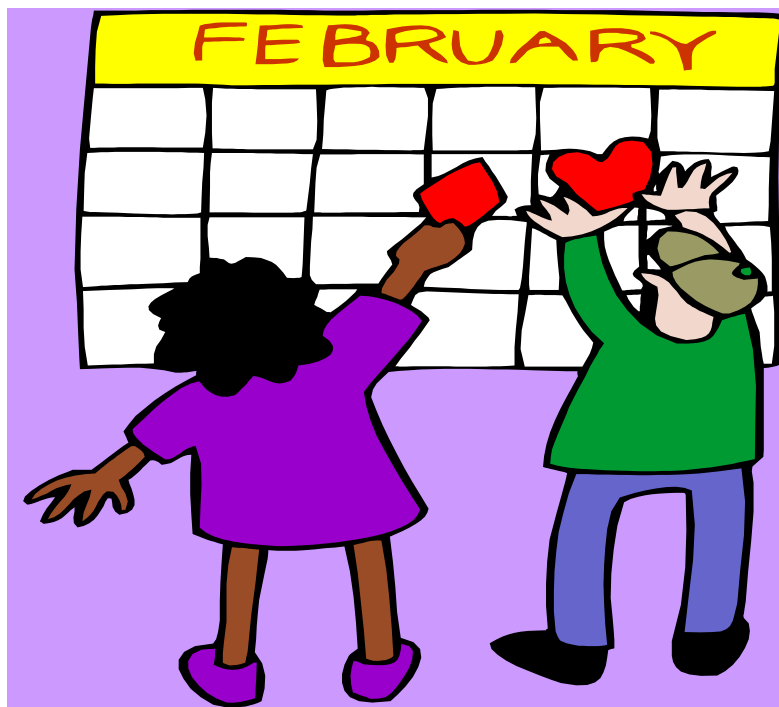




Rhode Island Interscholastic League



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Rhode Island Interscholastic League

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Rhode Island Interscholastic League

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

The Principals' Committee on Athletics at its meeting on January 26, 2004 voted to approve criteria to be used by Sport Committees to realign sports for the next two (2) years (2004-2006). **Therefore, it is important for all sport directors to assemble their Sport Committee as soon as possible to begin the realignment process.** Sport Committees should include principals, athletic directors (2), coaches, officials (where applicable) and superintendents.

The committees are responsible for proposing alignments, as well as, making recommendations to the Principals' Committee on Athletics relative to the administration of their sport. The approved criteria is as follows:

- A. The new alignment will be for two (2) years – 2004-2006
- B. Criteria for League alignment
 1. A weighted win/loss percentage for the past four (4) years:
 - Division I – 1 pt
 - Division II - .75 pt
 - Division III - .5 pt
 - Division IV - .25 pt
 2. Enrollment
Each Sport Committee will determine the range of enrollment for each Division/Sub division. If there is a tie in placement, the team with the lowest enrollment will have the choice of placement. Enrollment figures for October, 2003 will be used.
 3. Geography
Geography will be used to place teams in subdivisions
- C. All sports will use the same terminology for all leagues: ie. Division I, II, III, etc. All subdivisions within a division will be labeled North, South, East, and West
Exceptions: when league classes/divisions are named after individuals
- D. All sports will play no more than eighteen (18) league games in any one season
- E. Each Sport Committee will be given some latitude in making specific recommendations relative to their sport
- F. Sport Committees will send surveys to schools regarding league placement/seeking input, the Committee will review the results of the survey when aligning and to determine playoff structure.
All surveys to member schools must be sent from the RIIL Office
- G. All sport league alignments and playoff structures must be approved by the RIIL Principals' Committee on Athletics

H. The timeliness for completion of alignment are:

Fall – April 19, 2004

Winter – May 17, 2004

Spring – October 18, 2004

If possible, Sport Committees are encouraged to finish the alignment process earlier.

* * * *

"A LIFE IS NOT IMPORTANT EXCEPT IN THE IMPACT IT HAS ON THE LIVES OF OTHERS."

