for funding interscholastic activities, including athletics and fine arts. Take away vending machine revenues and, in many cases, you are taking away activities for students. Without the opportunity to participate in athletics and fine arts programs, students may become less active and therefore, more inclined to develop a weight problem.

And, the fact remains that there is no scientific evidence that simply removing vending machines from schools will actually stop the growth of obesity. Products like Gatorade have in fact proven to provide students with fluid, electrolytes and the appropriate amount of carbohydrates to keep students hydrated and active. Choices allow students to feel empowered, while bans not only do not educate them, but also lead students to find the products elsewhere.

In short, banning vending machines is not the solution, any

more so than their existence in schools is causing this epidemic in obesity. Students need to develop healthy habits at a young age. They need much more than soft drink and candy restrictions, and they need to do more than exercise their thumbs playing video games.

As the custodians of today's youth, we have the power to instill healthy lifestyles in students at an early age. With an education-based mix of smart eating and exercise, students will flourish in their lives now and in the future.

In fact, it has been proven that students who are involved with athletics are more likely to experience a good quality of life into adulthood, enjoy good mental health, cost the health-care system less and be more productive workers. Statistics found in the NFHS-compiled pamphlet *The Case for High School Activities* show that participation in school activities, including athletics, theater, speech and music, provides an opportunity to develop self-discipline not found in a regular classroom setting.

In addition, interscholastic activities are integral in teaching students values, such as respect and honesty, as well as teaching them how to reason and think well. Statistics also show that students who are not active in interscholastic activities are more likely to use drugs, drop out of school and become teen parents.

America has been coined as the "land of excess." It's "Biggie Size" this, or "Super Size" that. But the truth is, obesity is caused by an excess of many things and a lack of activity. It is not caused by one specific product or choice. Banning vending machines alone will not lead to a more balanced diet, nor will it reduce obesity. It will not solve the problem that if left unabated, will surpass smoking as the leading cause of preventable death in America.

We urge teachers, coaches, parents and administrators to educate themselves, so they may educate their children and their students. It is never too late to make healthy lifestyle choices. It is time to take action and stop using tangible things such as vending machines and video games as scapegoats for this epidemic. It is time to pave the way for change in the lives of our nation's youth. And, with obesity on the rise, now is the only time to do it.

Healthy Lifestyles and Sports Medicine

THE ADVANTAGES OF A DEDICATED SPORTS MEDICINE LINE

Expertise and availability is what gives great athletic programs the edge in dealing with injuries. It can minimize time lost to injury and improve outcomes of treatment. Great programs know and capitalize on this advantage.

Our goal is to bring this level of care to your program to the advantage of your student athletes. With this in mind, we have developed a phone line dedicated to athletic injuries—available to help when needed including after hours and weekends.

New England Center for Athletes announces the "**Bone Line**". A free service provided for the sole purpose of treating athletes. It is offered only to Athletic Directors, Coaches, and Trainers.

Call (401) 3 5 0-B O N E

Injury will always be part of athletic competition. We are trying to make them easier to manage.



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5 TIPS FOR IMPROVING PARENTAL INVOLVEMENT

Parents are a powerful part of any athletic program. Positively involved parents can help any team or athletic program achieve its goals much more effectively. On the other hand, alienated or uninvolved parents can be devastating to an athletic endeavor. Here are some tips for improving parental involvement that can apply to either an individual team or an entire athletic department.

1. **Get to know your parents.** Coaches and athletic administrators should take an opportunity to get to know the parents of student-athletes whenever possible.
2. **Set your expectations up front.** Present your program's rules and regulations as soon as possible at the beginning of a sports season. Let parents know what will be expected of them and of their children to participate in the program.
3. **Encourage parents to take ownership in the program.** Many parents are eager to help, but don't know how.
4. **Make parents feel special.** Do something nice for your parents at every opportunity.
5. **Recognize that you are dealing with someone's child.** A quickly learned lesson in coaching or administration is that a mistake or oversight on your part, however inadvertent, is an affront to someone's child.

One of the best ways to achieve many of these goals is a preseason meeting.

Author: Chris Kennedy, RAA, is a former athletic director who has worked in athletic administration at the high school and collegiate levels.

