

Riil

**RHODE ISLAND
INTERSCHOLASTIC LEAGUE**

Winter Bulletin 2008



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Rhode Island Interscholastic League

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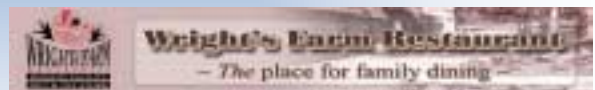
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The RIIL would like to recognize and thank our Sponsors and Affiliates for their support of our sports programs and our student-athletes.





From the Desk of the Executive Director....

What's in a Handshake?

Recently, I read an article in a local newspaper that described the post-game handshake as “A fraudulent display of sportsmanship that has become institutionalized as part of the game experience.” The author goes on to say that it lacks “Spontaneity and sincerity,” and it has become a “Scripted part of all games that kids treat with the same amount of sincerity that would be expected from anything they are forced to do.”

Without question – I beg to differ!

Sportsmanship is what competition is all about. It's about teaching our youth to play hard, play fair and respect their opponent. The post-game hand shake is the way athletes express their respect and admiration for the efforts of their opponent – win or lose. Displays of sportsmanship – the post-game handshake as well as the pre-game handshake are not just symbolic examples of sportsmanship but genuine acts of respect. In today's often crazy world, we get carried away with winning and in some cases humiliating our opponent to the point where it is often the feature of sport highlights. Are these the public displays that we want to teach our athletes?

Over the years, I have witnessed many games. I am always amazed and extremely proud of our student-athletes who, after a hard-fought game, take the time to show respect for their opponent in the form of a handshake and in many cases a hug.

Last weekend many of our teams competed for divisional and state championships in various sports. These games represented not only the final game of the season but for many the final game of their sports career. All were competitive, hard fought, and intense. In the end, there was a winning team and a losing team. There were tears of joy and tears of sadness. These were moments that athletes all experience and never forget. In this moment of emotion, both teams met and exchanged a true sign of sportsmanship and sincerity – the handshake.

I congratulate all of our student-athletes for their effort, enthusiasm and sportsmanship.

Tom Mezzanotte
Executive Director RIIL



RIIL Foundation

PROVIDENCE, RI (FEBRUARY 2008) – Mr. Frank Caprio, Chair of the Rhode Island Interscholastic League Foundation is pleased to announce the awarding of nine grants totaling \$12,458.00 to nine RIIL Member Schools. The schools are: Barrington High School, Chariho High School, Classical High School, Exeter-West Greenwich High School, Mt. Pleasant High School, North Providence High School, St. Mary Academy-Bay View, Westerly High School and Woonsocket High School.

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

"THE LIFE OF AN ATHLETE" PROGRAM

John Underwood, the President of the American Athletic Institute met with School Administrators, Athletic Directors, Student Assistance Counselors, and Student Resource Officers to present information about "The Life of an Athlete" program. During the forum Mr. Underwood presented research about how drugs and alcohol affect athletic and academic performance of our high school students.

Barrington High School sponsored the presentation on Tuesday, March 18th, which was available at no cost to any school Administrator, Athletic Director, Coach, Student Assistance Counselor, etc.

As schools struggle with these difficult issues, it is increasingly important to research various programs and evaluate their usefulness. The Rhode Island Interscholastic League and Barrington High School support this program and encourage schools to take advantage of this unique opportunity and let us share it with your school community.

If you have any questions, email George Finn, Athletic Director, Barrington High School at finng@bpsmail.org. Mr. Finn will be sending a packet of information to the schools that were unable to attend the summit.

American Athletic Institute – Life of an Athlete

The American Athletic Institute's *Life of an Athlete* prevention/intervention series is a five year high school program designed to confront chemical health issues and impact the problems that face today's student-athlete. Through a New York State Public High School Athletic Association (NYSPHSAA) mandate AAI trains

every school district in New York State in this very important curriculum. This program is currently being incorporated into many other prevention efforts in states throughout the country. Below are brief descriptions of the five-year plan. For more information, please contact us.

Year #1 - Pre Season Meetings for Entry Level Athletes and Parents
How school districts can establish mandatory seasonal meetings to discuss conditions for involvement, expectations, philosophy and what it means to be an athlete. This program allows you to impact the majority of your entire student body and most importantly the parents. Athletics is the largest target population that exists in any school.

Year #2 - Athletic Codes of Conduct Conditions for Involvement
This program assists a school in bringing a code of conduct from conceptualization to implementation and enforcement. This program includes strategies for fan behavior, parental issues, and the seven non-negotiable conditions for involvement to partake in high school athletics.

Year #3 - Coaching Effectiveness Training
A statewide training of all coaches at all levels to understand and confront chemical health issues for today's student-athlete. Training includes the use of the document "Greatest Threat." which helps a coach impact his/her team with valuable lessons against drug use. Affords any coach a perspective of the present day problem and how they can impact it.

Year #4 - Developing Leadership to Confront Behaviors of Concern
This workshop develops student leaders by teaching them what it means to be a leader, how to confront their peers with behaviors of concern and if necessary to take matters that merit immediate action or continual issues to an adult authority.

Year #5 - Stakeholder Unity
This fifth and final step in Life of an Athlete is to ensure that all members of the community take stake in eliminating drug and alcohol use among youth. Only by coordinating our efforts and empowering all stakeholders to take a "many messengers with the same message" approach can we ensure that individuals receive that message.

www.americanathleticinstitute.org



Victoria Flowers, a senior at Classical High School, set a new national high school 20# weight throw record of 61'00.75" at the 26th Annual Brown University Track & Field High School Invitational on Saturday, December 28, 2007.

This performance was indoors at Brown University's Olney-Margolies Athletic Center in Providence, RI, and broke the record of 60'10.50" set by Maureen Griffin (JR/Pocatello, ID) at the 1997 National Scholastic Indoor Championships at the Reggie Lewis Track and Athletic Center, Roxbury, MA on March 8, 1997.

Performing In the Storm

Student-athletes notably hold two full-time jobs and in doing so absorb greater responsibility and greater stress. Due to this inherent condition, a number of issues come to the surface that challenge today's student-athletes. However, in these times of increasing demands, "wellness" or resiliency in the face of stress is achievable by all. Therefore, this article will discuss how the surrounding environment can create this vortex of stress and how anyone can be a better performer on and off the field.