.. JACKIE ROBINSON

* * * *

**The Principals' Committee on Athletics approved an increase in the ticket price for the boys' hockey finals from \$5.00 to \$6.00.
The reason for this increase is due to increase in costs associated with hockey.**

* * * *

HOW SAFE ARE EPHEDRA-FREE SUPPLEMENTS?

from GSSI Sports Science News

The U.S. Food and Drug Administration rang in the New Year with a ban on the controversial supplement ephedra. Spurred by the death of Baltimore Orioles pitcher Steve Bechler and the rising concern of health professionals, the agency made the sale of products containing the dangerous substance illegal.

Yet, as millions of athletes continue to look for the competitive edge, what are the "ephedra-free" alternatives? What's in them? How are they being marketed? And, more importantly, what should you know about them? Here's a brief recap.

EPHEDRA-FREE DOESN'T MEAN DANGER-FREE

Not long ago, a colleague showed me a new product being marketed as an ephedra-free dietary supplement specifically for athletes. Press materials claimed the product complied with National Collegiate Athletic Association guidelines.

A closer look at the ingredients, however, revealed a compound called Citrus Aurantium (also known as Bitter Orange). This compound is similar to ephedrine, which is banned by the NCAA and the International Olympic Committee (IOC), and pseudoephedrine, which is banned by the IOC*. Yet, it is doubtful most athletes would make this connection.

**The IOC identifies a positive test for pseudoephedrine as a concentration in urine greater than 25 micrograms per milliliter.*

EPHEDRA-FREE INGREDIENTS

While athletes continue to seek a competitive advantage via supplements, sports health professionals must know and educate players about the risks associated with ephedra-free products. After all, in light of the FDA's recent actions, they're bound to proliferate in an already flooded market.

Still, many of the purported uses of these supplements lack solid research. Some supplements have the potential to interact poorly with certain medications and foods to produce potentially dangerous side effects.

COMBINE WITH CAUTION: MIXING STIMULANTS CAN BE FATAL

Manufacturers of ephedra-free products also commonly combine stimulants with aspirin-like substances in an attempt to mimic the "ECA Stack" (i.e., blend of ephedrine, caffeine and aspirin). But that can be risky. Some products contain more than the recommended limit of 300 mg of caffeine per serving. And, in some cases, more than three times that amount is suggested throughout the day.

CONCLUSION

With the plethora of new "ephedra-free" supplements on the market, athletes will no doubt be interested in using them in misguided attempts to improve performance. As responsible professionals, we can help athletes understand the pros and cons of taking "ephedra-free" supplements and be a resource for providing accurate and up-to-date information.

* * * *

"The use of performance-enhancing drugs like steroids in baseball, football and other sports is dangerous, and it sends the wrong message: That there are shortcuts to accomplishment and that performance is more important than character. So tonight I call on team owners, union representatives, coaches, and players to take the lead, to send the right signal, to get tough, and to get rid of steroids now."

- George W. Bush, State of the Union Address, January 20, 2004

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HAZING

IDENTIFICATION AND PREVENTION

from Citizenship Through Athletics

Hazing incidents in high school athletics have received national attention by the media in recent months. Unfortunately, some serious cases of hazing by members of high school athletic teams have occurred prompting many questions and concerns. Research indicates there is an increasing trend of hazing in high schools and a majority of the incidents are associated with athletic team initiations. *USA Today* and *Sports Illustrated* are two national publications with articles reporting on hazing and negative outcomes to the victims that are team members. School administrators, coaches and parents can no longer turn their heads – hazing must and can be stopped!

Hazing is against the law in Rhode Island. Hazing resulting in an injury to a person is a Class A Misdemeanor

and hazing which creates a substantial risk of injury to a person is a law violation. Reported hazing incidents include physical, emotional and sexual abuse and involve teams composed of female as well as male athletes. In some cases, both genders have been involved in the same incident. Alcohol and/or other drug abuses are often a part of hazing. Unfortunately, several deaths have resulted due to hazing.

How do such activities get started and how are they allowed to continue in athletic programs which are organized by institutions for educating our youth – our schools? What traditions result in acts of hazing? When coaches make "rookies" carry ball bags or other supplies to the bus or from the field are they introducing traditions that may lead to hazing? What can a school do?

The following are steps suggested by experts who have researched and dealt with hazing incidents in high schools:

POLICY – Each School Board of Education should adopt a policy defining hazing and establishing consequences. It is recommended that administrators, coaches, parents and athletes be involved in the policy development.

