

Massachusetts Interscholastic Athletic Association

BUILDING THE FUTURE

...one student at a time.



**FALL
2005
EDITION**

www.miaa.net
Phone 508/541-7997
Fax 508/541-9888

STUDENT SERVICES

Coaches'
Education

Community
Service

Sportsmanship

Student
Leadership

Wellness

Summit To Be Held At Gillette Stadium

Sportsmanship

The 12th Annual MIAA / MSSADA Sportsmanship Summit will be held Nov. 18 from 8:30 a.m. - 3 p.m.

and will be hosted by the New England Patriots at Gillette Stadium. For the past 11 years, the Annual Sportsmanship Summit has been held to honor and educate those who make sportsmanship a priority in their schools and constantly strive to improve the sports culture in Massachusetts. The record attendance of over 600 participants at each of the past two Summits has led to a change in venue.

The conference is geared toward school administrators, athletic directors, coaches, student leaders, team captains and booster clubs. Anticipated highlights

Continued On Page 2

Workshop Series Starting This Fall

Wellness

The Student Services Department, in conjunction with Massachusetts Partners in Prevention, has announced the dates

and topics of its 2005-2006 Wellness Workshop series. These workshops will replace the Wellness Coordinator meetings which have been held in the past. Scheduled dates and topics include:

Oct. 27: Sun Safety and Melanoma Awareness, Melanoma Education Foundation – Steve Fine. This workshop will feature a K-12 teacher presentation that offers information about melanoma, two videos with one for elementary schools and the other for high schools/middle schools, a young woman relating her personal experience as a melanoma survivor, discussion about sunless tanning, instructions on skin analyzer use as well as hands-on practice.

Dec. 9: “Advancing the Efforts of Educators as Positive Role Models to Address Bullying, Hazing and Related Aggressive Behaviors,” sponsored by “Models of Respecting Everyone” – Phil Fogelman. This workshop will provide participants with a framework for advancing their leadership capacities

Continued On Page 4



Opposing teams in football and tennis shake hands after a game, demonstrating sportsmanship.



MIAA Adopts New Coaching Program

Coaches' Education

The MIAA had announced sweeping changes to its Coaches' Education requirements, which have made Massachusetts the first state to require every high school coach to be certified through the completion of a comprehensive three-part coaching curriculum. The MIAA has implemented the newly revised NFHS/ASEP Coaches Education Program, developed and delivered by the American Sport Education Program and National Federation of State High School Associations, to educate and certify an estimated 3,000 to 4,000 coaches over the next three years.

According to MIAA Assistant Director Brian Halloran, Massachusetts and California are the only

Continued On Page 7



Register Now For Annual Sportsmanship Summit

Continued From Page 1

include: New England Patriots participation, presentation of the District Sportsmanship Awards and the awards for the Sportsmanship Essay Contest, and discussion from the Sportsmanship Alliance of Massachusetts. Speakers include: Daniel Washburn, President, National Federation of State High School Associations; Dan Switchenko, Professor/Coach, Eastern Connecticut State University; Steve Burton, Sports Reporter, WBZ-TV Channel 4 (Boston) and Ed Berliner, "Sports Pulse" Host CN8, The Comcast Network.



The summit registration fee of \$200 is designed for a team of five representatives from one school. Schools may register less than five individuals or add additional members to their five-person team at a cost of \$50 per person.

The registration fee includes workshops, speakers, continental breakfast, luncheon and materials. For directions to Gillette Stadium, visit <http://www.patriots.com/stadium>.

Sportsmanship Summit Registration Form

Name of School: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Fax: _____

Name of persons attending: (Please designate students):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

P.O. _____ Check # _____

Total \$ _____

Please return registration form by **Nov. 14** to: MIAA, 33 Forge Parkway, Franklin, MA 02038, or fax to: 508-541-9888. Cancellation Policy: *Cancellations received up to 72 hours before the Summit will be honored. Schools that register and do not attend are responsible for full payment.*

Only Way to Win

The following individuals and teams received Only Way to Win awards for outstanding sportsmanship. Through the Only Way to Win program, coaches, athletic directors, game officials and school administrators can notify the MIAA about acts of sportsmanship.

Recipients were:

Coach Jeff Tracey, Seekonk High School Girls' Track; Coach Bill Tilden, Old Rochester Regional High School Girls' Track; Nicole Murphy, Newton North High School Softball.

Student Essay Contest Deadline Set For October



Entries are due **Oct. 21** for the 5th Annual Sportsmanship Essay Contest. Students from all MIAA member schools are encouraged to submit an essay, short story, poem, song, letter or other piece of literary work pertaining to their ideas about "The Role of the Coach in Promoting Sportsmanship."