Core Issues of Student-Athlete Wellness:

Wellness is not complete unless we examine it from a tri-part model. The tri-part model is composed of physical well-being (e.g. eating, sleeping, and physical conditioning), mental well-being (e.g. concentration, focus, internal dialog), and lastly, emotional well-being (e.g. daily regulation, energy management, situational/relationship management). Student-athletes are challenged (as are we) on all three levels on and off the fields of play and the challenge is to become more resilient in the face of increasing stress. This need to be more resilient is particularly important since the lives of college student-athletes have become increasingly demanding. For example, it has been found that NCAA athletes workout, on average, 3 to 6 hours a day. Furthermore, student-athletes also spend an additional 10 to 20 hours focused on their sport (e.g. travel, rehab time, meetings etc.), 8 to 15 hours a week in class (2001, National Student Survey of Student Engagement), and approximately 10 hours per week preparing for class (2001, National Student Survey of Student Engagement). Therefore, when you do the math a student-athlete's work-week can be a 40 to 60 hour/week!

When looking at these statistics, the culture of student-athletes seems eerily similar to the culture of the U.S. workforce. A 60-hour work week was once the path to the top, however, now it is considered practically part-time. In a study conducted by Hewlett & Luce (2007, *Harvard Business Review*), it was found that in a sample of 1,564 men and women, 56% worked 70+ hours a week, while 9% worked 100 hours or more. Sadly, High School athlete's statistics look very similar and, thus, inherit these circumstances. All too often, we have the perception that athletes are super-human, larger than life, and unaffected by stress or issues of a clinical nature. My clinical experience does not support the fallacy of super-human athletes, but rather reveals the vulnerability of student-athletes who, at times, work in the extremes.

Student-athletes face issues of adapting to the athletic lifestyle, pressures through competition/performance, year-round training, training and overtraining, injury, hazing, academic performance pressures, drug use and testing, disordered eating and eating disorders, mood disorders, etc. Athletes pay a price physically, mentally, and emotionally.

In order to provide a clearer understanding of the whole picture several factors are delineated.

1. Student-athletes of this age group and beyond get 5 to 6 hours of sleep a night. This is inadequate and causes a cascade effect of negative results. In fact, sleep is the number one clinical issue among adolescents and adults, and in turn is the greatest performance enhancer on and off the field. **Sleep Education is needed!**
2. Nutrition is a foundation piece of health and resiliency as well as a core issue of attention. Dunn et. al. (2007) found that lack of knowledge about nutrition and behaviors associated with poor nutrition puts student-athletes at risk for associated negative factors related to performance on- and off-the-field.

3. A core factor related to health is the ability to maintain good mental hygiene, such as positive self-talk and the ability to focus/concentrate. Both of which are resiliency factors to depression, anxiety, and stress-related illnesses.
4. Education and awareness about emotions are key to resiliency, well-being, and excellence across all domains. Intelligence has gone up 25 points over the last three decades while Emotional Intelligence has gone down 30 points over the last two decades. Emotions run the show in sport and life and if we are unable to regulate them we are at a disadvantage health- and performance-wise.
5. Most student-athletes (and most Americans for that matter) are excellent at maintaining high levels of stress (we know how to work hard) but few maintain consistent recovery. A problem arises with linear stress, we all get stale or burnout. Examples of linear stress are being overscheduled or having little to no down time during a day. Basically, student-athletes over train in sport and life and in doing so open themselves up to a whole host of illnesses.
6. The culture of sport is a powerful one for personal development; however, it has changed in many ways in the last thirty years. The professionalization of sport has been wrought with strengths and weaknesses. One weakness is that the term athlete has been manipulated to mean less than in prior times of history. Being an athlete should mean more than being born with physical gifts. The culture could reflect more, such as being physically, mentally, and emotionally gifted. Ironically, when I conduct coaching clinics and I ask for words to describe a gifted athlete they use words to describe mental and emotional aspects not physical yet does sport focus on them?

Conclusion/Future Directions:

Considering the presence of research examining the trends in the extreme environment of sport, it seems that we should take the time to consider student-athletes and their efforts. My hope would be that we continue to explore and take action on the following:

- Recognizing mental health/clinical issues with student-athletes
- Provide strength-based programs focusing on mental and emotional training for student-athletes
- Continue to support and increase professional development for Sport Administrators and Coaches
- Make available education opportunities about the uniqueness of Sport Parenting
- Growing sport psychology services/resources for student-athletes

If we can show constancy of purpose with these issues, we not only will assist student-athletes in improving their performance, but much more importantly, we will be helping them to be healthier in life.

About the Author:

John P. Sullivan, Psy.D. is a Clinical Sport Psychologist/Performance Psychologist who specializes in helping those achieve excellence. He is the Coordinator of Sport Psychology services at the University of Rhode Island and provides expert oversight in the areas of sport and other venues. Dr. Sullivan works with a variety of performers emphasizing scientific-based interventions focused on performance and increasing overall well-being. He also brings his knowledge and experience to his own consulting practice Clinical & Sports Consulting Services (www.performancedocs.com). John serves as a member of the Rhode Island Interscholastic League Sport Medicine Advisory Committee. He can be contacted at (401) 258-6754 or via e-mail at jps@uri.edu. ■



2008 RIIL Hockey Championships

Sponsored by
Cox Sports



FINALS: Best of 3 games @ Providence College, Schneider Arena and University of Rhode Island, Boss Arena

COX SPORTS FROZEN FINALS

Division	March 20	March 22	March 24	March 25	March 26	March 27
I			7:30pm	7:30pm	7:30pm	
IA	8:00pm	3:00pm				8:00pm
II	6:00pm	1:00pm				6:00pm
III		7:30pm Boss Arena	7:30pm Boss Arena	7:30pm Boss Arena		

USA Today Sportsmanship Essay Contest

and the high school winner is...



Hannah Knowles, Senior, Rocky Hill School

Do I "Dare to Play Fair?"

I once had a coach tell me, "Do whatever it takes to win; it's not cheating unless you're caught." After hearing his instruction, I asked myself, "Do I dare to play fair?" In a situation such as this, an athlete must decide to either play within the rules of the game or do whatever it takes to win. A true athlete would never question the integrity of fair play.

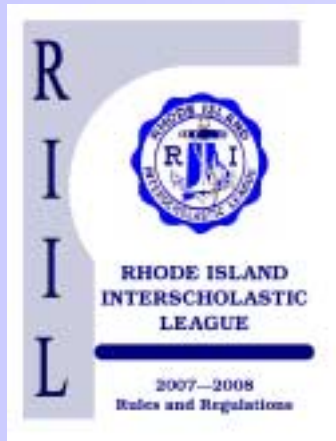
To me, an athlete's character is the basis of sportsmanship. Everything one says and does conveys one's values and character. How one acts, says more about character than one's athletic ability. In athletics, honesty and integrity should be second nature to an athlete and should never take "the backset." Sportsmanship is not just the common courtesy of shaking an opponent's hand

after a game; it is the act of conducting one's self within the rules of fair play, having respect for others, and being gracious in winning and in losing.