EDUCATE AND COMMUNICATE – Messages relative to the hazing policy must be sent to all "stake holders" in a regularly implemented process. Establish an understanding of how hazing can start, how it should be identified and the steps to be taken if hazing is suspected. Have a plan of action.

PREVENTION – Having a school district hazing policy is the first step in prevention. Coaches, athletes and parents must agree that hazing in any degree is negative, degrading and unacceptable. Establish a "zero tolerance" level. Promote alternative activities that result in positive team traditions such as community service days, team adventure activities or outings, and "Big Brother/Big Sister Programs". Allow students to be involved in selecting the activities to establish ownership and pride.

DYNAMIC/ONGOING PROGRAMS – The prevention of hazing, similar to the prevention of drug abuse and the prevention of poor sportsmanship, must be a work in progress. Such negative behaviors will reappear if dynamic prevention programs are not continued each season and each year.

Hazing has lasting, negative affects on participants; is an embarrassment to a school district; and, can result in lost programs and positions. We encourage students to participate in our school athletic programs to learn valuable lessons and realize unique, positive experiences. Let's be certain we are educating each of our athletes through interscholastic athletics.

Recommended resources on hazing include:

www.Alfreduniversity.edu/news/executive_summary/executivessummary.html;

www.hazing.hanknuwer.com;

www.sportsparent.org; and,

www.stophazing.org.

QUOTE OF THE DAY

"Out Of Intense Competitions Comes Intense Simplicity"

....Winston Churchill

* * * *

That's Not My Job....

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

- Author Unknown

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NCAA – INFORMATION ABOUT YOUR NCAA ELIGIBILITY

IMPORTANT INFORMATION! PLEASE READ!

The NCAA Division I initial-eligibility rules have changed:

If you plan to enroll in any college or university in fall 2003 or after, please read this information carefully.

For students entering any college or university during the 2003-04 or 2004-05 academic years, your NCAA initial eligibility will be evaluated under the new rule as described on this sheet. If you are ineligible under the new rule, the NCAA Initial-Eligibility Clearinghouse will automatically re-evaluate your academic record under the former rule to obtain your best possible result. **It is not possible to mix-and-match rules.** For example, you cannot use the 13 core-course standard of the former rule and the sliding scale from the new rule.

For students entering any college or university on or after August 1, 2005, your NCAA initial eligibility will be evaluated using the new rule only.

THE NEW RULE:

- **INCREASES** the number of core courses from 13 to **14**. This additional core course may be in any area: English, mathematics, natural/physical science, social science, foreign language, non-doctrinal religion/philosophy, or computer science. The breakdown of core course requirements is listed below.
- **CHANGES** the Division I initial-eligibility index, or sliding scale.

FORMER RULE

13 Core Courses:

4 years of English.
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
1 year of additional English, mathematics or natural/physical science.
2 years of social science.
2 years of additional courses (from any area above or foreign language, non-doctrinal religion/ philosophy, computer science*)

NEW RULE

14 Core Courses:

4 years of English.
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
1 year of additional English, mathematics or natural/physical science.
2 years of social science.
3 years of additional courses (from any area above or foreign language, non-doctrinal religion/ philosophy, computer science*)

* **PLEASE NOTE:** Computer science is being eliminated as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005 may not use any computer science courses in meeting the core-course requirements.

“QUOTES”

“I am responsible. Although I am not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself.

-Walter Anderson, American writer and artist (1903-1965)

“Goodwill is the one and only asset that competition cannot undersell or destroy.

-Marshall Field, American business leader (1834 -1906)

* * * *

SPORTSMANSHIP, A LEARNED EXPERIENCE

by Marie A. Pompeo-Maffia, cheerleading coach, St. Dominic Academy, Jersey City, New Jersey

You cannot taste it, nor touch it, but you know it is there. You can see it, feel it and hear it. But oftentimes it is difficult to recognize. What is IT? Sportsmanship, that's what.

Sportsmanship is a learned experience; it is not born to us. It encompasses respect, responsibility, courtesy and kindness to yourself, as well as others. It is an outward sign of humility as well as dedication in the arena of competitiveness.

It fosters lessons that transcend good citizenship throughout life. Sportsmanship begins with you!

From parents to players, to coaches, officials and fans, mutual respect and responsible behavior are the cornerstones to good sportsmanship. We must instill this by example to our young, impressionable athletes.

