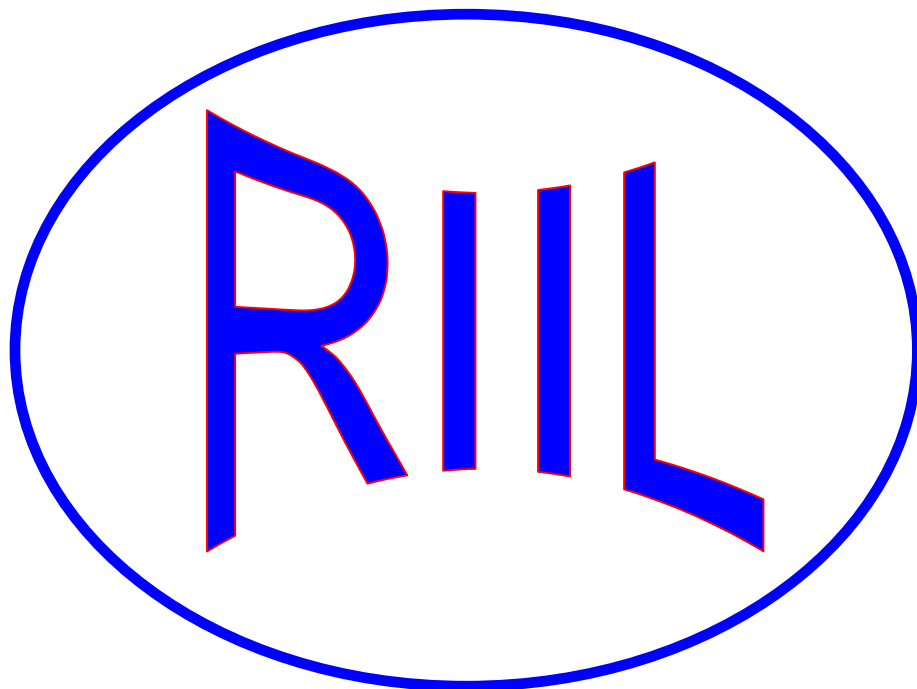




# February 2002



**Member of the  
National Federation  
of High Schools**



**A Proud Member of  
The High School Internet Network**

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

The Rhode Island Interscholastic League Principals' Committee on Athletics, at its meeting on January 28, 2002, voted to approve an Alternative Education Proposal. This interim plan will meet the athletic needs of students who attend alternative high schools in cities and towns of Rhode Island that do not have an athletic program.

This Alternative Education Plan has been sent to all Principals and Athletic Directors.

Beginning with the 2002 Spring sport season, Principals (CEO's) [see Article 1, Section 3 or the RIIL Rules and Regulations] of alternative schools may seek a waiver from the Rhode Island Interscholastic League requesting eligibility for their students to participate in interscholastic athletics at the student's feeder school in the community in which s/he resides.

Because more and more charter schools and/or alternative schools with smaller enrollments are becoming a reality, it behooves the RIIL to take a proactive approach rather than a reactive one. This is particularly important because students who attend these [alternative] schools do not have the opportunity to participate in athletics. As a result, students are forced to make a decision of which school to attend based on the availability of athletics rather than academics.

As you are aware, the RIIL is moving forward in its efforts to conduct scheduling, home confirmations, and officials' assignments on line. This Spring 2002, baseball and fastpitch softball will be the pilot programs for this new endeavor. Beginning with Fall of the 2002-03 school year, it will become mandatory for all other sports to be scheduled and confirmed on line as well as all officials assignments, where necessary.

All Athletic Directors have been invited to a follow-up session to more thoroughly review the particulars of new online program, including the procedure for cancellations/postponements. Invitees may choose from one (1) of two (2) sessions that have been scheduled: Wednesday, March 6<sup>th</sup> at Barrington High School or Thursday, March 7<sup>th</sup> at Johnston H.S. Each session will begin at 3:30 pm. A registration form has been sent to all Athletic Directors. Please complete it and return it to Maryann at the League office as soon as possible. Be sure to indicate which session you will be attending.

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*"I don't know the key to success, but the key to failure is trying to please everybody."*  
Bill Cosby

**DEVELOPING AN ANTI-HAZING POLICY  
FOR YOUR ATHLETICS PROGRAM**

**STEP #1**

Create a Working Definition of Hazing

**STEP #2**

Developing Procedures for Reporting Incidents of Hazing

**STEP #3**

Communicating The Anti-Hazing Policy to Personnel & Students

**STEP #4**

Developing Alternative Team-Building & Character-Building Activities

**STEP #5**

Monitoring Ongoing Compliance with the Anti-Hazing Policy.