As a high school athlete, I have seen good sportsmanship and bad sportsmanship among my teammates, opponents, and coaches. Good sportsmanship is expected. Bad sportsmanship should not be tolerated because it is never acceptable to act unethically to win. Fortunately, I have participated on numerous teams in which good sportsmanship has been more important than winning. I have learned that it does not take one person to promote sportsmanship, but it takes a whole community. By being a student-athlete at a school that has been recognized as an All-American Sportsmanship School, this honor has helped me put my sportsmanship above my athleticism. I have learned that sportsmanship and respect on and off the playing field are the true keys to success.

Cheating is unethical and should not be the way to win. To do whatever it takes to win shows no honor to anyone. This poor conduct takes away from the true meaning of sport.

I ask you, "Do you dare to play fair?"



RIIL Rules Update

ARTICLE 14 - BASEBALL Revised 3/5/08

Section 1. RULES

Note: Baseball will be played in accordance with NFHS Baseball rules beginning in Spring 2009. Article 14 will be revised. **Note:** *By adopting NFHS Baseball Rules for the 2009 season, all teams are required to comply with the rule regarding equipment (NFHS Rule 1, Section 3, 4 and 5).

i.e. Rule 1 Section 3, Article 4

In weight: A bat shall not weigh, numerically, more than 3 ounces less than the length of the bat (e.g. a 33 inch bat cannot be less than 30 ounces).

Rule 1 Section 5, Article 4

The catcher's helmet and mask combination (one piece catcher's mask) shall meet the NOCSAE standard.

D. Force Play Slide Rule – The Runner is out where he:

- a. Does not legally slide and cause illegal contact and/or illegally alters the actions of a fielder in the immediate act of making a play, or on a force play, does not slide in a direct line between the bases; or
 1. A runner may slide in a direction away from the fielder to avoid making contact or altering the play of the field.
 2. Runners are never required to slide, but if a runner elects to slide, the slide must be legal. (2-32-1, 2) Jumping, hurdling, and leaping are all legal attempts to avoid a fielder as long as the fielder is lying on the ground. Diving over a fielder is illegal.

PENALTY: The runner is out, the ball is dead immediately, and interference is called. On a force-play slide with less than two outs, the runner is declared out, as well as the batter-runner. Runners shall return to the bases occupied at the time of the pitch. With two outs, the runner is declared out. The batter is credited with a fielder's choice.

NFHS BASEBALL RULES – RULE 8 – ARTICLE 2

- T. A pitcher may not pitch more than ten (10) innings in any three consecutive calendar days. To determine the eligible number of innings that a pitcher may pitch on game day, total the number of innings pitched during the two previous calendar days and subtract from ten (10). Ten innings are equal to thirty outs. Recommendation: No pitcher during one outing, exceed 120 pitches, exclusive of warm-up pitches."

RESPONSIBILITY FOR RECORD KEEPING (PITCHING LIMITATION RULE):

1. Each school can voluntarily attach the RIIL Pitching Log to their baseball scorebooks (varsity, JV and freshman) to log innings pitched for each pitcher.
2. Home and visiting coaches are to initial the opposing teams log in the appropriate place at the end of each game. Whenever a team is in violation, the coaches/AD is responsible to report the violation to the RIIL.
3. Coaches are required to have RIIL *Pitching Log* forms from the two (2) calendar days preceding any game (including all non-league and out of state games vs. other states).
4. Umpires/teams are reminded that they are NOT to suspend or forfeit any game for pitching limitation rule violations.
5. At the beginning of each game, both coaches and umpires must review the opposing teams' *Pitching Log*.
6. At the conclusion of each game, coaches must post the score online as well as record the *Pitching Log* for that game. Schools that do NOT comply will be fined by the RIIL.
7. Penalty for pitching violation: Coach falls under RIIL ejection rule. Player cannot pitch in the next league game but can play a field position.



RIIL Rules Update cont'd



ARTICLE 14 - BASEBALL Revised 3/5/08

RIIL Pitching Log

DATE: _____
TEAMS: _____ @ _____

VISITING TEAM			
Number	Name	Day/Date	# of outs pitched
1.			
2.			
3.			
4.			
5.			
6.			

HOME TEAM			
Number	Name	Day/Date	# of outs pitched
1.			
2.			
3.			
4.			
5.			
6.			

Signed HOME Team Coach: _____
Signed VISITING Team Coach: _____



ARTICLE 15 - BASKETBALL Updated 2/15/08

Section 5. PLAYOFFS

Basketball Tie Breaker Formula:

Tie Breaker Formula to be used with teams having COMMON opponents:

1. If there is a tie between two (2) teams, head-to-head competition will be the tie breaker.
2. If there are more than two (2) teams tied for playoff qualification, pool records will be the first tie breaker. Pool records will be the win/loss record among the tied qualifying teams only. If this process leaves two (2) teams still tied, revert back to #1 (head-to-head competition).
3. If pool records do not break the tie among three (3) or more teams, then matching teams' records against teams with a higher league record, starting with the highest ranked team and matching one lower team ranking a team at a time. If this process leaves two (2) teams still tied, revert back to #1 (head-to-head competition).
4. If #3 does not break the tie among three (3) or more teams, then matching teams' records against teams with a higher division record, starting with the highest ranked team and matching one lower team ranking a team at a time. If this process leaves two (2) teams still tied, revert back to #1 (head to head competition).
5. If pool records do not break the tie among three (3) or more teams, then matching teams' records against teams with a lower league record, starting with the highest ranked team and matching one lower team ranking a team at a time. If this process leaves two (2) teams still tied, revert back to #1 (head-to-head competition).
6. If pool records do not break the tie among three (3) or more teams, then matching teams' records against teams with a lower division record, starting with the highest ranked team and matching one lower team ranking a team at a time. If this process leaves two (2) teams still tied, revert back to #1 (head-to-head competition).

7. Coin toss will be used to break the tie.
8. If two (2) teams are tied for the last playoff spot they will play a "Play-in Game" to determine what team gets the last playoff spot. A coin toss will be used to determine the home team.

