



# May 2003



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# Rhode Island Interscholastic League

Richard B. Lynch

*Executive Director*

Richard R. Magarian

*Assistant Executive Director*

Maryann Brown

*Administrative Assistant*

Janet C. Halz

*Treasurer*

Ruth Nicastro

*Secretary*

## ***Rhode Island Interscholastic League***

***Bldg. #6 R. I. College Campus ♦ 600 Mt. Pleasant Avenue ♦ Providence, RI 02908-1991***

***Tel: (401) 272-9844 ♦ Fax: (401) 272-9838***

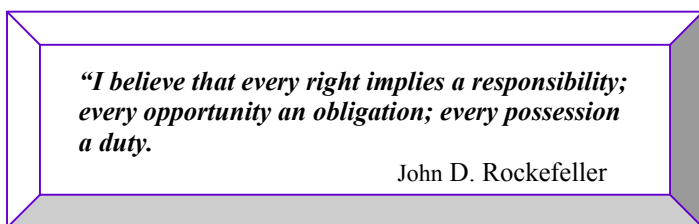
***web site: [www.riil.org](http://www.riil.org) ♦ email: [info@riil.org](mailto:info@riil.org)***

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

**MARK THE DATE ...**

The Annual Principals/Athletic Directors meeting will be held on **Wednesday, September 24, 2003 at 8:00 am**. The Principals' Committee on Athletics has declared this a mandatory meeting for the Principals or his/her designee and for all Athletic Directors. Please note that Assistant Principals and Administrators are also invited to attend this conference, as well as secretaries/clerks. The meeting will be held at the Radisson on Post Road, Warwick. Robert Kanaby, Executive Director of the National Federation of State High School Associations will be the guest speaker. Please mark this date on your calendar. More information and a registration form will follow in August.

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**HEAT STRESS AND ATHLETIC PARTICIPATION**

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

- **HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.
- **HEAT SYNCOPE** – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.
- **HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- **HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- **HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually

unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

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

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if s/he is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final states of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**.
5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (*ACSM's Guidelines for the Team Physician, 1991*)



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

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.
7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice AND WEIGHT CHARTS CHECKED. Generally a 3-percent weight loss through sweating is safe and over a 3-percent weight loss is in the danger zone. Over a 3-percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **DO NOT ALLOW ATHLETES TO PRACTICE UNTIL THEY HAVE ADEQUATELY REPLACED THEIR WEIGHT.**
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and pre-arranged procedures for obtaining medical care, including ambulance service.
12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic. It keeps him/her exercising longer when they should stop. **DO NOT USE EPHEDRA OR EPHEDRA PRODUCTS.**

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

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

Summary: The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever s/he needs it. **NEVER RESTRICT THE AMOUNT OF WATER AN ATHLETE DRINKS, AND BE SURE THE ATHLETES ARE DRINKING THE WATER.** The small amount of salt lost in sweat is adequately replaced by salting foods at meals. Talk to your medical personnel concerning emergency treatment plans.

For more information, visit the NFHS's website at [www.nfhs.org](http://www.nfhs.org) and click onto Sports Medicine.

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**A**ccountability: An attitude of continually asking “what else can I do to rise above my circumstances and achieve the results I desire?” ... It requires a level of ownership that includes making, keeping, and proactively answering for personal commitments. It is a perspective that embraces both current and future efforts rather than reactive and historical explanations.

*from The Oz Principle -  
Getting Results Through Individual  
and Organizational Accountability  
published by Prentice Hall Press*

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**IOWA CROSS COUNTRY CHAMPIONSHIP  
PROVES THAT REAL WINNERS DON'T ALWAYS MEDAL**  
*By Bud Legg*

**H**ow many young men would ditch an opportunity to medal in the state cross country meet for the third consecutive year?

Mount Vernon-Lisbon's (Iowa) outstanding senior distance ace Chris Legore was faced with that question on November 2, 2002 at the Iowa High School Athletic Association's State Cross Country Championships, and how he answered affirms our belief in youth and the values that one derives from athletic competition.

