

FROM THE DESK OF ...
THE EXECUTIVE DIRECTOR

HAZING IN SPORTS ...

Hazing in sport has been going on at all levels for many years. Hazing is often looked upon as a tradition; however, hazing is not about harmless traditions or silly antics – “hazing is about abuse of power and violation of human dignity.”

The following information about high school hazing is taken from www.stophazing.org, a website linked to ESPN.com. Also outlined below are the Rhode Island laws pertaining to hazing.

School administrators, athletic directors, and coaches should take a hard look at what might be going on in their schools. Each school should establish anti-hazing education accompanied by rules and regulations to address the issue.

[www.stophazing.org]

Frequent misconceptions about hazing include the idea that hazing is nothing more than harmless pranks and that it is a practice largely isolated to college fraternities. The reality is that hazing activities occur in many different arenas. Hazing takes place in both men’s and women’s organizations and we believe it is common among student groups in middle/high schools – particularly athletic teams. To date, there has been no large scale research focused solely on hazing at the high school level. However, Hank Nuwer’s new book, *High School Hazing*, marks the beginning of a much-needed focus toward this issue.

Hazing at any age can be exceedingly harmful. Hazing at the high school level is particularly troubling because the developmental stages of adolescence create a situation in which many students are more vulnerable to peer pressure due to the tremendous need for belonging, making friends and finding approval in one’s peer group. Further, the danger of hazing at the high school level is heightened by the lack of awareness and policy development/enforcement around this issue. While many colleges and universities in the U.S. have instituted anti-hazing policies and educational awareness programs related to hazing, very few secondary schools have done the same.

A major part of the problem is the lack of understanding among the general population about hazing. Hazing practices in high schools are often overlooked and dismissed as mere “traditions” because students, parents, teachers, coaches, and administrators do not understand the definition of hazing and how it operates in society. Many who are aware of hazing activities do not concern themselves with confronting the behavior because of the popular myths and misconceptions that are attached to the term. Hazing is not about harmless traditions or silly antics – hazing is about abuse of power and violation of human dignity. Hazing is a form of abuse and victimization. This is why it is crucial to promote anti-hazing education and support for victims at the middle and high school levels.

[Rhode Island Hazing Law]

§ 11-21-1. Penalty for Hazing

- (a) Any organizer of, or participant in, an activity constituting **hazing** as defined in subsection (b), shall be guilty of a misdemeanor and, upon conviction, shall be fined not more than five hundred dollars (\$500) or punished by imprisonment for not less than thirty (30) days nor more than one year, or both.
- (b) The term “**hazing**” as used in this chapter, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include, but not be limited to, whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of the student or any other person, or which subjects the student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

§ 11-21-2. Penalty for School Official Permitting Hazing

Every person, being a teacher, superintendent, commandant, or other person in charge of any public, private, parochial, or military school, college or other educational institution, who shall knowingly permit any activity constituting hazing, as defined in § 11-21-1, shall be guilty of a misdemeanor and shall be fined not less than ten dollars (\$10.00) nor more than one hundred dollars (\$100).

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RE M I N D E R ...

August 2000 ... *All* eligibility lists must be submitted to the League office electronically. **NO HARD COPIES WILL BE ACCEPTED AFTER THIS DATE.**

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ATTENTION ALL THESPIANS!

Casting Call for Camp Broadway ...

What: Camp Broadway is coming to Rhode Island this summer for one full week of acting, scene study, improvisation, music theory, solo and ensemble singing, movement and dance. Campers will attend master classes with guest artists from Broadway, enjoy lunch with local performers, and tour the backstage of the Providence Performing Arts Center (PPAC). The week culminates in a final performance for family and friends on the PPAC stage.

Who: Young people ages 10-17 who are interested in learning about the world of Broadway musicals on stage and behind the scenes.

Where: Downcity Providence with headquarters at PPAC

When: August 14-18, 2000

For details and an application form, call Sue Taylor, Director of Special Projects, (401)421-2997, x3015

THOUGHT FOR THE DAY ...