As parents, it behooves each of us to recognize that attendance at a sporting event is not a right, but a privilege. We must be role models for our youth, not only by our words, but also by our actions. Although we support our athletes, our primary responsibility is to demonstrate respect for fans, coaches, officials and participants. Youth learn by

demonstration. Parents must gain an appreciation as well as an understanding of the rules of the sort for which their sons or daughters are participants. Parents not only must be respectful of the official's decisions, but of the decisions of the coach as well. Parents must help their sons and daughters understand and gain an appreciation for their teammates, as well as the opposing team. Parents must demonstrate respect for the coach, because their attitude is infectious. Parents must be role models for their children.

Being on the field as an athlete conjures up visions of greatness for our youth. Often not thought of in this vision of greatness, is the attitude and behavior of the athlete. Both on and off the field it is expected that players treat teammates, coaches, officials and fans with respect. Cooperation and acceptance are words that need to be instilled into the vocabulary of the athlete. Athletes should willingly accept the roles they are playing. They should accept the responsibility to live up to high standards of sportsmanship and display both verbally and physically positive actions at all times, always being aware that they are representing their school and community. No one ever said it was easy to be athlete, let alone be a peer leader. Being an athlete in today's world is not only hard work on the playing field, but off it as well.

The expectations as a coach encompass setting good examples for all. Not only do you walk the sidelines; you must walk a straight line in demonstrating sportsmanship. The "Golden Rule" definitely applies here, "do unto others ..." should be the first priority of any coach when meeting/selecting the team for the first time.

A team is a mirror image of its coach, and often the players mimic the actions, as well as the personality of the coach. It is the responsibility of coaches to instill in their athletes a code that exemplifies the highest moral and ethical behavior, and to demand that they make sportsmanship their No. 1 priority. Coaches must outwardly show mutual respect for the opposition, both verbally and physically. A handshake before and after the game is a good start. Unsportsmanlike behavior by any player should not go without punishment. There should be serious consequences for players who do not abide by sportsmanship standards set forth by their coach. Lastly, coaching is a privilege that is entrusted to you. Coaches are the role models who will help to shape the actions and opinions of future generations. Do it wisely and diligently. You do make a difference!

Not only do parents, coaches and athletes have a tough job today, being an official is just as tough. Officials probably have the best birds-eye view of what is and what isn't sportsmanlike on the athletic field. Officials should sustain an unassuming role, but must maintain confidence and poise. They must control the contest, but not over-officiate. They must uphold neutrality to the outcome of the game, as well as recognize unsportsmanlike conduct and penalize it appropriately. Officials should publicly shake hands with coaches of both teams prior to and after the game. Lastly, officials should never exhibit emotions or argue with coaches or participants when enforcing the rules of the game.

F-A-N OR F-A-N-A-T-I-C? You make the call. Support for your team does not give a license to verbally or physically disrespect anyone involved in the athletic contest. Unfortunately, many fans fail to realize this. What your admission ticket gave you was a privilege to support your athletes and to bear witness to their talent. Support,

encouragement and respect for all involved is the primary role of the fan.

As you can see, there are many different roles and expectations for everyone involved. Is there any one answer to how we can make sportsmanship better? No, but here are several roads that can lead us in the right direction.

Sportsmanship begins with you-the **parent**, the **athlete**, the **coach**, the **official** and the **fan**!

* * * *

DID YOU KNOW?

Did you know that the 98 percent of high school student-athletes do not participate in college athletics? One in 24,000 high school students-athletes will make it to the pros. If we fail to teach the values that are important throughout life, we have taught 98 percent of student-athletes skills that are useless in their life beyond high school.

* * * *



The following is a summary of the January 26, 2004 meeting of the Principals' Committee on Athletics:

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

EXECUTIVE DIRECTOR'S REPORT

The Executive Director's Report from the December 15, 2003 meeting was approved with edits to page three: Revisit Letter Received From the RIIAAA: *On a motion made and seconded to revisit the issue of switching the girls volleyball season for purposes of further investigation of whether the changes need to be made, the Principals' Committee on Athletics voted 3-10 to further revisit the issue. The motion failed. The change of seasons that was previously approved will remain.*

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.

PERSONNEL MATTER

A letter was submitted by Mr. Lynch, in which he announced his resignation as Executive Director for the Rhode Island Interscholastic League, effective July 30, 2004. Mr. Lynch noted that his resignation is being submitted at this meeting in order to allow time to search for, hire, and train a replacement.