Legore is a talented runner. As a freshman he was 23<sup>rd</sup>, then seventh as a sophomore and, in 2001, he was runner-up in class 2A. By any assessment of this year's 2A championship field that assembled at Lakeside Golf Course in Fort Dodge, Iowa, he was projected in the top 10.

But his name is not among those in the meet's final results. However, in the unprinted “final results,” he is a champion.

With less than 200 yards left in the race, when it is to be won or lost, he was faced with a huge decision. Teammate Conrad

Lichty, a sophomore, was running second and Legore was in eighth and moving up. A possible state team title was within reach if they could hit the finish line in something close to that order.

Then Lichty began to falter. One hundred yards from the finish line, Lichty collapsed as Legore watched from behind.

“I sas that Conrad was faltering,” Legore told *Cedar Rapids Gazette* sportswriter Jeff Linder. “His balance was gone. When I got to him, he went down.”

Legore, an easy sprint from the finish line, could have carted off his third straight top-10 finish, but he chose to stay with Lichty and help him to his feet. They continued a few yards before Lichty went down again. And again Legore picked him up. They finished together, arms locked, in 15<sup>th</sup>- and 16<sup>th</sup>-places.

According to the rules, physically aiding a runner is illegal, and Legore and Lichty both were disqualified. Their points, which would have lifted the team from seventh in the final results to first, were erased.

“I did not know you couldn’t assist a teammate,” Legore said, “but it wouldn’t have changed what I did.

“My mom told me that’s the proudest she has ever been of me. It’s hard to be disappointed with yourself after you hear that.”

Lichty received immediate medical attention and recovered at Lakeside.

“I couldn’t even talk for a few minutes,” he told Linder. “The first think I said was to tell Chris thanks. There was no way I was going to get to the finish line without him.”

A state championship is nice, no denying that. But it is largely a memory for those who win it. Being a state champion human being is enduring and pervasive. It provides an important lesson that will stay in the memory of the thousands of spectators and athletes who witnessed Legore’s values at work.

*Bud Legg is an information specialist for the Iowa High School Athletic Association. This article was published in the February 2003 NFHS News and is reprinted with permission.*

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“I’ve learned that everyone can afford to be generous with praise. It is not something available only to the well-to-do.”

- Age 76

From *Life’s Instructions for Wisdom, Success, and Happiness*

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## ADMINISTRATORS REMINDED OF INTERSTATE/NON-LEAGUE SANCTION PROCEDURE

**M**ember schools should be aware of the following:

### ➤ **EVENTS THAT REQUIRE NFHS SANCTIONING:**

- Any interstate event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the high school community (e.g., a university, bank).
- Non-bordering events if **five (5) or more states** are involved.
- Non-bordering events if **eight (8) or more schools** are involved.
- Any event involving two (2) or more schools that involves a team from a foreign country. The host school should complete the international sanction application on Page 3 of the sanction application. (The exceptions to this rule are Canada and Mexico, which are considered “bordering states.”).

➤ **REQUEST FOR SANCTION:** Only a member school of an NFHS member state association, or a school approved by such an association, is eligible to request sanctioning through the NFHS Interstate Sanctioning Program. ***Any event seeking NFHS sanction must be sponsored by a member high school, approved high school or state association.***

### ➤ **FEE SCHEDULE:**

- The early registration fee (completed application received by the NFHS more **than 60 days in advance** of the event) shall be **\$75.00**
- The registration fee for a timely but not early sanction application (received by the NFHS **15-59 days prior to the event**) shall be **\$100**.
- The fee for late registration (received by the NFHS **less than 15 days prior to the event**) shall be **\$200**.

### ➤ **DUTIES OF THE HOST SCHOOL/EVENT SPONSOR:**

- Request NFHS Application for Sanction of Interstate Athletic Events. This form is available from the RIIL Office or online on the NFHS’ website: **[www.nfhs.org/sanctioning.htm](http://www.nfhs.org/sanctioning.htm)**.
- Complete Section 1 of the application.
- Have the application **signed by the principal of the host school**.
- Forward the application w/the appropriate fee (see fee schedule above), payable to “NFHS” to the Rhode Island Interscholastic League
- Within 90 days of the conclusion of the event, complete the financial report form to the NFHS.