Citizenship is the chance to make a difference to the place where you belong.

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WAIVER HEARING COMMITTEE DATES FOR 2000-2001

The following meeting dates for the Waiver Hearing Committee were approved by the Principals' Committee on Athletics at its April 24, 2000 meeting:

Fall

Tuesday, Aug. 8, 2000
Monday, Aug. 14, 2000
Monday, Sept. 11, 2000
October (as needed)

Winter

Monday, Nov. 6, 2000
Monday, Nov. 13, 2000
December (as needed)
January (as needed)

Spring

Monday, February 5, 2001
Monday, February 12, 2001
Monday, March 5, 2001
Monday, March 12, 2001

April (as needed)
May (as needed)
June (as needed)

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“Sports and other forms of vigorous physical activity provide educational experience which cannot be duplicated in the classroom. They are an uncompromising laboratory in which we must think and act quickly and efficiently under pressure and then force us to meet our own inadequacies face-to-face – and to do something about them – as nothing else does. In any athletic activity we are thrown upon our own resources to succeed in the face of a strong and immediate challenge. Sports resembles life in capsule form and the participant quickly learns that his/her performance depends upon the development of strength, stamina, self-discipline and a sure and steady judgment.”

*Supreme Court Justice Byron “Whizzer” White
University of Colorado '38*

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SIGNS OF THE TIMES

This is as insightful as it is scary. A Columbine student who experienced one of the many high school massacres wrote it:

“**T**he paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge but less judgment; more experts, but more problems; more medicine, but less wellness. We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often.

We’ve learned how to make a living, but not a life; we’ve added years to life, not life to years; we’ve been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor.

We’ve conquered outer space, but not inner space; we’ve cleaned up the air, but polluted the soul; we’ve split the atom, but not our prejudice.

We have higher incomes, but lower morals; we’ve become long on quantity, but short on quality.

These are the times of tall men, and short character; steep profits, and shallow relationships. These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes. It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to make a difference ... of just hit delete.”

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**ILLICIT STEROID USE HAS DOUBLED
AMONG TEENAGE GIRLS ATHLETES SINCE 1991**

As many as 175,000 high school girls use illegal anabolic steroids to build muscle and enhance athletic performance, according to a study by Charles Yesalis, a professor of health policy at Pennsylvania State University. Anabolic steroids, which are male hormones, can produce permanent side effects, such as baldness or hair growth, and deepening of the voice. Long-term use can cause heart and liver disease.

Yesalis and his colleagues analyzed data from the National Household Survey on Drug Abuse and two other national studies. They found that self-reports of steroid use among junior high and high school girls had doubled since 1991. Use of steroids by boys the same age has remained almost unchanged. Yesalis said the increase may reflect increased athletic opportunities for women. He added, “A lean, muscular ‘hardbody’ image, popular among actresses and models, may be prompting young girls to imitate these so-called ideals.” Currently, many steroid prevention programs are aimed at boys, so girls may not be getting the message, researchers said.

Whether the image to create is a healthy ‘hardbody’ look or a wasted, emaciated ‘heroin-chic’ look, the problem gets mischaracterized as a drug problem when teenagers use these drugs to achieve objectives to which they are being socialized.

*From the NHIAA Stator
a monthly publication of the New Hampshire Interscholastic Athletic Assoc.
as reprinted from the National Drug Strategy Network*

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THOUGHT FOR THE DAY ...

Whatever your source will determine your course.

*Reprinted from Reaching the Summit
by Pat Summit
Head Women's Basketball Coach
University of Tennessee*

1. *Respect Yourself and Others*

- There is no such thing as self-respect without respect for others.
- Individual success is a myth. No one succeeds all by herself.
- People who do not respect those around them will not make good team members and probably lack self-esteem themselves.
- When you ask yourself "Do I deserve to succeed" make sure the answer is yes.