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THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS),

IN COOPERATION WITH BAYLOR UNIVERSITY

IS CONDUCTING AN ONLINE SURVEY OF ATHLETIC DIRECTORS AND COACHES TO DETERMINE WHY COACHES ARE NON-RENEWED AND WHY COACHES LEAVE THE PROFESSION.

IF YOU HAVEN'T TAKEN THE SURVEY, THE LINKS ARE BELOW. THE RESULTS WILL BE PUBLISHED IN NFHS PUBLICATIONS AND MANY MAGAZINES THROUGHOUT THE COUNTRY.

ATHLETIC DIRECTOR SURVEY
[HTTP://WWW.BAYLOR.EDU/IRT/INDEX.PHP?ID=21557](http://www.baylor.edu/irt/index.php?id=21557)

HIGH SCHOOL COACH SURVEY
[HTTP://WWW.BAYLOR.EDU/IRT/INDEX.PHP?ID=21585](http://www.baylor.edu/irt/index.php?id=21585)

"You can take away from every experience what it has to offer you. And you cannot be defeated if you just keep taking one breath followed by another."

Oprah Winfrey

Spirit of Giving:

The fall season is a time for giving. A time for being thankful for all that we have—our health, our families, friends, etc.

In appreciation for all these blessings, we should consider ways to show that we are truly appreciative. Giving of our time to those less fortunate is a wonderful way of saying thanks.

To this end the staff at the RIIL will volunteer to work at the RI Food Bank on December 8 from 12:00-3:00 p.m. (NOTE: The office will be closed).

I encourage all student athletes, coaches, athletic directors, and any other person associated with your school's athletic program to consider providing a similar service. If you do, please let us know about it and we will publish it in the monthly bulletin. Please contact the RI Food Bank for information (942-6325).



"People grow through experience if they meet life honestly and courageously. This is how character is built."

ELEANOR ROOSEVELT

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Thank you.....

- **To** Brad Avenia our fall intern. Brad was a tremendous help to our office, and to the RIIL. Good Luck as you pursue your master's degree in the field of Sports Management.
- **To** all of the volunteers from Ponaganset High School for all of their time and effort in making this years Cross Country Class and State Meets a great success. Also a special thanks to Mike Calenda, Gary Martinelli (co-athletic directors at Ponaganset HS), and Jim Caron (Cross Country coach at Ponaganset HS) for all of their help and attention to detail in making our Cross Country Meets a special event for our student athletes.
- **To** all of the volunteers from Portsmouth HS, especially Mike Lunney (AD at Portsmouth HS) for all of their time and effort in making our Boy's Soccer championships a great event.
- **To**....
 - Jean Angel, Director of Field Hockey
 - Elaine Bothello, Director of Girls' Volleyball

- Ron Boemker, Director of Cross Country
- Denise Boulé, Director of Girls' Tennis
- John Craig, Director of Boys' Soccer
- Kevin McNamara & Marie Johnson Co-Directors of Girls' Soccer
- Bob Cooney & Dan Warner Co-Directors' of Football
- Also..
 - Charlie Sweeney, Cross Country
 - Bob Cavanagh, Boys' Soccer
 - John Jasonowski, Girls' Tennis
 - Richard Grenier, Boys' Soccer
-  the following Principals and Athletic Directors for their help and cooperation during our fall playoffs:
 - John Gray, Principal & George Finn AD @ Barrington HS
 - Don Kavanagh, Principal & Ted Quigley AD @ LaSalle Academy
 - Gerald Foley, Principal & Keith Kenyon AD @ North Kingstown HS
 - Joseph Maruszczak, Principal & Gary Martinelli/Mike Calenda AD @ Ponaganset HS
 - Robert Littlefield, Principal & Mike Lunney AD @ Portsmouth HS
 - Steven Knowlton, Principal & George Egan AD @ Coventry HS
 - Dr. Elizabeth Mantelli, Principal & Edward DeSimone/Bob Smith AD @ Johnston HS
 - Mike Traficante AD for Cranston Schools
 - Bill Mulholland, Dir of Recreation for Pawtucket, RI
-  Gail Lepore, who did a wonderful job of filling in for Sue Borges for the past six weeks. **We welcome back Sue**, and are happy to have Gail continue to work for us on a part time basis.



The October meeting of the Principals' Committee on Athletics was called to order at 1:40 p.m.