➤ **NON-MEMBER SCHOOLS:** In accordance with the Rules and Regulations of the Rhode Island Interscholastic League, an invited/participating school that is not a member of the RIIL must complete an Agreement to Compete Form. **This completed form must be received in the RIIL office prior to sanctioning.** Therefore, additional time should be allowed for this process in order to avoid late fees.

➤ **NAME AND ADDRESSES OF INVITED/PARTICIPATING SCHOOLS:** All sanction requests submitted to the RIIL office must be accompanied by the names/addresses of all invited/participating schools. In the case of cross country and track and field events, the host school will complete the sanction application and forward it to the RIIL office so that it will arrive at the NFHS office 60 days or more prior to the event. The list of schools will be due to the NFHS office ten days prior to the event. If the list is not received ten days prior to the event, the application for sanction will be disapproved, and the meet director will be notified that they are running a non-sanctioned event.

➤ **NFHS WEB SITE:** Information regarding the status of an event that has requested NFHS Sanctioning will be posted at: [www.nfhs.org/sanctioning.htm](http://www.nfhs.org/sanctioning.htm). If you have any questions regarding the status of your event, please contact the RIIL Office.

➤ **RIIL SANCTION APPROVAL ONLY - TOURNAMENTS**  
 If an event is being hosted by an RIIL member school, but does not require NFHS sanctioning, a sanction form must still be completed and submitted to the RIIL office. Contests in this category would include tournaments that involve less than 8 schools, including out-of-state schools – or – events that involve less than 5 states. For example: a tournament involving 5 RIIL schools, 1 school from Massachusetts and 1 school from Connecticut; or – a tournament involving schools from Rhode Island, Massachusetts, New Jersey, and Maine, total number of schools not to exceed 8. In these cases, complete and submit a [NFHS] sanction form to the RIIL for approval. The RIIL will then send the sanction request to the necessary state associations for their approval.

**RIIL SANCTION APPROVAL ONLY – ONE-TIME NON-LEAGUE CONTESTS**

➤ **APPROVAL OF NON-LEAGUE CONTESTS:** The procedure for requesting permission to compete in a [one-time] non-league contest, in- or out-of-state, is as follows:

A letter must be submitted to the R. I. Interscholastic League office at least thirty (30) days prior to the event listing the day, date, time, and location of the event. In addition, participating schools must be listed.

If a competitor is not a member school of the R. I. Interscholastic League or of its respective state association, an Agreement to Compete form must be completed and signed by the administration of that school. **A completed Agreement to Compete form must be received in the League office prior to permission being granted.**

Approval for such non-league competitions is conditional on the following:

- that participating (RI) schools do not exceed the allowed number of contests in that particular sport; and,

- that all officials are assigned by the Rhode Island Interscholastic League (if the contest is to be played in Rhode Island).

Following a review of the request(s), written notification of approval will be sent to the Principal of the (RI) member school.

If you have any questions, please do not hesitate to call the League office e, 272-9844.

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**RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS**

*From the National Federation of State High School Associations*

**TYPES OF SPORTS DRINKS**

💧 **FLUID REPLACERS**

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

💧 **CARBOHYDRATE LOADERS**

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

💧 **NUTRITION SUPPLEMENTS**

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



**WHAT NOT TO DRINK**

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

## HYDRATION TIPS AND FLUID GUIDELINES

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



## WHAT TO DRINK DURING EXERCISE

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

- Cool beverages at temperatures between 50-59 degrees Fahrenheit are recommended for best results with fluid replacement.



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

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

- ◆ A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- ◆ A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

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

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*"If you don't like something, change it.  
If you can't change it, change your attitude.  
Don't complain."*

Maya Angelou

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#### A COACH TO LEARN FROM

*Reprinted from the Spring 2003 Bulletin  
Minnesota State High School League*

**A**fter you read this "author unknown" story, you'll know why the message is both timely and universal.

#### A Coach to Learn From ... (author unknown)

On Tuesday, the best man I know will do what he always does on the 21st of the month. He'll sit down and pen a love letter to his best girl. He'll say how much he misses her and loves her and can't wait to see her again. Then, he'll fold it once, slide it in a little envelope and walk into his bedroom. He'll go to the stack of love letters sitting there on her pillow, untie the yellow ribbon, place the new one on top and tie the ribbon again.