<b>ISSUES</b>	<ul style="list-style-type: none"> <li>* <b>Secrecy</b></li> <li>* <b>Community emotion</b></li> <li>* <b>Athletic tradition</b></li> <li>* <b>Lack of education</b></li> <li>* <b>Lack of code</b></li> <li>* <b>Lack of Prosecution</b></li> </ul>
<b>EDUCATION</b>	<ul style="list-style-type: none"> <li>* <b>School Administrators</b></li> <li>* <b>Athletic Directors</b></li> <li>* <b>Coaches</b></li> <li>* <b>Student-Athletes</b></li> <li>* <b>Parents/guardians</b></li> <li>* <b>Community Members</b></li> <li>* <b>Law Enforcement Officers</b></li> </ul>
<b>PREVENTIVE MEASURES</b>	<ul style="list-style-type: none"> <li>* <b>District Policy Against Hazing</b> <ul style="list-style-type: none"> <li>- <b>Definition of Hazing</b></li> <li>- <b>Prohibited Acts</b></li> <li>- <b>Disciplinary Action</b></li> </ul> </li> <li>* <b>Sent to homes of all students</b></li> <li>* <b>Rules discussed with same seriousness accorded to other forms of assault</b></li> </ul>
<b>ATHLETIC CODE</b>	<ul style="list-style-type: none"> <li>* <b>Include in school/district Athletic Code</b></li> <li>* <b>Specify athletic-related penalties</b></li> <li>* <b>Require signatures of athletes and parents</b></li> <li>* <b>Enforce infractions immediately and consistently</b></li> </ul>

**DEFINITION**

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances in the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame or humiliation, or which creates a hostile, abusive and intimidating environment for the student.
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

Information on Hazing was presented at the National Interscholastic Athletic Administrators Conference in Orlando, Florida by Jan Doleschal, Milwaukee Public Schools, and Lee E. Green, Baker University. [Reprinted from the New York State Public High School Athletic Association Bulletin]

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*“There are two kinds of people who never amount to much: those who cannot do what they are told – and those who can do nothing else.”*

Cyrus H. Curtis

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#### **NCAA RULES, REQUIREMENTS VIDEO ON INTERNET**

An internet-based NCAA video for prospective student-athletes, parents and high school administrators is currently available on the internet. Among the topics covered are eligibility requirements to compete in college; the recruiting process, and services available for students with disabilities. The address for the video is:

[www1.ncaa.org/membership/membership\\_svcs/eligibility-recruiting/index/html](http://www1.ncaa.org/membership/membership_svcs/eligibility-recruiting/index/html)

For more information, call the NCAA membership services staff, 317-917-6222.

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#### **MOTIVATION 101**

##### **Tips for Being and Staying Motivated**

- Make a habit of being enthusiastic.
- Don't forget to schedule play time.
- Find satisfaction in your daily life. Don't wait for your big break to come.

- Make a list of your 20 favorite things to do. How long has it been since you've done each? Neglecting your personal happiness is a powerful demotivator.
- Be prepared – your opportunity may come at any moment.
- Surround yourself with positive, enthusiastic people.
- Create non-work situations, like sports and hobbies, where you can enjoy yourself and succeed.
- Do your best at every stage of the game.
- Ground yourself with solid principles so you don't get distracted from your goal by trends or fads.
- State your goals in the concrete instead of the intangible. Instead of saying: “I want to be a rock star,” quantify what it means to you to be a rock star – like winning a Grammy, being on the cover of *Rolling Stone*, or having a number one hit record.

##### **Tips for Motivating Others**

- New or less skilled employees are motivated most effectively by specific instruction and skill-oriented tasks.
- Treat others as you want to be treated.
- Praise employees most frequently in areas of their work that they take most seriously.
- Create a workplace that is free of prejudice.
- Seasoned or highly skilled employees are highly motivated by a framework of general support and guidance within which they can create their own work style.
- Be generous with small mistakes and your employees will know you mean business when you correct or discipline them.
- When an employee's salary meets his/her needs, a raise (especially a modest one) is not a particularly strong motivator.
- Know how to express yourself in a variety of ways. Not every employee will respond to your personal style of communication. Respect your employee's need for confidentiality.

*from Vanguard  
a publication of the School  
Administrators Association of  
New York State  
September 2001*

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*“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success.”*

Norman Vincent Peale

## A LETTER TO MY PARENTS ...

**D**ear Mom & Dad:

Thank you for spending so much of your time, love, and money in your efforts to make a caring, responsible adult out of me. I really appreciate that. You have taught me so many things – love, responsibility, kindness, respect for others’ opinions, beliefs, property, and feelings. You have taught me the value of good manners. And all through this, you have been excellent role models – almost.

Why don’t the rules seem to apply when you come to watch me play sports? The same people who taught me all these wonderful things yell at that team for making mistakes, and worse yet, yell out the names or the numbers of the people who made them. You scream at the refs, pound on the bench, shriek at the coach, and crush me with remarks like, “*Get your head in the game?*”

My head *is* in the game, folks. I want to win more than you want me to. I want you to be proud of me and I want to be proud of you. Why can’t you encourage me with remarks like “*That’s okay! Good Try! You’ll get ‘em next time!*”

Better yet, why don’t you sit quietly and clap and cheer when the team does something right? Why do you feel you must cup your hands and screech out orders so loudly that we can’t even hear what the coach has to say? Even when you yell praises, you bark them out so loudly it’s embarrassing. Do you realize that the other parents don’t even want to sit near you? You are not only an embarrassment to me but to our team, our school, and our fans.