Contest winners will present their work as honored guests at the 12th Annual Sportsmanship Summit on Nov. 18. Finalist and honorable mention entries will be published in "Sportsmanship: A Game Plan For Life, Volume V." The following prizes will be awarded: 1ST PLACE - \$500, 2ND PLACE - \$300, 3RD PLACE - \$200.

The contest is open to all students in grades 9-12 at MIAA member schools. Entries should be typed, double-spaced and contain approximately 500 words. Entries must be received by Oct. 21 at the following address: MIAA Essay Contest, 33 Forge Parkway, Franklin, MA 02038, or miaa@miaa.net.

Get Your Student Services News At:

<http://www.miaa.net/student-services/>

January Leadership Training Offers PDPs And More

The 19th Annual Leadership Training Institute will be held Jan. 23-27, 2006 at the MIAA office in Franklin. The Student Services Department will accept up to 30 participants into the residential program, covering the cost of rooming, meals, materials and professional development. Completion of this program will result in the attainment of 40 PDPs. Three graduate credits can also be earned through Endicott College for the price of \$150.

Past participants have included principals, physical education teachers, athletic directors, health teachers, nurses, guidance counselors, coaches, police officers and substance abuse specialists.

“One of the things I found particularly helpful from the training was the opportunity to be refreshed through hearing the ideas that worked and didn’t work for other athletic directors, coaches, and teachers,” said Kim Kochanek, a teacher/coach/faculty manager at Salem High School who graduated from the program in 2005. “I also felt as though having the opportunity to work with peers from various school districts broadened my perspective of ideas that work and don’t work. The new contacts were extremely helpful, as the support network can’t be large enough.”

Attendees will learn how they can use their influence to reduce alcohol, tobacco and other drug use, promote sportsmanship, and implement programs into their schools and communities. The conference is geared toward Wellness Coordinators for schools and non-profit organizations. Topics include designing pre-season meetings, conducting parent meetings, planning student leadership workshops, responding to problems, and helping school districts to implement local programs. Content areas include: tobacco, alcohol, drugs and sportsmanship, elements of effective training and facilitation, rules of code enforcement, importance of role models, parental involvement, student leadership, staff training and development, pre-season meetings, citizenship, healthy lifestyles, and hazing/sexual harassment.

Authors and national health promotion experts Marty Harding and Kevin Ringhofer will lead the acclaimed program. Attendees will room at a local hotel.

Amy Meehan, newly appointed Dean of Students of Drury High School and the former athletic director, said the benefits of attending the MIAA Leadership Training Institute by far exceeded her expectations.

“The training offered a variety of strategies to best serve our students as they attend high school, regardless if they are a varsity athlete, member of a group or a club, or a student that is struggling with academic, behavioral or social issues,” she said. “The Leadership Institute gave practical strategies to review rules and standards at our schools and motivation techniques to ‘raise the bar’ to ensure a safe, conducive learning environment at our schools and for our extra-curricular activities. With this training, the 2005 graduates have been empowered to bring these engaging strategies and techniques back to their districts. Marty and Kevin walked us through effective workshops to get us thinking about how schools, administrators,



Pictured is the Leadership Training Class for 2005.

teachers and coaches can best help students excel during the often difficult teenage years. I highly recommend the institute.”

For information or a brochure, call the Student Services Department at 508-541-7997, e-mail psmith@miaa.net, or visit <http://www.miaa.net>.

Watch For MIAA Mailing

Athletic Directors and Wellness Coordinators should be on the lookout for a hard copy mailing that went out in mid-September promoting several upcoming Student Services Department program offerings. The mailing included flyers on events such as the Wellness Workshop Series, the Sportsmanship Essay Contest, a November workshop on eating disorders, the 12th Annual MIAA/MSSADA Sportsmanship Summit, and the 19th Annual Leadership Training Institute. An e-mail was also sent to principals with links to each flyer. If you didn’t receive the mailing, contact the MIAA Student Services Department at 508-541-7997 or psmith@miaa.net.

For a complete list of Sportsmanship and Wellness Initiatives, please go to the new MIAA Student Services Website at <http://www.miaa.net/student-services>.

Director of Student Services: Michael Kane
Student Services Contact: Peter Smith
Editor/Writer: Stacy Juba

Building the Future is published by the Massachusetts Interscholastic Athletic Association for its supporters throughout the state. For submissions or to report your e-mail address, write to:

MIAA

33 Forge Parkway, Franklin, MA 02038
Fax: 508-541-9888
miaa@miaa.net



MA Partners In Prevention Make Recommendations

Massachusetts Partners in Prevention unanimously approved a position paper at the June 6 meeting, offering the group's view and recommendations on effective prevention programming. The Partners look to Wellness Coordinators to put these recommendations into motion and to work toward making a difference in schools and communities across Massachusetts.