The stack will be 180 letters high then, because Tuesday is 15 years to the day since Nellie, his beloved wife of 53 years, died. In her memory, he sleeps only on his half of the bed, only on his pillow, only on top of the sheets, never between, with just the old bedspread they shared to keep him warm.

There's never been a finer man in American sports than John Wooden, or a finer coach. He won 10 NCAA basketball championships at UCLA, the last in 1975. Nobody has ever come within six of him. He won 88 straight games between January 30, 1971 and January 17, 1974. Nobody has come within 42 since.

So, sometimes when the Madness of March gets to be too much – too many players trying to make SportsCenter, too few players trying to make assists, too few coaches willing to be

mentors, too few freshmen who will stay in school long enough to become men – I like to see Coach Wooden.

I visit him in his little condo in Encino, 20 minutes northwest of L.A., and hear him say things like "Gracious sakes alive!" and tell stories about teaching "Lewis" the hook shot. Lewis Alcindor, that is. Kareem Abdul-Jabbar.

There has never been another coach like Wooden, quiet as an April snow and square as a game of checkers; one school, one way; walking around campus in his sensible shoes and Jimmy Steward morals. He'd spend a half-hour the first day of practice teaching his men how to put on a sock. "Wrinkles can lead to blisters," he'd warn. These huge players would sneak looks at one another and roll their eyes. Eventually, they'd do it right. "Good," he'd say. "And now for the other foot."

Of the 180 players who played for him, Wooden knows the whereabouts of 172. Of course, it's not hard when most of them call, checking on his health, secretly hoping to hear some of his simple life lessons so that they can write them on the lunch bags of their kids, who will roll their eyes.

"Discipline yourself, and others won't need to," Coach would say. "Never lie, never cheat, never steal," Coach would say. "Earn the right to be proud and confident."

If you played for him, you played by his rules:

- ◆ Never score without acknowledging a teammate
- ◆ One word of profanity, and you're done for the day.
- ◆ Treat your opponent with respect.

He believed in hopelessly out-of-date stuff that never did anything but win championships. No dribbling behind the back or through the legs. "There's no need," he'd say.

Wooden had a rule against facial and long hair for players. It had nothing to do with fashion. He simply didn't want hair or sweat getting in a player's eyes and obstructing his vision on the court. "And besides," he said, "It takes too long to dry, and you could catch cold leaving the gym." That one drove his players bonkers.

The opening practice of Bill Walton's senior year (1973), the All-American center showed up wearing long hair. Coach Wooden said, "Bill, have you forgotten something?" Walton replied, "Coach, I think I should be allowed to wear it. It's my right." Coach Wooden asked Walton, "Do you believe in that strongly?" Walton replied, "Yes I do, Coach." Coach Wooden replied again, "Bill, I have great respect for individuals who stand up for those things in which they believe. And the team is going to miss you."

Years later, Bill Walton said, "Coach Wooden didn't say it with any anger or meanness. He just set the rules and stuck with them. We all knew that he was completely serious. And there was never anything more important than being part of the team. So I ran off the court, got on my bike, raced down to Westwood, stopped at a barber shop, jumped in the chair, and had my hair cut."

It's always too soon when you have to leave the condo and go back into the real world where the rules are so much grayer and the teams so much worse. As Wooden shows you to the door, you take one last look around. The framed report cards of the great-grandkids. The boxes of jelly beans peeking out from under the favorite wooden chair. The dozens of pictures of Nellie.

He's almost 90 now, you think. A little more hunched over than last time. Steps a little smaller. You hope it's not the last time you see him. He smiles. "I'm not afraid to die," he says. "Death is my only chance to be with her again."

Problem is, we still need him here.

The 2003 winter tournament season has been completed. During the tournaments, we've been able to witness some fantastic athletic performances and wonderful displays of sportsmanship. We've also seen competent coaches and skilled athletes make fast-break or break-away decisions, and we've witnessed fathers and sons ... coaches and players ... filled with emotion as they hugged one another at the end of their season, their career, or their quest for a state championship.