Please remember, you are part of a cheering section – not a *jeering* section.

Love Always,  
Your Child

*Reprinted from North Dakota High School  
Activities Association  
November 2001*

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## NATIONAL GIRLS AND WOMEN IN SPORTS THE TOP 5

**I**n honor of the 2002 National Girls and Women in Sports Day on February 6<sup>th</sup>, here are five important facts about girls and women in sport so you can better assist female student-athletes:

### 1. **More women are participating in college sports.**

In 1981-82, there were 91,000 women participating in intercollegiate athletics. That number increased to 163,000 in 1998-99.

### 2. **Ephedrine use is on the rise.**

The 2001 NCAA Study of Substance Use Habits of College Student-Athletes reports that female ephedrine use has increased since 1997. The survey indicates 8.3 percent of women gymnasts, 6.7 percent of women soccer players, and 5.6 percent of women basketball players used ephedrine in the past 12 months.

### 3. **Women athletes are given “mixed messages” about body image.**

A 1997 survey by The Centers for Disease Control and Prevention found teenage female athletes were more likely to attempt to lose weight than their non-athlete colleagues. Three reasons they take ephedrine are to suppress their appetite and lose weight, maximize athletic performance, and improve appearance.

### 4. **Alcohol is drug of choice among NCAA athletes.**

Ninety-three percent of women lacrosse players, 88 percent of women swimmers, and 87 percent of women soccer athletes drink alcohol.

### 5. **One message does not fit everyone.**

Understanding substance use and abuse patterns among student-athletes is critically important when designing educational or testing programs. Female athletes and coaches of women’s sports report that educational sessions are most effective when tailored to their needs and represent the student-athlete population in regard to gender, age, and race.

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### THE POWER OF ONE

*One Person – One Organization*

*“I am only one, but I am one. I can not do everything, but I can do something.  
And, what I can do, I ought to do...”*

Unknown

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## DATING VIOLENCE FACTS AND MYTHS

**F**ollowing is the second in a series of articles addressing the very important issue of teen dating violence. If you have any questions or would like more information on this subject, we encourage you to contact the Rhode Island Coalition Against Domestic Violence at (401) 467-9940 or 1-800-494-8100 – or any one of its member agencies in your area.

### DATING VIOLENCE MYTHS

#### MYTH #1 **It can’t happen to me.**

❖ **FACT:** Approximately one in five female high school students report being physically or sexually abused by a dating partner.

**MYTH #2 Teen dating violence isn't really that serious.**

- ❖ **FACT:** 30% of all women who are murdered in this country are killed by their husband or boyfriend.

**MYTH #3 Men are battered by women just as often as women are battered by men.**

- ❖ **FACT:** The U.S. Bureau of Justice Statistics reports that 95% of the reported incidents of assaults in relationships are committed by males.

**MYTH #4 Victims bring on the abuse themselves. They ask for it.**

- ❖ **FACT:** Perpetrators believe they have the right to use, abuse and control their partner, and they see the victim as less than equal to themselves. The victim has no control over the abuser.

**MYTH #5 If a person stays in an abusive relationship, it must not be that bad.**

- ❖ **FACT:** People stay in abusive relationships for a number of reasons: fear, economic dependence, confusion, loss of self-confidence, not recognizing that what's happening is abusive, believe that the abuser needs their help or will change.

**MYTH #6 If the person I'm dating spends a lot of money on me, I have to sleep with them.**

- ❖ **FACT:** If that person spends a lot of money, all you have to do is say "Thank You." *You are not for sale!* If you are not feeling comfortable with the money being spent and feeling the obligation, it is okay to set limits and not accept gifts or agree to go to places that cost money. Together, look for activities that do not cost money, and favors that are simply nice gestures – not elaborate gifts.

**MYTH #7 The person I'm dating wouldn't get so jealous if they didn't really love me.**

- ❖ **FACT:** If the person you're dating really loves you, they wouldn't try to control you through jealousy. What's left unsaid is that they are insecure about their own feelings, and are unsure of themselves, and mistrustful. Jealousy is a negative emotion.

**MYTH #8 He wouldn't hurt me if he didn't love me.**

- ❖ **FACT:** Perpetuated by films, music, and the media, women continue to be depicted as victims. Men also perpetuate this myth when they attempt to apologize or excuse their behavior with, "It's because I love you that I get so mad!" Women have been taught to be forgiving. We need to teach our sons and daughters that: "He won't hit if he really loves you."

**MYTH #9 If victims keep the abusers happy, then the violence will stop.**

- ❖ **FACT:** Victims do not cause the abuse and victims cannot stop the violence. No matter what a victim does or does not do, the abuser is never happy for very long.

**MYTH #10 Alcohol or drugs cause the abuse.**

- ❖ **FACT:** Most experts agree if the substance abuse stops, the violence will continue. All addicts are not violent and abusive; all abusers are not addicts.

**MYTH #11 When victims and abusers go together to talk to a parent, counselor, friend, or minister, they can get the help they need.**

- ❖ **FACT:** When there is violence in a relationship, "couples counseling" is DANGEROUS for victims. Help should be sought, but for individual counseling *only*.