Tie Breaker Formula to be used with teams having UNCOMMON opponents:

1. If there is a tie between two (2) teams, head-to-head competition will be the tie breaker.
2. If head to head competition does not break the tie between two (2) or more teams, the teams' records against teams in their league will be used.
3. If # 2 does not break the tie, and there is still a tie among two (2) or more teams. The teams' record against common opponents outside of their league and within their division will be used to break the tie.
4. If there still is a tie, the league with the best overall record will be used will be used to break the tie. When using the win/loss record for an entire league it means adding up the wins and losses for each North, South, East, Central league, and the team coming from the league that has the best combined win/loss record would win the tie-breaker among teams with uncommon opponents.
NOTE: Leagues will be seeded by the overall win/loss record of every team.
5. Coin toss will be used to break the tie.
6. If two (2) teams are tied for the last playoff spot they will play a "Play-in Game" to determine what team gets the last playoff spot. A coin toss will be used to determine the home team.

NOTE:

- Pool records will be the win/loss record among the tied qualifying teams only.
- Divisions I, II, III, & IV are referred to as "Divisions"
- North, South, East, West, & Central are referred to as "Leagues"



Drea Harms and Colleen Gribbin, Principal, (left) Cindy Neal, Athletic Director, (rt) St. Mary Academy-Bay View

**RIIL
GIRLS AND WOMEN
IN SPORTS
CELEBRATION**

SATURDAY, MARCH 8, 2008
URI—RYAN CENTER

HONOREES

Class of 2007

**Alice Sullivan RIIL Female
Coach of the Year**

Drea Harms

*Fastpitch Softball Coach
Barrington High School
Girls' Soccer Coach
St. Mary Academy-Bay View*



Mary Ann Farroba and Richard Magarian, Asst. Executive Director, RIIL



Victoria I. Flowers and Robert Palazzo, Athletic Director and Coach, Classical High School

**A. Lenore Cranston Award
for Service**

Mary Ann Farroba

*For Meritorious & Continued
Service*

**Virginia L. "Gini" Duarte
Co-Female Athletes of the Year**

Victoria I. Flowers

*Girls' Indoor & Outdoor Track &
Field
Classical High School*



Jeanne M. Mack and Ms. Kelly Martin, Physical Education Teacher and Coach, LaSalle Academy

Jeanne M. Mack

*Girls' Cross Country
Girls' Indoor & Outdoor Track &
Field
LaSalle Academy*

"Learn To Do Clinics"

The Rhode Island Track Coaches Associations Spring Coaches Clinics

Sponsored by The Bill Falk Fund of the RI Track & Field Foundation

In Partnership with the Rhode Island Interscholastic League

Time: 3:30 PM—5:30 PM at the designated high school outdoor track
In the event of inclement weather, the clinic will be held inside the high school.

Date & Site:	Wednesday, April 2	Wednesday, April 9	Wednesday, April 23
Cumberland HS	Blocks & Baton Clarke Lowery/Thom Spann	Hurdles Colin Aina	High Jump Anne Rothenberg
North Kingstown HS	High Jump Rothenberg	Blocks & Baton Lowery/Spann	Hurdles Aina
Hope HS	Hurdles Aina	High Jump Rothenberg	Blocks & Baton Lowery/Spann

Questions concerning the clinics should be directed to either Bill Haberek or Sue Carlson

Coaches

1. Coaches and high school athletes are encouraged to attend.
2. For an athlete(s) to attend, one or more coaches from that school must attend.
3. Coaches may select two athletes per team (4 per school—2 girls/2 boys) to actively participate in the clinic; other athletes may observe. Both experienced and inexperienced athletes are welcome.
4. No admission fee.

Site Directors:

Cumberland High School	Tom Kenwood
Hope High School	Bob Albanese
North Kingstown High School	Jen Chabot



Bob Kanaby Addresses U.S. House of Representatives Subcommittee Regarding Performance-enhancing Drugs



NEWS RELEASE—INDIANAPOLIS, IN (March 3, 2008) - Bob Kanaby, executive director of the National Federation of State High School Associations (NFHS), speaking before a U.S. House of Representatives subcommittee on February 27, said that steroid use not only threatens the integrity of sport, but even more disturbing are the health risks to young adults.

Kanaby was among the leaders of all high school, Olympic, college and professional sports organizations who spoke at the hearing entitled "Drugs in Sports: Compromising the Health of Athletes and Undermining the Integrity of Competition." The hearing was called by a subcommittee of the House Committee on Commerce, Trade

and Consumer Protection to explore findings of performance-enhancing drug use among athletes at all levels of competition.

Kanaby shared the organization's structure and purpose with the U.S. House subcommittee, noting that the NFHS is composed of the 50 state high school associations plus the District of Columbia. He said the NFHS strives to increase participation levels in high school sports, which has occurred for 18 consecutive years; minimize the risks of participation in sports through the publishing of playing rules in 17 sports; and protects and promotes these sport experiences as learning tools for young people to prepare for life. ■

(This is an excerpt from the News Release)

For many years, the mission of the RIIL was 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. We know from years of experience these high school based programs make individuals happier and better citizens. They build strong minds and bodies, foster cooperative spirit and sportsmanship, create poise and confidence, teach discipline and help young people understand how to win and how to lose.

The goal of this program is to provide our student-athletes with a comprehensive wellness program that will support our high schools by embracing the health and wellness of all student-athletes.

Mission: The mission of the RIIL Wellness Program for student-athletes is to support the educational purposes of our high schools by enhancing the health and wellness of our student-athletes.

Purpose: The goal of this wellness program is to assist schools in providing student-athletes health and wellness by



empowering teams of student-athletes and coaches to create an institution specific action plan.

Goals:

- ⇒ Schedule a Statewide Wellness Conference for Student-Athletes– Spring 2008
- ⇒ Develop a Student-Athlete Wellness Playbook
- ⇒ Develop a Student-Athlete Nutrition Manual

Wellness Committee :

- ⇒ **Chair:** Lieutenant Governor Elizabeth Roberts
- ⇒ Thomas Mezzanotte, Executive Director, Rhode Island Interscholastic League
- ⇒ Richard Magarian, Assistant Executive Director, Rhode Island Interscholastic League
- ⇒ Jean Angell, Director of Athletics, Scituate High School

- ⇒ Dorothy Brayley, Executive Director, Kids First
- ⇒ Steve Cohen, Physical Education Teacher and Tennis Coach, Classical High School
- ⇒ Mary-Elena DeLuca, Chief Dietitian Education Program Coordinator, Kids First
- ⇒ George Finn, Athletic Trainer and Athletic Director, Barrington High School
- ⇒ Keith Kenyon, Director of Athletics, North Kingstown High School
- ⇒ Dr. Al Puerini, Jr., M.D., President and CEO, R.I. Primary Care Physicians Corp. Polaris Medical Management
- ⇒ Rosemary Reilly-Chammat, School Health Program Manger, RI Department of Health
- ⇒ Dr. John Sullivan, Clinical Sport Psychologist, Clinical and Sports Consulting Services
- ⇒ Paul Ullucci, Athletic Trainer, Ullucci Sports Medicine and Physical Therapy, Inc.
- ⇒ John E. Migliaccio, Attorney-at-Law
- ⇒ Mark van Eeghen, Professional Athlete

The Michigan High School Athletic Association [MHSAA] is in the second year of their 16-person Student Advisory Council, and their students wanted to create something to help guide them through their work. They decided to use their voice to pen a

Student-Athlete Belief Statement



Leadership/Sportsmanship Issue

The following was written completely by the student-athletes on the MHSAA Student Advisory Council and will be printed in all MHSAA publications as well as their 2008-09 Handbook.