On a motion made and seconded, the Principals' Committee on Athletics accepted, with deep regret, Mr. Lynch's resignation.

The League will advertise the position vacancy announcement in the *Providence Sunday Journal* on February 1, 2004 for Sunday only. The applications will be sent to Chairperson Gray at Barrington High School. The deadline for accepting applications is February 27, 2004. The Committee is asking for five (5) volunteers from the Principals' Committee on Athletics and two (2) from the Athletic Directors Association to form a Screening Committee. Anyone interested, should contact Mr. Lynch by the end of the week. The Screening Committee would like to start conducting interviews with the candidates the first two weeks of March. On March 15, 2004 the Principals' Committee on Athletics will conduct interviews with the candidates recommended by the Screening Committee. Following the interviews, the Committee will make the appointment of a new executive director at that meeting.

REPORT – ALIGNMENT COMMITTEE

Ms. Betty Marquis, as Chairperson of the Alignment Committee, distributed a summary from the last meeting of the Committee. She reviewed the contents of the handout with the Committee, as well as, the results of the surveys that were returned from member schools.

Much discussion took place relative to the alignment survey responses and lack of a clear consensus as to the criteria used to align.

The Principals' Committee on Athletics expressed a desire to align for only two (2) years instead of the usual four (4) in order to give the Alignment Committee more time to develop the alignment criteria that would be both fair and equitable. *On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve a set of criteria to be used by Sport Committees to realign their sports for the next two (2) years. Said alignment will be sent to all principals, athletic directors and sport directors.*

FALL SPORTS

Mr. Lynch reported on football revenue from the Superbowls. He commented on how much football revenue has gone down in the past two years due to weather conditions, which resulted in postponements and rescheduled Superbowls.

In another matter, the Football Committee will meet to begin the process of aligning football for the next two (2) years.

WINTER SPORTS

Much discussion took place regarding the future governance of hockey. There are many concerns, such as, securing ice time for games and the financial responsibility to the Rhode Island Interscholastic League because hockey is conducted by the League totally. Mr. Lynch alerted the Committee to the fact that there needs to be an increase in the hockey fee paid by schools. There is much concern of losing hockey schools if hockey is governed similar to other sports. A review of the future of hockey will take place at the end of the current season.

In another matter, a Hockey Committee will meet soon to begin the process of aligning hockey for the next two (2) years.

Mr. Lynch informed the Committee that the staff and Providence College have discussed the issue of increasing the price of tickets for the hockey finals. The past ticket price has been \$5.00 per game. The cost to conduct the finals as well as all playoffs is rising, while the revenue remains the same.

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the ticket price increase for all Hockey finals from \$5.00 to \$6.00.

SPRING SPORTS

Mr. George Finn, Director of Lacrosse, reported that there would be eight teams for both boys and girls lacrosse. Each team will play teams in their league twice for a total of 14 games for both the boys and girls. The top six teams will make the playoffs in both boys and girls. Seeding will be determined by league record. Seeds one and two will receive a first round BYE.

REQUESTS FOR FINANCIAL WAIVERS

Mr. Lynch reported on a letter submitted by South Kingstown High School requesting a waiver of the \$100.00 fine for a late payment of dues and fees.

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the waiver request of the \$100.00 fine for a late payment of dues and fees due to circumstances presented by South Kingstown High School.

Mr. Lynch reported on a request from Masters Regional Academy to receive a credit in the amount of \$85.00 because they withdrew from the Girls Basketball League in November.

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny the request for a credit in the amount of \$85.00 for Masters Regional Academy.

Also, a letter was submitted from The New Feinstein High School requesting a waiver of the \$100.00 fine for a late payment of dues and fees.

On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to deny the request to waive the \$100.00 fine for a late payment of dues and fees.

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

The January meeting of the Principals' Committee on Athletics was adjourned at 4:05 p.m.

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"Personal integrity is important, not because it gets us what we want, but because it helps us be what we want."

- Michael Josephson

* * * *

"Don't be afraid of opposition. Remember, a kite rises against – not with – the wind."

- Hamilton Mabie, American writer and editor (1846-1916)

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MISSION STATEMENT

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

NATIONAL AFFILIATION

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

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

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



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