**MYTH #12 Abusers who promise to change do change.**

- ❖ **FACT:** Current research shows about 70% of abusers who are court-ordered to a batterers intervention program re-offend within five years. Abusers will say and do whatever they can to convince their victims to stay.

**MYTH #13 If victims leave the abuser, the violence will stop.**

- ❖ **FACT:** Ending the relationship is the most dangerous time for victims. Teen victims need a safety plan, protection and support when they break up with their abuser.

**Myth #14 It's easier to get over emotional abuse because it's less severe than being hit.**

- ❖ **FACT:** It takes time and support to heal from any assault – verbal or physical.

**MYTH #15 Threats don't usually end in anything serious.**

- ❖ **FACT:** Often, threats are followed by action.

*Facts and Myths are reprinted and adapted from:*

*'News Flash' (<http://www.fvpf.org/newsflash>) an online newsletter of the Family Violence Prevention Fund.*

*Michigan State University: Myths and Facts about Dating Violence.*

*"Teen Alert ... Dating 101." Hawaii Domestic Violence Clearinghouse and Legal Hotline.*

*"Preventing Teen Dating Violence." The Dating Violence Intervention Project. Cambridge, MA*

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*"No man who is occupied in doing a very difficult thing, and doing it well, ever loses his self-respect."  
George Bernard Shaw*

## ATHLETES, PARENTS AND COACHES: LISTEN UP

by Michael Muldoon

**T**eachers, coaches, parents, classmates and entire towns do a tremendous disservice by giving a star athlete special treatment.

True story. After playing big-time college football, the most popular, best looking kid in my high school class turned into a drug addict who robbed the unsuspecting, aging parents of his friends and lived under a bridge.

If the kid deserves to be failed, *fail him*.

If he deserves to be suspended, *suspend him*.

If he deserves to be arrested, *arrest him*.

While Dear Abby is on vacation, here is some advice for athletes, coaches and administrators worth keeping in mind this year:

- ◆ From the ages of 12-18, there is nothing more important than being popular. From the ages of 19-99, there is nothing less important than having been popular from 12-18.
- ◆ A lot of middle aged guys who can't play ball with their kids today thought they were doing the right thing playing with pain. Listen to your body.
- ◆ A real athlete never misses a game or a practice for a dance, a concert or Senior Skip Day.
- ◆ Coaches Award winners tend to be more successful in life than team MVP's.
- ◆ Humility is a virtue. False humility makes you a bore.
- ◆ You coach doesn't have it in for you.
- ◆ Always give a kid a second chance.
- ◆ Be a three-sport athlete. You think that 155<sup>th</sup> AAU game of the year is making you a better player? The number of athletes who do one sport year-round who blow out their knees or quit from burnout is frightening. Ask any college coach - they prefer three-sport athletes.
- ◆ It is easier to get into an Ivy League school than to earn a full boat. That's a fact.
- ◆ Go out of your way to befriend the fat kid, the kid with acne problems, or the kid with the troubled home life.
- ◆ Ted Williams was dead wrong. The toughest thing in sports isn't hitting a baseball. It's being a parent of an athlete. Good parents shut their mouths, stay glued to their seats and let the players play, the coaches coach and the officials officiate. You won't always be successful, but give it your best shot to spare your child a heap of embarrassment.
- ◆ No matter how unsatisfying the season may have been for you, never skip the team banquet. It's the ultimate slap in the face to your teammates and coaches.
- ◆ Play for the love of the game.
- ◆ You're not going to make the pros. You have a far better chance of becoming a brain surgeon.

- ◆ Any coach who swears too much is a lousy coach and an even worse role model.
- ◆ The undersized benchwarmer who doesn't miss practice in four years should be admired more than the all-scholastic quarterback who can barely fit his head in his helmet.
- ◆ You'll never regret having said no to alcohol, drugs, and sex in high school.
- ◆ Tattoos make you look like a punk.
- ◆ Right, wrong or indifferent, colleges covet scholar-athletes. A star athlete with 1,250 on his SAT' with a 3.6 GPA can go to the Ivy Leagues. A regular student with those grades would be laughed out of any Ivy League admissions department.
- ◆ Any coach or athletic director who drones on about "kids nowadays" should get out of the business. Same goes for those whining about being underpaid.
- ◆ If a coach positively affected your life, write him/her a thank you note. You'll have a friend for life.
- ◆ If your coach instructs you to cheap shot an opponent, quit the team immediately.
- ◆ Treat the team manager with the same respect as the star of the team.
- ◆ A coach who makes fun of a boy's weight is a boor. A coach who makes fun of a girl's weight is dangerous.
- ◆ Any coach/athletic director who voluntarily hosts invitational events is a gem.
- ◆ Administrators must stand up to meddling parents or it will be a slippery slide to chaos.
- ◆ The size of your nose, biceps or breasts is inconsequential to anybody who cares about you.
- ◆ A good captain will lead his team to a Super Bowl title. A great one will take a stand against hazing.
- ◆ It's never too late to change.
- ◆ A loss should hurt like hell. Getting thrown out of a game should hurt even more.
- ◆ Steroids make you a bigger athlete and a smaller person.
- ◆ Always feed the benchwarmer the ball at the end of a blowout.
- ◆ Don't listen to the coach who cut you. Work like the dickens and shock the world next year.
- ◆ *Michael Muldoon is a sportswriter for*

The Eagle-Tribune of Lawrence, MA

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## INCIDENCE OF OROFACIAL INJURIES IN HIGH SCHOOL SPORTS

### ABSTRACT:

**OBJECTIVES:** This study determined the incidence of orofacial injuries in athletes attending seven Minnesota high schools who participated in varsity soccer, wrestling, and basketball during the 1996-97 academic year.