As the voice of Michigan's student-athletes, the Student Advisory Council's role is to convey the message of how high school sports are supposed to be played. We are responsible for helping the MHSAA maintain a positive and healthy atmosphere in which interscholastic athletes can thrive.

We believe **athletes** should be competitive, sportsmanlike and excel academically. We believe **students** in the stands should have fun, but not take the focus away from the game. We be-

lieve **coaches** should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that **parents** should always be positive role models and be supportive of their child's decisions. We believe **officials** commit their own time to high school sports and respect should always be shown and given to them.

The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.

By *Andy Frushour*
Marketing Coordinator, MHSAA

ATTENTION SCHOOLS! NIKE Monetary Grants to Support Girls' Participation in Sports



LET ME PLAY

GET YOUR TEAM ONTO THE FIELD

WHATEVER YOUR TEAM NEEDS TO UNLEASH YOUR TRUE GAME, WE'RE HERE TO SUPPORT YOU. NIKE LET ME PLAY FUND IS GIVING TEAMS OF FEMALE ATHLETES THE CHANCE TO WIN NEW UNIFORMS, BETTER PLAYING FIELDS, TRAVEL MONEY TO AND FROM GAMES, EQUIPMENT AND MORE.

YOU CAN MAKE A DIFFERENCE FOR YOUR TEAM.

ANYONE CAN APPLY: GIRLS OR GUYS, COACHES OR PARENTS.

GO TO NIKEWOMEN.COM TO GET YOUR APPLICATION NOW.

THE DEADLINE IS MARCH 31ST.

APPLY NOW!

NIKEWOMEN.COM

JoAn Scott, director of NCAA and NFHS Relations for Nike, announced the details of the Nike “Let Me Play” fund. The fund was created by Nike to support female athletes as part of its tribute to the anniversary of Title IX. The “Let Me Play” fund will award monetary grants to support girls participation in sports. The grants can be used for new uniforms, equipment, upgrading fields or facilities, travel – almost anything that supports girls teams. Anyone can apply for the grants – girls, coaches, parents, schools, athletic directors, teachers or administrators.

THE DEADLINE TO APPLY FOR A GRANT IS MARCH 31.

For details on the fund or to get your application, go to www.nikewomen.com.



How to Hire a Certified Athletic Trainer in Secondary Schools



STEP ONE:

- ⇒ www.NATA.org (National Athletic Trainers Association website).

STEP TWO:

- ⇒ Review Athletic Training info (all links)
- ⇒ Review resources for athletes of all ages
- ⇒ Review resources for parents and coaches

STEP THREE:

- ⇒ Job Seekers—Career Center
- ⇒ *Hiring a Certified Athletic Trainer in Secondary Schools
- ⇒ Review Employment Resources
- ⇒ ***How to Submit a Job Listing

STEP FOUR:

- ⇒ www.RIATHLETICTRAINERS.org (RI Athletic Trainers Association website)
- ⇒ Review all links
- ⇒ *Review and print*—RI State Practice Act

*Any questions/concerns: Contact RIATA Leaderships or Ask a Certified Athletic Trainer



United States Scholar-Athlete Games

Quick facts regarding the 2008 United States Scholar-Athlete Games

“Extraordinary! I wish there had been a Scholar-Athlete Games program during my youth.”

-President Bill Clinton, in his 2006 keynote address at the World Scholar-Athlete Games

“I have never observed a finer gathering of young scholars and athletes than at this amazing event.”

-Mayor Rudy Giuliani, in his keynote address at the 2003 United States Scholar-Athlete Games

- **Dates:** June 28 - July 5, 2008
- **Location:** The University of Rhode Island
- **Tuition:** \$850 (The actual per student cost is \$2950. The Institute for International Sport is able to offer the program at such a low fee due to the generous support of many corporations and foundations).
- **Sports Activities:** Baseball, Basketball, Chess, Golf, Field Hockey, Lacrosse, Rugby, Soccer, Squash, Softball, Swimming, Tennis, Track & Field, Volleyball.
- **Arts Activities:** Art, Choir, Culinary Arts, Dance, Photography, Symphony, Theatre, Writing/Poetry.
- **History of the Scholar-Athlete Games:** The Institute’s website, www.internationalsport.com contains full details about the remarkable history of the Scholar-Athlete Games program.
- **Testimonials:** The Institute’s website, www.internationalsport.com a sampling of the hundreds of testimonials from past Scholar-Athlete Games participants about their life-changing experience.
- **Number of Participants:** The 2008 United States Scholar-Athlete Games will welcome approximately 1,500 scholar-athletes and scholar-artists from all 50 states. The Institute expects that over 50,000 scholar-athletes and scholar-artists will be nominated for acceptance, which is granted on a first-come, first-served basis, and based on the following criteria:
 - Honor roll status
 - Proficiency in one of the sports or arts programs
 - a. **Definition of “Proficiency” in a Sport:** Since the inaugural World Scholar-Athlete Games in 1993, the Institute has welcomed many fine athletes to the Scholar-Athlete Games Program. In order to qualify as “proficient” in a sport, a candidate for the 2008 United States Scholar-Athlete Games must be a member of a high school team (freshman, JV and varsity). Those athletes who are on freshman or JV teams must also aspire to varsity play. AAU or Travel Team members are also considered “proficient” by the selection committee.
 - b. **Definition of “Proficiency” in one of the Arts activities:** In order to qualify as “proficient” in one of the arts activities, a candidate must make sure that his or her recommender provides evidence of such proficiency in the particular arts activity of choice. In some cases, the 2008 United States Scholar-Athlete Games director of the particular arts activity (e.g., choir, dance, symphony, etc.) will contact the recommender for further details.
- **How to Apply:** An Institute Senior Staffer will work directly with a liaison of the State Association to develop materials to be forwarded to principals, coaches and athletic directors in each respective state. Also, the Institute’s website contains detailed information on how to apply.
- **Age range:** Participants must be age 15-19 as of June/July 2008
- **The Major Themes of the 2008 United States Scholar-Athlete Games:**
 - The Environment
 - World Peace
 - Ethics and Journalism
 - Sportsmanship and Fair Play
 - Leadership
 - Technology
 - Plus, a special discussion on Race in America, led by Dan Doyle
- **2008 Speaker Roster: General Colin Powell, Nobel Laureate Elie Wiesel, famed environmentalist Claes Nobel (senior member of the Nobel Peace Prize Family) and Vint Cerf, one of the true founding fathers of the internet have already committed to deliver major speeches at the 2008 Games.**
- **Past Scholar-Athlete Games Speakers:** Speakers have included some of the World’s most influential speakers including **President William Jefferson Clinton, Former Israeli Prime Minister Shimon Peres and Former New York Mayor Rudy Giuliani.**