But we also saw the ugly side of sports. We heard taunting from fans and players. We saw coaches mimic the negativity we sometimes see in the collegiate and professional ranks; and we saw players become more focused on physical confrontation than using their athletic skills to benefit their team.

All too often, however, our society tends to focus on the negative rather than the positive. Lest I stray along that path, too, let me congratulate the fans, the coaches, the school administrators and the athletes who:

- ♦ Followed the rules of the game;
- ♦ Instilled the values of sportsmanship on their team, their school, and their community;
- ♦ Displayed the positive aspects of playing a team game and sincerely congratulating an opponent on an outstanding performance;
- ♦ Positively supported their teams ... no matter what the outcome of the contest.

I saw communities of people come together to support dreams. I heard enthusiastic chants and words of encouragement. I read newspaper articles that recounted the pride people had in "their team." I saw acts of sportsmanship at every tournament venue by coaches and players and between teams and individuals. I heard pride in the voices of community members as they talked about the season, the game, or the career of the kids they know.

Coach Wooden, I believe you'll live forever in the hearts and minds of those who really know the purpose of sport ... especially in the minds and hearts of those of us at the high school level who can still have a positive influence on the lives of kids who are involved in our programs. Our job may, at times, seem to be insurmountable. But we're getting there. We always need to be reminded to focus on educational

athletics. As the unknown author said, "We still need (you) here."

Not one of us may ever coach a team that wins 10 championships or 88 consecutive games, but we can impact thousands of lives, one at a time. We can, and we must, continually focus on the responsibilities we accepted when we chose to be in a leadership position.

Thank you for the message you live. Thank you for keeping us anchored.



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## SUMMARY OF MEETING

The following is from April 21, 2003 meeting of the Principals' Committee on Athletics.

*The April meeting of the Principals' Committee on Athletics was called to order at 1:40 pm.*

### EXECUTIVE DIRECTOR'S REPORT

The Executive Director's Report from the March 17, 2003 meeting was approved.

### TREASURER'S REPORT

The Treasurer's Report was approved.

### COMMUNICATIONS

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

### ANNOUNCEMENTS

It was announced that Denise Boulé, Principal of Exeter/West Greenwich High School, and member of the Principals' Committee on Athletics, will be presented with the Principal of the Year Award by the Rhode Island Association of School Principals at its Annual Meeting on Thursday, May 1, 2003.

It was also announced that James A. Murano, Jr., Principal of Westerly High School, and Co-Chairperson of the Principals' Committee on Athletics, will be presented with the Administrator of the Year Award by the Rhode Island Interscholastic Athletic Administrators' Association at its Annual Meeting on Wednesday, May 7, 2003.

### WELCOME NEW COMMITTEE MEMBER

Marie Johnson, Assistant Principal, Pilgrim High School, who was appointed to the Principals' Committee on Athletics at the

March 17<sup>th</sup> meeting, was welcomed. Ms. Johnson will serve as the Co-Director of Girls' Soccer.

## FOOTBALL

### Mr. James Murano

Mr. Robert Murray, Athletic Director and Head Football Coach at Tiverton High School, President of the Rhode Island Football Coaches' Association, and a member of the RIIL Football Committee, presented a proposed [football] alignment for next year. The proposed alignment would be for one year only and be reviewed at the end of the season in preparation for next year's four (4) year alignment. It was emphasized that the adjustment is to Divisions I and II only. It attempts to alleviate the present inequities in Divisions I and II and creates leagues that would allow for similar yet challenging competition. In addition, the proposed alignment would preserve the traditional Thanksgiving Day games.

On a motion made and seconded, the Principals' Committee on Athletics voted 10-1 to send a survey to all participating football schools outlining the proposed alignment for one year only.