**METHODS** Incidence was determined through athletes' written surveys and athletic trainer records.

**RESULTS:** Survey response rates ranged from 86.3 percent to 94.0 percent among schools for all sports. The incidence rate of at least one orofacial injury per athlete in a season was 27.6 percent (SD=20.2) in soccer, 72.3 percent (SD=9.3) in wrestling, and 55.4 percent (SD=23.9) in basketball. Ten percent of athletes sustained dental injuries. Fixed orthodontic appliances posed a higher risk for sustaining an injury in all sports. The game-to-practices ratios for injuries were 6.8 (soccer), 1.2 (wrestling), and 1.8 (basketball). Half of the athletes believed mouthguards prevent injuries; however, only 6 percent of the athletes reported mouthguard use. Athletic trainers reported eight orofacial injuries.

**CONCLUSIONS:** The substantial rate of orofacial injuries among high school athletes participating in soccer, wrestling, and basketball needs to be minimized. Dentists should ask their adolescent patients routinely about sports participation. Policies should be developed to require school officials to report orofacial injuries, to inform athletes of their risk for orofacial injuries, and to consider mandated mouthguard use for these athletes. [*Journal of Public Health Dentistry*, 1998; 58(4): 288-93]

*Brent Kvittem, DOS; Nancy Haydie, MPH, MS;  
Mark Roettger, DDS; John Conry, BDS, MS  
Reprinted from the Academy for Sports Dentistry Newsletter*

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## **NUTRITION PLAYBOOK: CREATINE CONTROVERSY**

*by Kim Archer, M.Ed, Nutrition Specialist  
University of Missouri Extension*

**C**reatine has become a common term in our high school locker rooms and on the playing fields. It is currently the most widely used athletic enhancement supplement and the most widely controversial.

Will it actually enhance athletic performance? Is this supplement safe? Should my high school athletes use creatine? How much and who should be taking creatine? These are all good questions athletes and coaches should be asking but unfortunately these questions don't always have concrete answers.

Let's first take a look at what creatine is and theory behind athletic supplementation.

Creatine is an amino acid our bodies produce naturally in the kidneys, pancreas, and liver. Our bodies obtain additional needed creatine through our diets. Creatine stores are replenished at a rate of 2 grams per day. Creatine is stored primarily in the skeletal muscles as creatine phosphate. The main roll of creatine is to assist with muscular contraction.

Our muscles average about 125 mmol/kg of stored creatine even through creatine stores can range between 90-160 mmol/kg. The general recommendation for creatine supplementation is to take a loading phase of 20-25 grams a day (4-5 doses of 5 grams) for 5-7 days. Athletes are then instructed to maintain creatine levels with a 2-5 gram dose per day proceeding the loading phase.

During brief, explosive exercises, ATP (Adenosine Triphosphate) supplies energy to the body. The availability of ATP is determined largely by the creatine phosphate stored in the muscles. Athletic performance suffers as creatine phosphate begins to deplete resulting in less available ATP energy.

So theoretically, the more creatine we supply to our bodies the more likely it will be stored in our muscles. The more ATP available for short-term, high-intensity exercises the bigger, the faster, and the stronger our athletes can become. Very simple and should work, right?

Well for some reason, I used to think the game of golf was fairly simple. A small ball needs to go in a hole, no one is tackling or breaking a sweat and raising your heart rate is optional. Then I lost 20 Bucks on a 15-foot putt. Now, I don't think golf is a simple game. Supplementing with creatine isn't quite that simple either.

Like any nutrition coach, when asked about an opposing competitor I will give you several answers in several different ways. So coaches, here is what we **do know** about creatine:

- ✓ Research has shown that creatine supplementation increases creatine levels in the muscles up to 20 percent.
- ✓ Research has shown evidence that creatine supplementation can have a positive impact on short-duration, high-intensity (anaerobic) exercises. Sports that use high volume weight training exercises like football, basketball, pitchers, jumpers, hockey, soccer, rowing, and sprinters are thought to benefit the most.
- ✓ Some research has found contradicting evidence to the above claim. Individuals who already have adequate creatine stores generally don't experience drastic improvements.
- ✓ Endurance athletes do not benefit from creatine supplementation. In some cases, research has shown that it can actually have a negative effect on their athletic performance due to weight gain.
- ✓ Creatine is found in food made of animal products such as pork, beef, milk, salmon and herring. If an athlete's diet restricts or is deficient in animal products, creatine stores could also be deficient.
- ✓ Athletes who don't perform strength training or explosive type exercises will receive no benefit from creatine supplementation. So if athletes are lying on the couch and sucking down creatine

shakes, they just bought themselves a pretty creatine container, not a faster time in the 40.