By Dan Doyle

Scholar-Athlete Games Founder

Institute for International Sport, URI



This May, as part of [National Youth Traffic Safety Month](#), [National Organizations for Youth Safety](#) has teamed up with [The Allstate Foundation's Keep the Drive](#) program to bring you **Act Out Loud**, a national teen- and school-led activism competition to help spread the word about safe teen driving. Visit [ActOutLoud.org](#) to submit their safe driving project idea for the **chance to win up to \$10,000**.

The winning team will also be able to direct an additional **\$5,000 to the non-profit national youth organization** of their choice. But hurry – **the deadline for submissions is midnight on March 26!** Visit [ActOutLoud.org](#) for more details.

Speak Out

GIRLS' VARSITY TENNIS

The varsity girls' tennis team was voted co-winner of the Team Sportsmanship Award by coaches in their division.

The captains greet the opposing team as it gets off the bus and escort the players to where they can place their equipment. The captains also greet the coach and introduce themselves. We believe in hospitality.

In a ladder match that was played on a court with a ripped net, the number one player gave up a crucial point to her challenger when she was not sure whether the ball went over or through the net.

Two of the younger players were involved in a very close match in tournament play. When there was a question about a point, the opposition began to accuse our players of not playing fairly. Rather than argue, one of our players calmly left the court and searched out the tournament director to ask for a ruling. When the match continued, the opposition would not let it go and taunted our team. Not once did our players respond verbally. They just played harder and eventually won the match.

Mount Saint Charles Academy Honorable Competition Stories



We are proud to say that not once this season did any of our players throw a racquet, curse, show attitude, or hit a ball into the fence in anger. This is not what we do. This is not who we are. This is not how we conduct business.

Melissa Ferry, Hannah Morten and Jessica Chabot
– tennis captains

It happened on the biggest of stages. It was the Division I state championship match. The Mount team was leading by a 3-2 score and needed just one more point to win the biggest prize in schoolgirl competition. Two doubles matches were winding down. The first doubles was well into the third set, and then suddenly match point was upon the four players. The Mount player served the ball, and it was returned deep back in the direction of the server. (I was just outside the court and happened to be standing alongside the baseline.) The ball appeared to be out and for an instant I thought – we have the title. But the Mount player returned the ball without hesitation and the point continued. We did not win that point but eventually did win the match and the state title. Later that night I processed what I had witnessed. And what I concluded was that this Mount player believed in giving her opponents the benefit of doubt on close calls, as she should have. What she did took a fair amount of courage. It made me proud to be her coach.

Coach Richard Lawrence speaking about one of his senior captains

GIRLS' VOLLEYBALL

Well into the season, we played one of the weaker teams in the division. We had worked very hard in anticipation of this next match. In this one we dominated early, and it was clear that the opposition was no match for us. Our coach substituted early with some of the players who never got much of a chance

to play in matches. We all wanted to play, but we realized what he was doing – trying to make it a level playing field for both teams. We appreciated that.

Both teams went into the match tied for first place. The play was passionate throughout. Yes, we did pull out a victory, but it was the way the girls handled the win – that was most impressive. They were modest and almost humble as they went through the handshake line. We were proud to be the captains of this team.

Elyse Barber and Sarah Poirier
– volleyball captains

Since the start of the Honorable Competition Program in the fall of 2006, six Mount St. Charles varsity teams have earned the Team Sportsmanship Award for their sport, including two this season—boys' varsity soccer and girls' varsity tennis.

In our latest initiative, all fall captains were given a lanyard identifying them as student athlete leaders and asked to wear them to any athletic event that they attended—with the idea that they would model good behavior.

Richard Lawrence, CMAA
Director of Athletics
Mount Saint Charles Academy

PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF DECEMBER MEETING

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

Executive Director's Report

The Executive Director's Report from the November 26, 2007 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.

RULES VIOLATION

The Prout School: Article 7, Section 6, D.2, Non-School Competition and Loyalty to school team (Girls' Soccer Coach)

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

1. The Prout Girls' Soccer Coach, be suspended for four RIIL soccer games.
2. If the Prout Girls' Soccer Coach were to take a position as a soccer coach in another RIIL school, he must appear before the PCOA.
3. No action will be taken against the Prout Girls' Soccer team present at the "workout". However inform the student-athletes and their parents that any similar incident will result in penalties as listed in Article 6 – Penalties of said rules by the PCOA.
4. To personally commend the Prout administration and athletic administration for self-reporting, taking swift action and for the professional manner in the handling of this incident.

Mount Saint Charles Academy: Article 3, Section 1A2., Eligibility List

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to impose a \$100.00 fine on Mount Saint Charles Academy for violating Article 3, Section 1A2.

TENTATIVE WINTER AND SPRING TOURNAMENT SCHEDULES

Tentative Winter and Spring Tournament schedules were presented to the Committee and sport directors.

STUDENT-ATHLETE WAIVERS

In accordance with Article 1, Section 16, Waiver of Rules, Mr. Mezzanotte, Executive Director, reported on a number of eligibility waivers.

LEADERSHIP, SPORTSMANSHIP AND CHARACTER: DAN WARNER, CHAIRMAN

Schools are reminded to submit their application request for the NFHS National Student Leadership Conference. Rhode Island will send six (6) RI students to the Conference in Indianapolis, IN on July 17-20, 2008. These students will be selected by the Leadership, Sportsmanship and Character Committee.