John Gray, Chairperson of the RIIL Principals' Committee on Athletics, opened the meeting by welcoming Gail Lepore filling in for Susana Borges. Susana is on military leave in the U.S. Air Force.

EXECUTIVE DIRECTOR'S REPORT

The Executive Director's Report from the September 20, 2004 meeting was approved.

TREASURER'S REPORT

The Treasurer's Report was approved.

COMMUNICATIONS

Mr. Mezzanotte referred to several letters, memoranda and publications that were placed in each member's folder or filed in the League office. A letter from the Rhode Island Interscholastic Athletic Administrators (RIIAAA) recommending a three-man system for officiating soccer was referred to the Soccer Committee.

On another matter, the President of the Fastpitch Softball Association made a special presentation of one thousand dollars (\$1000) to the Alice Sullivan Foundation.

COMMITTEE RESIGNATION/APPOINTMENTS

Mr. Mezzanotte reported on a letter submitted by Mr. Steven Knowlton rendering his resignation as Assistant Director of Football.

On a motion made and seconded, the Principals' Committee on Athletics accepted Mr. Knowlton's resignation.

Mr. Mezzanotte submitted the names of Mrs. Cheryl Gomes, Principal, Classical High School (Fastpitch Softball) and Mr. Dan Warner, Principal, Narragansett High School (Football) as new members of the Principals' Committee on Athletics.

On a motion made and seconded, the Principals' Committee on Athletics accepted their nominations.

RULES VIOLATIONS

Exeter West Greenwich High School self-reported a violation of the fifty (50%) percent rule Article 7, Section 5 D-1C. A letter will be sent to Exeter West Greenwich complimenting them for self-reporting the incident and for the action taken.

On a motion made and seconded, the Principals' Committee on Athletics voted to send a letter to Exeter West Greenwich complimenting them for self-reporting. After further discussion, the committee will establish an Ad-hoc Committee to further examine the fifty (50%) percent rule as it presently exists.

Ponaganset High School played a football game with Lincoln High School on Sunday, September 18, 2004 at 10:30 a.m., violating Article 7, Section 3, D-6 that no RIIL game will begin before 12 noon on Sunday.

On a motion made and seconded, the Principals' Committee on Athletics voted to fine Ponaganset and Lincoln High Schools \$100 per school.

Ms. Denise Boulé, Director of Girls' Tennis, presented a case involving the East Greenwich Girls' Tennis team. As a result of a hearing on October 16, 2004, Ms. Boulé cited numerous violations of the ladder rule by East Greenwich. After reviewing the issues relative to this violation:

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

- 1) *To impose a fine of \$100 per match in which players were improperly ranked from the original ladder submitted on September 3, 2004 (Total of \$800).*

- 2) *That the East Greenwich High School Girls' Tennis program be placed on probation for the 2005-06 season. During this period of probation, the girls' tennis coach will fax a copy of his/her ladder (ranking) to the Director of Tennis prior to each match.*

LACK OF SUPERVISION AT HOME GAMES – ARTICLE 2, SECTION 3

Mr. Mezzanotte reported a notice was sent to all schools regarding the need for proper supervision at all boys' and girls' soccer games. In addition, it was recommended game supervisors escort referees to their vehicles at the conclusion of the match (if needed).

PROPOSAL FOR FEE STRUCTURE FOR ALTERNATIVE EDUCATION PROGRAMS – 2005-2006

Mr. Mezzanotte reported on a fee structure for Alternate Education Schools for 2005-2006. The matter will be further discussed at the November meeting of the committee.

FREQUENTLY ASKED QUESTIONS (DRAFT)

Mr. Magarian reported on a draft of "Frequently Asked Questions" – Article 3, Section 10 – Recruitment. The matter will be discussed at the November committee meeting.

FALL SPORTS

- **Championship Sites** – Mr. Mezzanotte is looking at potential sites.
- **Tennis** – No report given.
- **Soccer** – No report given.
- **Field Hockey** – Ms. Angell, Director of Field Hockey, stated all is going well. A field hockey playoff meeting will be held on Friday, October 22.
- **Volleyball** – Ms. Botelho, Director of Volleyball, reported all is well.
- **Cross Country** – No report given at this meeting.