- ✓ When an athlete begins performing anaerobic exercises such as resistance strength training then their bodies will naturally increase creatine stores.
- ✓ Supplementing with creatine has shown to delay recovery from injuries.
- ✓ Creatine will produce weight gain due to increased fat-free mass. The fat-free mass could be in form of muscle mass or fluid retention.
- ✓ The most observed and reported side effects of creatine supplementation are muscle cramping, muscle pulls, tendon pulls, and muscular injuries. Cramping up during training and competition is the most common concern of creatine users.
- ✓ Creatine attracts water (osmotic) pulling large amounts of water into the muscles leaving few fluids available for other bodily functions. Athletes who do supplement with creatine need to increase their fluid intake to offset potential dehydration.
- ✓ The NCAA has banned any athletic related personnel from distributing creatine to their athletes. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports continues to promote the need for additional research on creatine and its safety aspects.

Now ... here is what we **don't know** about Creatine:

- ✓ The main concern is that the long-term side effects of creatine supplementation are not known. Another popular supplement found to improve athletic performance was anabolic steroids. We have since found out the long-term side effect – *death*.
- ✓ We do not know correct and safe creatine dosage amounts. There are several debates centered on whether athletes need to load creatine. How much is *too* much?
- ✓ When we start supplementing with creatine, our bodies stop producing it on its own. What are the long-term effects of this? Will our bodies stop producing creatine altogether?
- ✓ What does creatine supplementation do to a young athlete? The young athlete is still very much in the growing phase so nutritional needs obviously play a more critical role in their development and its relationship to exercise.
- ✓ What type of weight gain is experienced from creatine supplementation? Research shows that athletes can experience fat-free weight gain. Fat-free weight gain can be in the form of protein synthesis that can lead to increased muscle mass or it could be due to fluid retention in the muscles. We currently don't know where the weight gain is coming from.

Now ... I will tell you what I think about creatine:

- ✓ I believe more research concerning long-term effects needs to be conducted on creatine

supplementation before we declare it an athletic enhancement miracle. One day creatine may prove to assist athletes with their athletic goals but that day hasn't officially come yet.

- ✓ It is my opinion that if the NCAA bans any athletic personnel from distributing creatine to their athletes, high school athletic personnel should heed the same direction.
- ✓ Before an athlete even considers creatine supplementing; they need to evaluate their diets. I imagine most of your athletes train correctly so this may be a shock to you – but some athletes don't eat the right foods or get enough sleep. Creatine is found in animal products but some athletes may choose to restrict these sources. Let's improve diets first!
- ✓ High school athletes should not be the test rats for an athletic supplement's effectiveness. A young athlete is developing physically, mentally and hormonally. I would not suggest that you move into a brand new home just because the foundation is laid and the frame is up. Their bodies are still under construction.
- ✓ I believe high school athletes should concentrate more on their sport specific training regiment. Any strength and conditioning specialist will tell coaches and athletes that the greatest way to impact and develop athletic performance is to train hard and train correctly.

Creatine will probably continue to be controversial and athletes will continue to take it as a supplement. Athletes who are looking for the "simple" way to enhance their performance generally try all sorts of measures. High school athletes need to be more concerned about learning the fundamentals of their sport and how they can improve play through practice and preparation.

I have yet to see an Olympic athlete contribute his or her success to a supplement they took. They will talk of their hard work, dedication, and love for the sport.

To my knowledge, those things aren't sold in stores and the only long-term side effect they may have is success.

For more sports nutrition information, contact Kim Archer: [archerk@missouri.edu](mailto:archerk@missouri.edu)

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The following is a summary of the January 28, 2002 meeting of the Principals' Committee on Athletics:

The meeting was called to order at 1:40 pm.

#### 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 memoranda and publications that were placed in each member's folder or filed in the League office.

## **FOOTBALL**

**Mr. James Murano**

Mr. Murano reported on the following sites for the 2002-2003 Superbowls, which will be held on Sunday and Monday, December 8-9, 2002:

Pierce Stadium	Divisions I & II
Bryant College	TBD
North Kingstown H.S.	TBD

In other business, Mr. Murano reported that Mt. Hope High School has requested to move down to Division II from Division I. This request will be reviewed by the Football Committee, which will also review the starting date for football in August 2002.

In other business, Mr. Lynch submitted the Football Financial Report for the 2001-2002 Superbowls for the Committee's review. The report was accepted as submitted.

## **BASKETBALL**

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

Mr. Foley reported that League play is one-half through the schedule and the Playoff Coaches Meeting will be held on Saturday, March 2<sup>nd</sup> at a site TBD. He also reported that the Boys' Basketball Committee will meet in February.