FALL SPORTS

FOOTBALL CHAMPIONSHIPS

DIVISION CHAMPIONSHIPS

Division I – Saint Raphael Academy
Division IIA – Warwick Veterans High School
Division IIB – Cranston High School East and Shea High School
(*co-champs*)

Division III – Moses Brown School

Division IV – Classical High School

SUPERBOWL CHAMPIONSHIPS

State Champion – Saint Raphael Academy

Bishop Hendricken – runners up

Division II – South Kingstown High School

Toll Gate – runners up

Division III – Ponaganset High School

Moses Brown – runners up

Division IV – Classical High School

Exeter/West Greenwich – runners up

FRESHMAN FOOTBALL

Division Champions

Division I - Bishop Hendricken High School

Division II-East – Cumberland High School

Division II-West – Cranston High School West

State Champions

State Champions – Bishop Hendricken High School

East Providence High School – runners up

Division II Champions – Cumberland High School

Cranston High School East – runners up

- ⇒ **Football**, Mr. Cooney, Director – the Football Sport Committee recommended a rule change promoting a mandatory official clock beginning in the Fall of 2008. On a motion made and seconded, the Principals' Committee on Athletics voted 8-4 to approve the following rule change: The scoreboard clock at all varsity football games will be the official time starting in the Fall of 2008. A certified timer, trained by the RI Football Officials Association, must be used. Any school that does not have a working clock will have one year to comply.
- ⇒ In addition, the use of portable lights at night football games was tabled and referred to the Football Sport Committee.
- ⇒ **Boys' and Girls' Soccer**, Mr. Craig, Director and Marie Cote, Director – the RIIL received a letter from the Executive Committee of the RIIAAA concerning the overtime procedures in Boys' and Girls' Soccer to see if they can both be done the same. This matter was referred to the Boys' and Girls' Soccer Sport Committees for review and consideration. In addition, the RIIL received a request from West Warwick High School to move their Girls' Soccer team to Division III. The request was forwarded to the Girls' Soccer Sport Committee for review.
- ⇒ **Girls' Volleyball** – Elaine Botelho, Director – no report given.
- ⇒ **Girls' Tennis** – Denise Boulé, Director – no report given.
- ⇒ **Field Hockey** – Jean Angell, Director – no report given.
- ⇒ **Boys' & Girls' Cross Country** – Ron Boemker, Director – no report given.

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WINTER SPORTS

- ⇒ **Boys' and Girls' Ice Hockey**, George Egan, Director – all is going well.
- ⇒ **Boys' Basketball**, Gerry Foley and Wayne Montague, Co-Directors – all is going well.
- ⇒ **Girls' Basketball**, Cindy Neal, Director – no report given.
- ⇒ **Freshman Girls' Basketball** – Colleen Gribbin, Director – no report given.
- ⇒ **Cheerleading** – Caroline Caswell, Director – no report given.
- ⇒ **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 – no report given.
- ⇒ **Wrestling** – Fred Silva, Director – all is going well.

SPRING SPORTS – SCHEDULES ARE DUE JANUARY 16, 2008

- ⇒ **Baseball**, Dan Kelley and Keith Kenyon, Co-Directors – On a motion made and seconded, the Principals' Committee on Athletics voted to approve the following recommendations as presented by the RIIL Baseball Sport Committee:
 1. Approval of the start date for the **baseball season only** – March 10, 2008. This early start date is for the **2008 season only**.
 2. Approval of the 18 game schedule as presented for Division I and II. This schedule includes multiple weeks where three games are scheduled. Games begin March 31 and end May 16 (weather permitting).
 3. Approval of NFHS Baseball Rules for the **2009 season**. In addition, the Committee recommends the establishment of a joint subcommittee made up of coaches and officials to review and discuss these rules. It is also recommended that a series of clinics or workshops be scheduled for both coaches and officials to explain all rule changes.
 4. Approval of the NFHS *force-play slide rule* (NFHS Rule 8, Section 4, Article 2). Also, the Principals' Committee on Athletics defeated a motion to adopt a pitch restriction rule. The Committee referred this matter back to the Baseball Committee for further review and a recommendation by January 2008.
- ⇒ **Fastpitch Softball** – Betty Marquis, Director – The NFHS responded to an inquiry in regards to RI changing the pitching distance from 40ft to 43ft. The NFHS recommended it remain at 40ft. The PCOA agrees with the recommendation.
- ⇒ **Lacrosse**, George Finn and George Nasuti, Co-Directors – no report given.
- ⇒ **Boys' Tennis** – Kevin McNamara, Director – no report given.
- ⇒ **Boys' Volleyball** – Don Kavanagh, Director – no report given.
- ⇒ **Boys & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – no report given.
- ⇒ **Golf** – Mike Lunney, Director – no report given.

RIIL CHALLENGE CUP

Mr. Mezzanotte will present a new proposal at the January meeting.

RIIL OFFICIATING COMMITTEE

The RIIL Officiating Committee met and discussed a number of issues. Among the issues discussed were the new officials registration form and independent contractors. The Committee will continue to meet and discuss these and other important issues. The next meeting is in January.

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

The December meeting of the Principals' Committee on Athletics was adjourned at 3:30 P. M.

PRINCIPALS' COMMITTEE ON ATHLETICS SUMMARY OF JANUARY MEETING

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

Executive Director's Report

The Executive Director's Report from the December 17, 2007 meeting was approved.

Treasurer's Report

The Treasurer's Report was approved.

Communications

Mr. Mezzanotte referred to Federal Legislation: High School Accountability Act. This bill amends the Elementary and Secondary Education Act of 1965 (ESEA) to direct coeducation elementary and secondary schools, if they participate in any ESEA program, to: (1) report certain information on equality in their school athletic programs to the Commissioner for Education Statistics; and (2) make such information available to their students and potential students, upon request, and to the public.

The purpose is to provide more information about the allocation of athletic opportunities at the secondary school level and to promote equal opportunity for both boys and girls to engage in school sponsored athletics.

Mr. Mezzanotte referred to the Michigan High School Athletic Association: Student-Athlete Belief Statement which states: *"We believe athletes should be competitive, sportsmanlike and excel academically. We believe students in the stands should have fun, but not take the focus away from the game. We believe coaches should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that parents should always be positive role models and be supportive of their child's decisions. We believe officials commit their own time to high school sports and respect should always be shown and given to them."*

RULES VIOLATION

Ponaganset High School: Article 3, Section 1A., Eligibility List

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve Ponaganset High School's request to waive a \$200.00 fine.

WINTER AND TENTATIVE SPRING TOURNAMENT SCHEDULES

Sport Directors must report any request for changes.

GIRLS' & WOMEN IN SPORTS RESIGNATION

Ms. Jean Angell, Scituate High School, submitted her resignation as Chairperson of Girls' and Women in Sports.