Mr. Murano, addressed several issues as requested by the RIIL Football Committee as follows:

- ✓ That one (1) certified football officials be assigned to each Junior Varsity game. It was noted that the Junior Varsity program is not under the jurisdiction of the Rhode Island Interscholastic League, but that an ejection from a J.V. game may have an impact on varsity games - tabled for further review and discussion.
- ✓ That student-athletes who participate in other Fall sports be allowed to participate in football as place kickers - referred to the Sports Medicine Advisory Committee for its May meeting.
- ✓ That a policy be developed regarding student-athletes who are ejected from a contest prior to the Thanksgiving Day game - tabled for further review and discussion.
- ✓ That student-athletes ejected from a Junior Varsity contest be ineligible for all competition until and including the next Junior Varsity contest - tabled for further review and discussion
- ✓ That officials report all Junior Varsity contest ejections to the Rhode Island Interscholastic League office as well as notifying the coach. It was noted that the coach should also notify the RIIL. The procedure will be reviewed at the pre-season Coaches Interpretation Meeting in June.

## SPRING SPORTS ISSUES

### Baseball

- ♦ The Rhode Island Baseball Coaches' Association has requested permission to conduct its Annual All-Star Game on Saturday, May 3<sup>rd</sup> (Class A) and Saturday, May 10<sup>th</sup> (Class B).

On a motion made and seconded, the Principals' Committee on Athletics approved the request

- ♦ The Rhode Island Baseball Coaches' Association submitted a proposed tie-breaking system to be used to seed teams for the Class A playoffs beginning with the 2003 season. The proposed change is as follows: To add

as the second tiebreaker, immediately following head-to-head competition, record vs. teams within the same division (i.e., Class A-North, Class A-South). This would allow ties to be broken using the record of teams against all common opponents only, taking the two crossover games a team plays against a team from the other Class A division out of the mix.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the proposal.

### Softball

- ♦ The RIIL received a request from the Rhode Island Fastpitch Softball Coaches' Association to conduct an All-Star game during the regular season.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the request.

- ♦ The RIIL received a request from Times2 Academy to withdraw from the RIIL slowpitch softball league. It was noted that a bye would be created in the schedule where Times2 had been scheduled. It was further noted that in accordance with the Rules and Regulations of the Rhode Island Interscholastic League, a school that withdraws from a sport is ineligible for participation in that sport for two (2) years. At the end of the two-year period, the administration of the school must appear before the Principals' Committee on Athletics for re-admission to the [sport] league.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the request.

### Girls Volleyball

- ♦ The Rhode Island Volleyball Coaches' Association and the RIIL Volleyball Committee submitted a proposal to add additional criteria to resolve a tie for places 1 through 4. If a tie still exists between two teams after reviewing the head-to-head record, the following criteria would be used: The total number of games won in head-to-head matches. Example: at home, Team A only won 2 games against Team B, who won the match by winning 3 games. When Team A played away, they won the match in 3 games. Team A becomes the higher seed. If, however, both teams had won the same total number of games, a coin toss would be used to determine the higher seed. These criteria would also be used where applicable, for two-, three-, and four-way ties.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the proposal.

## FALL SPORTS ISSUES

### ♦ Schedules

Mr. Lynch reminded the Sport Directors of all Fall Sports that all Fall sport schedules are due in the League office.

♦ **Interpretation Meetings**

Mr. Magarian distributed a list of dates for the Fall Sports Coaches' Interpretation Meetings.

♦ **Girls' Tennis**

Mrs. Boulé, Director of Girls' Tennis, reported that she received a request from Cranston High School West to move from Class B to Class C. However, she stated that the schedule had already been completed and the request was submitted too late for consideration.

seeking a waiver from the fee, stating that they were not aware of the policy.

On a motion made and seconded, the Principals' Committee on Athletics voted 10-1 to grant the waiver.

- ♦ Mr. Lynch reported that receipts for the 2002-2003 hockey playoffs held at Providence College were very good, due in large part to the Mt. St. Charles-LaSalle series going to a third game.

**WINTER SPORTS ISSUES**

**Hockey**

- ♦ Mr. Daniel Sheehan, Director of Hockey, submitted the following 2002-2003 Hockey Championships for the Committee's review and consideration:

**League Champions**

Championship Division	Mount Saint Charles Academy
Metropolitan B North	Cumberland High School
Metropolitan B South	Barrington High School
Metropolitan C ( <i>tie</i> )	North Smithfield High School Tolman High School

**State Champions**

Championship Division	Mount Saint Charles Academy
Finalist	LaSalle Academy
Metropolitan B	Coventry High School
Finalist	East Greenwich High School
Metropolitan C	Tolman High School
Finalist	Mount Hope High School

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002-2003 Hockey Championships.