## **HOCKEY**

**Mr. Daniel Sheehan**

Mr. Sheehan stated that he and Mr. Lynch have met with representatives of Providence College to discuss and finalize plans for the playoffs to be held at Schneider Arena on Friday, Saturday and Monday, March 15, 16 and 18, 2002. Mr. Sheehan also stated that the City of Warwick is building a 3<sup>rd</sup> rink and is interested in hosting future playoffs, as are the University of Rhode Island and Brown University.

In other business, Mr. Sheehan reported that an Evaluation Form has been developed, together with the R. I. Hockey Coaches Association, for the purpose of evaluating hockey officials. It was noted that the R. I. Hockey Officials' Association was contacted and chose to not participate in the development of this form. Mr. Sheehan stated that, on a weekly basis, he receives approximately 75% of completed forms.

Mr. Lynch reported on a program that is being produced about Burrillville hockey and Tom Eccleston. The program, which is a documentary, is

entitled "On Frozen Pond", and is being funded through a grant. The producers of the program submitted a request to the League office to allow members of the Burrillville High School hockey team to wear their school uniforms in a scrimmage vs Pomfret School (CT) for filming.

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

## **WRESTLING**

**Mr. Edmond Lemoi**

Mr. Lemoi reported that there will be a meeting on January 29<sup>th</sup> with the wrestling coaches to discuss and prepare for the Freshman, Junior Varsity, and State Championships.

## **GYMNASTICS**

**Mr. Richard Stapleton**

Mr. Stapleton reported that the State Team Championships will be held on Sunday, February 24, 2002, at 7:00 pm and the Individual State Championships will be held on Sunday, March 3, 2002. Both events will take place at Rhode Island College.

Mr. Lynch reported on a letter he received from a parent of a student who participates as an individual gymnast for a RIIL member school. The parent was concerned about the RIIL rule which states that a student may participate in a non-school organized competition but may not earn points.

Mr. Lynch will discuss the letter with the League's attorney prior to meeting with the parent.

## **INDOOR TRACK**

Mr. Magarian reported that the Boys Class Meets will be held at CCRI/Lincoln and the Girls Class Meets will be held at Moses Brown School. Further, the State Championships (Boys & Girls) will be held at the University of Rhode Island on Sunday, February 17, 2002 t 12:30 pm.

## **FASTPITCH SOFTBALL Mrs. Elizabeth Marquis**

Mrs. Marquis submitted the 2002 Fastpitch Softball Schedule for the Committee's review and consideration. She noted that Central Falls High School, which has been reinstated into the RIIL fastpitch softball program, has been placed in Division II in the schedule.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002 Fastpitch Softball schedule.

## **SLOWPITCH SOFTBALL**

Mr. Magarian distributed the 2002 Slowpitch Softball Schedule for the Committee's review and consideration.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002 Slowpitch Softball schedule.

In other business, Mr. Lynch submitted a proposed Softball Officials' contract as follows:

**FASTPITCH SOFTBALL**

- 2001 fee - \$44.00
- Request \$12.00 over 6 years  
- (\$2.00 on base per year + 3% each year)

2002	\$47.38 - (\$44.00 + \$2.00 + 3%)
2003	\$50.86 - (\$47.38 + \$2.00 + 3%)
2004	\$54.45 - (\$50.86 + \$2.00 + 3%)
2005	\$58.14 - (\$54.45 + \$2.00 + 3%)
2006	\$61.94 - (\$58.14 + \$2.00 + 3%)
2007	\$65.86 - (\$61.94 + \$2.00 + 3%)

**SLOWPITCH SOFTBALL**

- 2001 fee - \$39.00
- |      |  |
|------|--|
| 2002 | \$42.23 - (\$39.00 + \$2.00 base + 3%) |
| 2003 | \$43.50 - (+ 3%)                       |
| 2004 | \$44.80 - (+ 3%)                       |
| 2005 | \$46.14 - (+ 3%)                       |
- 
- |       |                       |
|-------|-----------------------|
| 2006} | \$46.14 + \$2.00 + 3% |
| 2007} | +3% over 2006 Fee     |

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the proposed contract for Fastpitch and Slowpitch Softball Officials.

**GOLF** **Mr. John Gray**

Mr. Gray distributed the 2002 Golf Schedule for the Committee's review and consideration.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002 Golf Schedule.

**LACROSSE**

The 2002 Boys' Lacrosse schedule was distributed for the Committee's review and consideration.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002 Boys' Lacrosse Schedule.

The 2002 Girls' Lacrosse schedule was distributed for the Committee's review and consideration.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the 2002 Girls' Lacrosse Schedule.

**VOLLEYBALL** **Ms. Elaine Botelho**  
**Mr. Donald Kavanagh**

Mr. Lynch reported that North Kingstown High School submitted a request for two (2) female

student-athletes to participate in six (6) tournaments with the R. I. Blast 18 Elite (Club) Team.

On a vote of 11 to 1, with 1 abstention, the Committee voted to allow the student-athletes to participate in three (3) tournaments of their choice and that the school and the League must be notified of which three (3).