2. *Take Full Responsibility*

- There are no shortcuts to success.
- You can't assume larger responsibility without taking responsibility for the small things, too.
- Being responsible sometimes means making tough, unpopular decisions.
- Admit to and make yourself accountable for mistakes. How can you improve if you're never wrong?

3. *Develop and Demonstrate Loyalty*

- Loyalty is not unilateral. You have to give it to receive it.
- The family business model is a successful one because it fosters loyalty and trust.
- Surround yourself with people who are better than you are. Seek out quality people, acknowledge their talents, and let them do their jobs. You win with people.
- Value those colleagues who tell you the truth, not just what you want to hear.

4. *Learn to Be a Great Communicator*

- Communication eliminates mistakes.
- Listening is crucial to good communication.
- We communicate all the time, even when we don't realize it. Be aware of body language.
- Make good eye contact.
- Silence is a form of communication, too. Sometimes less is more.

5. *Discipline Yourself So No One Else Has To*

- Self-discipline helps you believe in yourself.
- Group discipline produces a unified effort toward a common goal.
- When disciplining others, be fair, be firm, be consistent.
- Discipline helps you finish a job, and finishing is what separates excellent work from average work.

6. *Make Hard Work Your Passion*

- Do the things that aren't fun first, and do them well.
- Think big, work small.
- Plan your work, and work your plan.
- See yourself as self-employed.

7. *Don't Just Work Hard, Work Smart*

- Success is about having the right person, in the right place, at the right time.
- Know your strengths, weaknesses, and needs.
- When you understand yourself and those around you, you are better able to minimize weaknesses and maximize strengths. Personality profiles help.
- Be flexible.

8. *Put the Team Before Yourself*

- Teamwork doesn't come naturally. It must be taught.
- Teamwork allows common people to obtain uncommon results.
- Not everyone is born to lead. Role players are critical to group success.
- In group success, there is individual success.

9. *Make Winning an Attitude*

- Combine practice with belief.
- Attitude is a choice. Maintain a positive outlook.
- No one ever got anywhere by being negative.
- Confidence is what happens when you've done the hard work that entitles you to succeed.

10. *Be a Competitor*

- Competition isn't social. It separates achievers from the average.
- You can't always be the most talented person in the room. But you can be the most competitive.
- Influence your opponent: By being competitive you can affect how your adversary performs.
- There is nothing wrong with having competitive instincts. They are survival instincts.

11. *Change Is a Must*

- It's what you learn after you know it all that counts the most.
- Change equals self-improvement. Push yourself to places you haven't been before.
- Take risks. You can't steal second base with your foot on first.

12. *Handle Success Like You Handle Failure*

- You can't always control what happens, but you *can* control how you handle it.
- Sometimes you learn more from losing than winning. Losing forces you to reexamine.
- It's harder to stay on top than it is to make the climb. Continue to seek new goals.

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"One of the greatest feelings in your life is being able to touch somebody's life. And then the words to a song that I remember come back to my mind so easily, and it's one that I think all of us should share with one another. The words go like this: "If I can help somebody as I travel along ... if I can just lift somebody's spirits with my words or my song ... if I can help somebody who may be traveling wrong ... then my living shall not be in vain." And I guarantee you, with what you do for a living, your life is not in vain."

*National Conference of Athletic Directors
Conference Speech
by Harry Alston*

"No matter what happens somebody will find a way to take it too seriously.

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Summary of Meeting

The following is a summary of the Principals' Committee on Athletics March 9, 2000 meeting:

EXECUTIVE DIRECTOR'S REPORT

The Executive Director's Report was approved.

TREASURER'S REPORT

The Treasurer's report was approved.

COMMUNICATIONS

Mr. Lynch referred to several letters and publications which had been placed in each member's folder or filed in the League office.

FOOTBALL

Mr. Thomas Mezzanotte
Mr. James Murano

Mr. Mezzanotte reported that a meeting of all Principals, Athletic Directors, and Head Football Coaches was held on Monday, April 10, 2000 to explain and discuss the criteria used in the proposed football alignment.