On a motion made and seconded, the Principals' Committee on Athletics, accepted with regret, Ms. Angell's resignation.

LEADERSHIP, SPORTSMANSHIP AND CHARACTER: DAN WARNER, CHAIRMAN

Schools are reminded to submit their application request for the NFHS National Student Leadership Conference. Deadline for applications is January 31, 2008.

FALL SPORTS

⇒ **Football**, Mr. Cooney, Director – the RIIIL received a request from Classical High School to move up to Division III in football and also a request from Mt. Pleasant High School to move down to Division IV in football. The requests were forwarded to the Foot-

ball Sport Committee for review.

- ⇒ **Boys' Soccer**, John Craig, Director – no report given.
- ⇒ **Girls' Soccer**, Marie Cote, Director – no report given.
- ⇒ **Girls' Volleyball** – Elaine Botelho, Director – no report given.
- ⇒ **Girls' Tennis** – Denise Boulé, Director – no report given.
- ⇒ **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 RIIIL received a request from Ponaganset High School that would allow the Ponaganset Boys' Ice Hockey Team to exceed the maximum number of games in a week (3). On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny the request.
- ⇒ **Boys' Basketball**, Gerry Foley and Wayne Montague, Co-Directors – all is going well.
- ⇒ **Girls' Basketball**, Cindy Neal, Director – no report given.
- ⇒ **Freshman Girls' Basketball** – Colleen Gribbin, Director – no report given.
- ⇒ **Cheerleading** – Caroline Caswell, Director – On a motion made and seconded, the Principals' Committee on Athletics unanimously approved to allow Competition Cheerleading Individual State Championship.
- ⇒ **Boys' Indoor Track**, Charley Sweeney, Director – the RIIIL received a request from LaSalle Academy to compete in the Bob McIntyre relays in Boston, MA. On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approved their request.
- ⇒ **Girls' Indoor Track**, Jane Headley & Bob Bayha, Co-Directors – no report given.
- ⇒ **Gymnastics**, Melissa Gendreau, Director – the RIIIL received a letter from Woonsocket High School notifying the League they are dropping Gymnastics for the 2007-2008 school year.
- ⇒ **Swimming**, Cindy Bowden, Director – no report given.
- ⇒ **Wrestling** – Fred Silva, Director – no report given.

SPRING SPORTS – SCHEDULES ARE DUE JANUARY 16, 2008

- ⇒ **Baseball**, Dan Kelley and Keith Kenyon, Co-Directors – On a motion made and seconded, the Principals' Committee on Athletics voted to approve the following Pitch Count Rule for the 2007-2008 baseball season as presented by the RIIIL Baseball Sport Committee:
"A pitcher may not pitch more than ten (10) innings in any three consecutive calendar days. To determine the eligible number of innings that a pitcher may pitch on game day, total the number of innings pitched during the two previous calendar days and subtract from ten (10). Ten innings are equal to thirty outs. Recommendation: No pitcher during one outing, exceed 120 pitches, exclusive of warm-up pitches."
⇒ A voluntary pitch count form will be presented to the coaches this spring. All coaches on the Baseball Committee have agreed to track pitch counts of pitchers. The Baseball Committee is investigating how to use the website to track pitch counts. An analysis of the pitch counts from this year will be used to modify the Pitch Count Rule if needed.
- ⇒ The RIIIL received a letter from East Providence High School notifying the League they are dropping Freshman Baseball for the 2007-2008 school year.

.....continued

- ⇒ **Boys' and Girls' Lacrosse**, George Finn and George Nasuti, Co-Directors – the RIIL received a request from East Providence High School to enter in Boys' and Girls' Lacrosse for the 2007-2008 season. On a motion made and seconded, the Principals' Committee on Athletics unanimously approved their request.
- ⇒ The Boys' Lacrosse Committee reviewed a request from Wheeler School to move down to Division II. The Boys' Lacrosse Sport Committee recommended the request be approved. On a motion made and seconded, the Principals' Committee on Athletics upheld the Boys' Lacrosse Sport Committees recommendation to move Wheeler School to Division II.
- ⇒ The Boys' Lacrosse Committee presented a Boys' Lacrosse re-alignment to accommodate more schools entering Lacrosse. On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the Boys' Lacrosse re-alignment for 2007-2008.
- ⇒ **Boys' Tennis** – Kevin McNamara, Director – the RIIL received a request from Wheeler School requesting a waiver of the first practice date for the Boys' Tennis team. On a motion made and seconded, the Principals' Committee on Athletics denied the request.
- ⇒ **Boys & Girls' Outdoor Track** – Bob Littlefield, Jamey Vetelino, Co-Directors – the RIIL received a request from Narragansett High School to move from “individuals only” in Boys' and Girls' Outdoor Track to a team for the 2007-2008 season. On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve their request.
- ⇒ **Golf** – Mike Lunney, Director – the Girls' State Golf Tournament will be held on Monday, June 2, 2008 at Point Judith Country Club.
- ⇒ **Fastpitch Softball** – Betty Marquis, Director – no report given.
- ⇒ **Boys' Volleyball** – Don Kavanagh, Director – no report given.

RIIL CHALLENGE CUP

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the RIIL High School Challenge Cup. Further information will be disseminated in the spring.

RIIL OFFICIATING COMMITTEE

The RIIL Officiating Committee will hold ongoing meetings.

RIIL WELLNESS PROGRAM FOR STUDENT-ATHLETES

The RIIL Wellness Program for Student-Athletes Committee is planning for a spring conference. More details to follow shortly.

RIIL FOUNDATION

Grant deadline is January 31st.

REQUEST FOR EXECUTIVE SESSION

- 3:45pm **Sam LeMay** – *Saint Raphael Academy*
 Waiver of Article 6, Section 6.A2, (Penalties) and Article 22, Section 1 E.5 (Hockey).
 Motion to grant waiver: 1-7 (**denied**)

RI BILL: H7079 ACT RELATING TO HEALTH AND SAFETY FOR STUDENTS

The Committee reviewed and discussed a RI Bill: H7079 Relating to Health and Safety for Students introduced as an Act. According to this Act, students who violate school policy by possessing or using alcohol or drugs – on or off school property – would be suspended from school sports teams, clubs, dances, proms, and other activities for one year.

Mr. Mezzanotte presented a draft of a proposed rule dealing with Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco (Article 32). The Committee discussed the proposed draft and will comment at the March meeting.

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

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

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Email: info@riil.org
Website: www.riil.org

Mission Statement

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

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.