**TENNIS** **Ms. Denise Boulé**  
**Ms. Candace Caluori**

Ms. Caluori submitted an adjustment to the boys' tennis alignment for the Committee's review and consideration. This is the second year of a four-year alignment. The adjustment was necessary because in the previous alignment, some schools were placed in a division in which they were unable to be competitive as substantiated in the League's records. Letters requesting a change in placement were received from all schools involved. Ms. Caluori reported that three (3) schools moved from Division A to Division B and three (3) schools moved from Division B to Division C. Further, Division A is now only one (1) division, rather than being divided into North and South.

On a vote of 12-0, with 1 abstention, the Principals' Committee on Athletics approved the adjusted boys' tennis alignment.

In other business, Mr. Lynch reported that Mt. Pleasant High School submitted a letter notifying the League that they are withdrawing from the RIIL girls' tennis program. This decision is the result of several [internal] problems with the program.

On a vote of 10-4, the Principals' Committee on Athletics accepted Mt. Pleasant High School's withdrawal from the RIIL girls' tennis program.

**REPORT FROM**  
**THE ATHLETIC DIRECTORS' ASSOCIATION**

Mr. Lunney reported that a meeting of the Joint Committee of the Principals and Athletics Directors has been scheduled for Monday, February 11, 2002 to address several concerns expressed by the Athletic Directors' Association.

In other business, Mr. Lynch reported that a meeting was held on January 17, 2002 with athletic directors to discuss the League's new program for scheduling, home confirmations, and assigning officials online. The pilot program will 'kick-off' in Spring 2002 with Baseball and Fastpitch Softball. Beginning in the Fall of the 2002-2003 school year, it will be mandatory for the online program to be utilized for all sports.

**ALTERNATIVE SCHOOLS PROPOSAL**

Mr. Lynch submitted a proposal that would allow students who attend Alternative Schools to

participate in interscholastic athletics for their feeder school(s). It is anticipated that, beginning with Spring 2002, Principals/Directors of alternative schools may begin to file waivers seeking eligibility for their students. This proposal will primarily effect students in Providence, where there are several alternative schools.

Mr. Lynch also submitted the following addendum to the alternative education proposal:

**ALP – PROVIDENCE**

- Presently - go to Central High School
- Incoming Grade 9 or new students – participate for feeder school

**MALL SCHOOL – GRADES 9-12**

- Grades 9 & 10 – New High School
- Grades 11 & 12 – Mall
  - 1) Until *new* high school becomes Grades 9-12, Mall students will participate for feeder schools.
  - 2) When *new* high school becomes Grades 9-12, Mall students and new high school students will compete for the high school

**NOTE:**

If the new high school is completed during a student-athlete's four (4) years and they are already participating for the feeder school, they shall be permitted to complete their high school athletic career(s) at their feeder school(s).

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

**NFHS PROPOSED BY-LAW – FOREIGN EXCHANGE AND INTERNATIONAL STUDENTS**

Mr. Lynch submitted a proposal from the National Federation of State High School Associations which outlines criteria that foreign exchange students and international students must meet prior to becoming eligible to participate in interscholastic athletics at the (USA) school they attend. Several of the criteria directly effect schools. The matter was tabled to allow the Committee to review the documentation.

**EXECUTIVE SESSION**

**Bishop Hendricken High School**

A student-athlete participated in the U.S. Army All-American Football Game in San Antonio, Texas, which is in violation of the RIIL Rules and Regulations.

On a vote of 7 to 5, with 1 abstention, the Principals' Committee on Athletics voted to impose a penalty on the student-athlete whereby he will be ineligible for the next League contest of the next (season) sport in which he participates.

**Mount St. Charles Academy**

Mr. Lynch reported that, in the recent MSC Holiday Face-Off Hockey Tournament, there was a violation of the RIIL (NCAA) rules and regulations. The tournament rules stated that all games would be 10-minute periods and that games would continue in overtime periods (10 minutes) until a winner was declared. RIIL Rules and Regulations state that periods will be 15 minutes in length for Class A and 12-minute periods for Classes B & C. Overtime periods shall be ½ the time of the regular period; i.e. 6 minutes for 12-minute periods and 7½ minutes for 15-minute periods. Further, in the playoffs, there will be two (2) 7½ minute overtime periods. If the teams are still tied after two (2) overtime periods, no winner is declared and the teams shall return for a limit of four (4) games. If there is still no winner after four games, the teams shall be declared Co-Champions.

On a motion made and seconded, the Committee voted to send a letter of reprimand to the administration of Mount St. Charles Academy stating that the RIIL Rules and Regulations must be adhered to. Further, all future tournament rules and regulations, including acceptable tie-breaker rules, must be submitted to the RIIL prior to the League sanctioning the event.

**Central Falls High School**

Mr. Lynch reported that he received a request from Mr. John Lyle, Principal of Central Falls High School, in which he is seeking eligibility for a student who has returned to Central Falls high School from the Rhode Island Training School. Mr. Lyle also submitted the student's academic and attendance records while he was housed at the Training School.

On a motion made and seconded, the Principals' Committee on Athletics unanimously approved authorization for Mr. Lynch to review the documentation and render a decision.

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

The January meeting of the Principals' Committee on Athletics was adjourned at 4:50 pm.

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