WINTER SPORTS

- **Hockey** - Mr. Mezzanotte recommended that hockey regular season tickets be increased from four (\$4) dollars to five (\$5) dollars. The increase is due to unexpected expenses (police, fire) and as a result of the scheduling of games (triple headers).

On a motion made and seconded, the Principals' Committee on Athletics voted unanimously to accept the price of five (\$5) dollars for regular season hockey tickets.

- **Hockey (Boys)** - Mr. Mezzanotte reported a request by Providence Country Day/Wheeler to join the Boys' Hockey under the Co-op Division.

On a motion made and seconded, the Principals' Committee on Athletics voted to approve the request for Providence Country Day/Wheeler to join the Boys' Hockey under the Co-op Division.

- **Hockey (Girls)** - Mr. Mezzanotte reported a request by Bishop Keough/Wheeler to join Girls' Hockey under the Co-op Division.

On a motion made and seconded, the Principals' Committee on Athletics voted to approve the request for Bishop Keough/Wheeler to join the Girls' Hockey under the Co-op Division.

- **Swim** – Mr. Reall, Director of Swim, received a request from Westerly High School to be included into RIIL swim schedule. Mr. Reall stated that although the schedule had already been completed and sent to the Athletic Directors, he would do his best to provide Westerly High School with a schedule of meets.

On a motion made and seconded, the Principals' Committee on Athletics voted to include Westerly High School in to the RIIL swim schedule.

- **Basketball (Boys)** – Mr. Foley, Director of Boys' Basketball, reported all is going well.
- **Basketball (Girls)** – Ms. Neal, Director of Girls' Basketball, reported all is going well.
- **Wrestling Weight Management** – Mr. Magarian reported on Wrestling Weight Management Program to begin in 2004-05 season.
- **Gymnastics** – Ms. Gendreau, Director of Gymnastics, will present the Gymnastics schedule at the Gymnastics Interpretation Meeting.
- **Indoor Track (Boys)** – Mr. Mezzanotte reported a request from East Greenwich to add a Boys' Indoor Track team.

On a motion made and seconded, the Principals' Committee on Athletics voted to accept East Greenwich's request to add a Boys' Indoor Track team.

- **Indoor Track (Girls)** Ms. Headley, Director of Girls' Indoor Track, requested Girls' Indoor Track begin on Monday, November 22, 2004 for the 2004-05 season due to scheduling concerns at Moses Brown.

On a motion made and seconded, the Principals' Committee on Athletics voted to accept the request for Girls' Indoor Track to begin on Monday, November 22, 2004 for the 2004-05 season due to scheduling concerns at Moses Brown.

SPRING SPORTS

- **Baseball** – Mr. Mezzanotte reported Baseball is in the process of being aligned.
- **Golf** – No report given.
- **Lacrosse (Boys and Girls)** – Mr. Finn, Director of Boys' and Girls' Lacrosse, reported a survey will be sent to all schools on a proposed alignment. An alignment will be presented at the November meeting of the Principals' Committee

on Athletics. Mr. Mezzanotte reported a request from East Greenwich to add a Boys' and Girls' Varsity Lacrosse team.

On a motion made and seconded, the Principals' Committee on Athletics voted to accept East Greenwich's request to add a Boys' and Girls' Lacrosse team.

- **Outdoor Track** – Mr. Littlefield, Director of Outdoor Track, reported that Outdoor Track will begin aligning in November. The alignment will be presented at the November meeting of the Principals' Committee on Athletics.
- **Softball (Fastpitch)** – Ms. Marquis, Director of Fastpitch Softball, reported that schools were surveyed twice and will be recommending alignment for Fastpitch Softball at the November meeting.
- **Tennis (Boys)** – Ms. Calouri, Director of Boys' Tennis, reported that Boys' Tennis alignment will take place after the Girls' Tennis season is completed.

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

EXECUTIVE SESSION

Mr. Mezzanotte reported on a letter from Bishop Hendricken the Principals' Committee on Athletics requested be sent to all Bishop Hendricken parents.

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 4:06 p.m.

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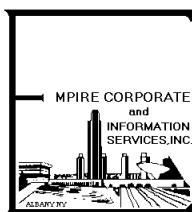
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MISSION STATEMENT

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

NATIONAL AFFILIATION

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

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

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



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