On motions made and seconded, the Principals' Committee unanimously approved the following: the proposed football alignment for 2000-2003; the 2000 Football Challenge Cup schedule; and, the 2000-01 football schedule.

The issue of the Football Officials' Evaluation was tabled to the May meeting.

FIELD HOCKEY

Ms. Jean Angell

Ms. Angell stated that the Field Hockey realignment survey results had been tabulated. Subsequently, Ms. Angell distributed copies of the proposed alignment, which will consist of two (2) divisions with ten (10) teams in each division.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the proposed Field Hockey alignment. The Committee also approved [in advance] the 2000-01 Field Hockey schedule to be distributed to participating schools upon completion of the schedule.

On a motion made and seconded, the Committee also unanimously approved the proposed rule(s) change for Field Hockey: *"If a team is ahead by five (5) or more goals, the clock will not stop after a goal is scored."*

In other business, Ms. Angell reported that there are very few neutral sites with lights that are available to host night games. She is in the process of trying to secure alternate sites for the playoffs.

Ms. Angell also reported that the Field Hockey Coaches Interpretation Meeting will be held on Monday, June 19, 2000 at the League office. This meeting will be the first in which field hockey coaches' and officials will meet at the same time.

Mr. Lynch reported on a request from North Kingstown High School for its Field Hockey Team to participate in a Field Hockey tournament at Greenhill School, Dallas, TX on September 22-23, 2000.

On a motion made and seconded, the Committee unanimously approved the request.

HOCKEY

Mr. Lynch reported on the following 1999-2000 Hockey Championships as submitted by Daniel Sheehan, Director, RIIL Hockey:

Division Championships

Championship Division	LaSalle Academy
Metropolitan B	Cumberland High School
Metropolitan C	Portsmouth High School

State Championships

State Champion	Mt. St. Charles Academy [23 rd consecutive state championships]
Finalist	LaSalle Academy
Metropolitan B	Ponaganset High School
Finalist	Cumberland High School
Metropolitan C	Prov. Country Day School
Finalist	Portsmouth High School

Mr. Lynch submitted the proposed 2000-2004 Hockey Alignment, which was unanimously approved by the Principals' Committee on Athletics.

In other business, Mr. Lynch submitted for approval the following proposed Hockey rule(s) changes [Article 19]:

SECTION I. Rules

D. The penalty schedule is as follows:

- 12-minute periods (Div B & C)**

Minor	1 ½ minutes
Major	4 minutes
Misconduct	6 minutes
- 15-minute periods (Champ Div and all Playoffs)**

Minor	2 minutes
Major	5 minutes
Misconduct	7 ½ minutes
- Game Misconduct** – A player is out of the game and the next scheduled League game. (will not count toward season disqualification)
- Game Disqualification** – A player is out of the game and the next scheduled League game (counts toward game disqualification)

H. DELETE

I. DELETE

P. DELETE

P.1 **DELETE**

SECTION 2. Schedule/Games

DELETE – ...twelve (12) minute ... 3rd sentence should read: Each regular match will consist of three (3) periods.

Section 5. PLAYOFFS

C. 2nd sentence should read: ... If a tie then exists, a 7 ½ minute sudden death overtime period will follow.

On a motion made and seconded, the Committee unanimously approved the proposed rule(s) changes.

Additionally, the Principals' Committee on Athletics requested that the following two issues be sent back to the Hockey Committee for further review:

- In the Class B Division, the Committee has asked the Hockey Committee to reconsider the 40% rule to qualify for the playoffs. This is contingent on rink availability.
- The Committee has also asked the Hockey Committee to consider single elimination for the hockey playoffs.