- ♦ In other business, Mr. Sheehan reported that St. Raphael Academy has requested to move from the Championship Division to Met B. The request was referred to the Hockey Committee.
- ♦ Mr. Lynch reported that Rogers High School will be joining the RIIL hockey league beginning with the 2003-2004 school year.
- ♦ Mr. Lynch reported that, in a hockey playoff game at Portsmouth Abbey Rink in which Middletown High School was the home team, no one was assigned to work at the gate, resulting in 100+ people being admitted without paying the admission fee. It was noted that cards played at Portsmouth Abbey Rink are handled differently, in that the schools who declare that rink as their home rink [Barrington, Middletown, Mt. Hope, and Portsmouth] take turns hosing the games. As such, it is the host school's responsibility to provide auditors for the gate.

Mr. Lynch stated that Middletown High School was billed for the ice time for the game in question in an effort to compensate for the revenue lost as a result of the free admission(s). Subsequently, Middletown High School is

**Girls Basketball**

- ♦ The RIIL received the following requests: East Providence High School has requested to move down from Division I to Division II; and, Cranston High School East has requested to move up from Division II to Division I. Both requests were referred to Cindy Neal, Director of Girls' Basketball.

**Boys Basketball**

- ♦ Mr. Gerald Foley, Director of Boys' Basketball, reported that Our Lady of Fatima High School has declared their intent to join the RIIL boys' basketball league in Division II. In addition, The Prout School will be joining the RIIL boys' basketball league; however, they have not yet submitted their Declaration of Intent.

**RHODE ISLAND TRUANCY AND JUVENILE DRUG COURT PROGRAMS**

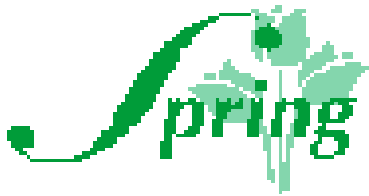
The Honorable Jeremiah S. Jeremiah, Jr., Chief Judge of Rhode Island Family Court appeared before the Principals' Committee on Athletics to make a presentation regarding the Truancy and Drug Court. Also attending this meeting were Buddy Croft, Chief of Staff, Rhode Island Family Court; and Ron Pagliarini, Truancy Court Administrator.

A video presentation was shown that explained the purpose of the Truancy Court and highlighted several of the success stories as a result of the Court. Judge Jeremiah emphasized that the Truancy Court is not a punishment court, but a means of trying to help those students who have been targeted as needing assistance. He also noted that of the students who were processed through the Truancy Court system last year, an 81% increase in attendance was realized.

***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 April meeting of the Principals' Committee on Athletics was adjourned at 4:25 pm***

\* \* \* \* \*



→ FOR YOUR PLANNING →

FALL SPORT INTERPRETATION MEETINGS

**FOOTBALL**  
**VARSITY & FRESHMAN**

Monday, June 2, 2003  
6:30 pm  
RIIL Office

**BOYS & GIRLS CROSS COUNTRY**

Wednesday, June 4, 2003  
7:00 pm  
RIIL Office

**GIRLS TENNIS**

Monday, June 9, 2003  
6:00 pm  
RIIL Office

**BOYS SOCCER**

Wednesday, June 11, 2003  
6:30 pm  
RIIL Office

**BOYS VOLLEYBALL**

Monday, June 16, 2003  
6:00 pm  
RIIL Office

**GIRLS SOCCER**

Tuesday, June 17, 2003  
6:00 pm  
RIIL Office

**FIELD HOCKEY**

Tuesday, June 17, 2003  
6:00 pm  
RIIL Office

*THE RIIL IS PROUD TO RECOGNIZE  
its Corporate Sponsors*

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The Pawtucket Red Sox

Penn Monto

Rawlings Sporting Goods

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United States Air Force

United States Marine Corps

## 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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