SOCCER

**Mrs. Kathryn Crowley
Mr. Victor Mercurio**

Mrs. Crowley submitted for approval the proposed 4-year girls' soccer realignment and the 2000-01 girls' soccer schedule. Mrs. Crowley stated that requests from North Smithfield High School and LaSalle Academy to move up were approved. However, the requests from Narragansett High School and St. Raphael Academy to move down were denied.

On a motion made and seconded, the proposed girls' soccer 4-year alignment and the 2000-01 schedule were approved.

In other business, Mrs. Crowley reported that the Girls' Soccer Coaches' Interpretation Meeting will be held on Thursday, June 15, 2000 at the League office.

In Boys' Soccer, Mr. Mercurio submitted for approval the proposed 2000-01 boys' soccer schedule, which was unanimously approved by the Committee.

In other business, Mr. Mercurio reported that the Boys' Soccer Coaches' Interpretation Meeting will be held on Wednesday, June 7, 2000 at the League office.

WRESTLING

Mr. Edmond Lemoi

Mr. Lemoi reported that the Wrestling Committee is continuing work on a 4-year alignment. He will submit the proposed wrestling alignment for approval at the May meeting of the Principals' Committee on Athletics.

SWIMMING

Mr. Richard Magarian

Mr. Magarian reported that the proposed 4-year alignment and the 2000-01 boys' and girls' swimming schedules will be submitted for approval at the May meeting of the Committee on Athletics.

BASKETBALL

**Mr. Gerald Foley
Mr. David Light
Ms. Cindy Neal**

Mr. Foley reported that a *final* survey regarding the proposed 4-year boys' basketball alignment was sent to all schools. The deadline for responses is May 3, 2000. Mr. Foley and Ms. Neal will report the findings to the Committee on Athletics at its May meeting.

It was reported by Mr. Magarian that a proposed 4-year girls' basketball alignment was also sent to all participating schools.

GOLF

Mr. John Gray

Mr. Gray reported that the Golf Realignment Committee has met twice. The present alignment of four (4) ten-team divisions does not work well in that only the top three (3) teams of each division qualify for the playoffs. The Golf Committee is presently considering a five (5) division alignment – North, South, East, West, Central – which will work out well geographically for all participating schools.

Mr. Gray will report back to the Committee on Athletics at its May meeting.

BASEBALL

Mr. Lynch reported that the Baseball Realignment Committee is continuing to meet.

In other business, Mr. Lynch addressed the issue of a new Bat Rule which is being implemented by the National Federation of State High School Associations. It is anticipated that this rule will be adopted by the Principals' Committee on Athletics at its May meeting, which will afford member schools sufficient time to budget allowances for new equipment for the 2000-2001 school year.

VOLLEYBALL

Ms. Elaine Botelho

Ms. Botelho reported that Ms. Pitocchi will submit the 2000-2001 boys' volleyball schedule to the Principals' Committee on Athletics for its approval at its May meeting.

OUTDOOR TRACK

There was no Outdoor Track report at this time.

SOFTBALL

Mrs. Elizabeth Marquis

Mrs. Marquis reported that she has received a request from the Rhode Island Softball Coaches' Association to sponsor a Senior Game in which each participant would play three (3) innings.

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

In other business, the Committee discussed the issue of an increase in schools changing from slowpitch softball to fastpitch softball. Presently, there are sixteen (16) schools that participate in slowpitch softball, two of which also participate in fastpitch softball. Dr. Gary Spemullo, Chairperson, Committee on Junior High Athletics, reported that his Committee no longer offers slowpitch softball. This may have an impact on high school slowpitch softball in that the number of feeder programs will diminish.

This matter was tabled for further review.

LACROSSE

Mr. Lynch reminded the Committee that Declarations of Intent for the 2000-01 school year have been sent to all member schools and that the RIIL will be officering boys' and girls' lacrosse beginning in the Spring 2000-01. The RIIL Rules and Regulations state that there must be six (6) or more schools interested in a sport in order for the League to offer the sport to all member schools. However, it was suggested that the League consider offering the sport even if less than six (6) schools express interest. It is the consensus of the Committee that the popularity of the sport will grow, thus generating an increase in interest in lacrosse.

There are presently five (5) member schools which have boys' lacrosse teams participating on a club basis. In their opinion, participation in lacrosse does not detract interest in other spring sports; i.e., baseball, track, etc.

The deadline for submission of Declarations of Intent is June 2nd. The issue of a RIIL-sponsored lacrosse league will be reviewed and discussed at a later meeting of the Principals' Committee on Athletics.

TENNIS

**Mr. John Lyle
Mrs. Denise Boule**

Mr. Lyle reported that his visit to the North Smithfield High School tennis courts revealed that the courts are in a serious state of disrepair and, therefore, cannot be used for high school tennis. Kevin Sheehan, Principal, North Smithfield High School, stated that the tennis courts of town operated and that the town has been made aware of the situation.

PRACTICE LIMITATIONS

Mr. Lynch addressed the issue of practice/conditioning limitations for all sports. Presently, Article 7, Section 3, [Limitation of Seasons] of the Rules and Regulations of the Rhode Island Interscholastic League outlines the number of practice/conditioning days which must be observed before scheduling outside scrimmages/contests. However, there are no penalties listed for violation(s) of this rule.

Following a discussion on this matter, the Committee agreed to address any and all violations as they occur and to impose penalties for same as outlined in Article 6 [Penalties] of the Rules and Regulations of the Rhode Island Interscholastic League.

RENAISSANCE GAMES

Mr. Magarian reported that a reception for all Renaissance participants will be hosted by Johnson & Wales-Harborside

facility on Thursday, April 27, 2000. On Saturday and Sunday, April 29-30, 2000, the semifinal rounds will be held. The Championships will be held on Sunday, May 7, 2000 at the University of Rhode Island.

SPRING CONFERENCE

Mr. Magarian reported that the Rhode Island Interscholastic League will again sponsor a Spring conference on Wednesday, May 17, 2000 at Rhode Island College. This is the third Spring conference conducted by the League. This year's conference will address "Diversity, Conflict Resolution, and Leadership/Commitment." A 'team' of six (9) people from each member school [3 boys; 3 girls; 3 adults] have been invited to attend this day-long program. Following opening remarks, the participants will break into work groups which will address each of the [title] topics.

To date, approximately thirty-five (35) member schools have registered for the conference.

RECRUITMENT OF FEMALE OFFICIALS

Mr. Magarian reported that the Rhode Island Interscholastic League, in collaboration with the state associations from all New England states, has received a \$50,000 grant to recruit female [basketball] officials. Approximately 25-30 women have applied in Rhode Island, of which there is a solid core of fifteen (15).

It is anticipated that this program will serve as a model to recruit female officials in all sports.

ATHLETIC DIRECTORS' ASSOC. Mr. Michael Murphy

Mr. Murphy, President of the R. I. Athletic Directors' Association, reported on the following:

- The Annual AD's Conference will be held on Thursday, May 11, 2000 at the Providence Holiday Inn. A portion of the agenda will consist of roundtable discussions with representatives from Section I (New England states, New York, and New Jersey) states.
- Craig Blanchard will make a presentation on iHigh.com, a national high school athletics web site, which has recently contracted with the Rhode Island Interscholastic League.
- The R. I. Athletic Directors' Association Executive Board will be writing a letter to *The Providence Journal* regarding the trash talk that is taking place on the *Journal's* website; specifically on the community bulletin board, "*Your Two Cents Worth.*"

MEETING SCHEDULE FOR 2000-2001

Mr. Lynch submitted a list of proposed 2000-2001 meeting dates for the Principals' Committee on Athletics and for the Waiver Hearing Committee, which were unanimously approved by the Committee. The Committee further discussed the possibility of eliminating meetings as deemed appropriate according to the issues which must be brought before the Committee.

The April meeting of the Principals' Committee on Athletics was adjourned at 6:00 pm.