Massachusetts Partners in Prevention is a diverse group, representing organizations focused on a range of topics – everything from cancer, eating disorders, and fitness to head injuries, alcohol and drugs. The Partners strive to promote the physical and mental health and well-being

Wellness Talks Upcoming

Continued From Page 1

as positive role models. Specific prevention and response tools and strategies to bullying, hazing and related aggressive behaviors will be identified and discussed in the context of positive role modeling.

Jan. 20: Adolescent Gambling: Focus on the Poker Craze, Mass. Council on Compulsive Gambling - Jim Wuelfing. Over the past two years, millions of adolescents have taken to playing poker, fueled in large part by the myriad of poker shows on television. It is possible that we have never experienced such widespread growth of gambling among adolescents before. Is this something to be concerned about? Is this something we should support? Curtail? Are there dangers to this activity? If so, what are they? This interactive training will explore the poker phenomenon and attempt to answer many of these questions and more.

Feb. 17: Underage Drinking: What We Know and What We Can Do to Address the Issue, MADD – Amy Whitney. This workshop will discuss the #1 youth drug problem in Massachusetts and America: alcohol and how extensive the problem of underage drinking is in our communities. During this workshop, we will not only look at the problem but discuss different strategies schools and communities can use to raise awareness, change norms and create behavior change in youth and adults.

Information will be forthcoming on the following programs:

March 31: Eating Disorders, MEDA, Inc. – Jessica Cunningham

May 19: Multiple Topics, Northeastern University Sport in Society

June 2: Recent Drug Trends, Drug Enforcement Administration – Tina Murphy

All workshops will take place at the MIAA office from 9 a.m. – 12 p.m. with a light lunch following the session. PDPs are available upon request. The cost is \$35 per session. For more information about MIAA Student Services or Massachusetts Partners in Prevention offerings, call 508-541-7997 or go to <http://www.miaa.net/student-services>.



a program of the Massachusetts Interscholastic Athletic Association

of all children and young adults. Partners in Prevention was created due to state funding cuts leaving schools with a lack of resources. Meetings are held at the MIAA office, with the Student Services Department providing leadership.

“We put this group together so we could work together and promote resources for schools in the state,” said MIAA Student Services Director Mike Kane. “We’re one of the first states in the country to put a group like this together. We’re a very unique and unusual group.”

In the position paper, the Partners discussed the difference between primary prevention and secondary prevention. Primary prevention is the work done to prevent problems before they occur. Secondary prevention is a reactive corrective effort to bring about change where there is a recognized problem. The tools, methods and approaches of secondary prevention will not produce culture change; they work at the level of improving the behavior of individual students, one at a time.

According to the paper, “Both types of prevention are equally important. Successful efforts in a community should contain both primary and secondary prevention strategies. However, if we are looking to truly prevent a problem before it happens, it is critical to start with primary prevention.”

There are three important components to primary prevention: reaching an entire population, developing a comprehensive program and implementing science-based prevention strategies.

According to the Partners, a combination of these three components will help define a successful prevention program. Below is a summary of the group's recommendations.

Reaching An Entire Population

By reaching out to an entire population, you can leverage social networks of students to produce significant improvement in perception and behavior, while inspiring social and cultural change. When implemented correctly, such a method changes not only an individual but a whole culture. For this method to achieve its potential, high levels of participation within a population are critical.

When all members of a social network – like an entire grade or even

Continued On Page 5

Unique Prevention Group Presents Position Paper

Continued From Page 4

school – are exposed to a similar experience, they develop a common bond, whether or not that experience is perceived as positive or negative. The network's members receive a common language that facilitates dialogue about cultural values and change. Most importantly, the group is large enough to create a critical mass of individuals leading to a “tipping point” toward change. The “viral” dialogue that ensues improves the chances that the prevention messaging will stick.

Developing A Comprehensive Program

Prevention programming involves careful planning of a comprehensive program that links multiple prevention efforts. That comprehensive plan may vary, but it could include:

- Information and community awareness
- Education and skill development
- Alternative activities
- Community development, capacity building and institutional change
- Social policy
- Early intervention strategies

For instance, a prevention effort within a school system would use multiple strategies targeted to not just students, but faculty, staff, coaches, parents and community members. It is also important to remember that prevention is a work in progress, not a one-time effort. Behavior change rarely happens all at once, or immediately.

Implementing Science-Based Strategies

Science-based refers to a process in which experts:

- Use commonly agreed upon terms and concepts
- Use commonly agreed upon criteria for rating research interventions
- Come to a consensus that evaluation research findings are credible and can be substantiated

From this process, a set of effective principles, strategies and model programs can be derived to guide prevention efforts. It is also important to recognize that many prevention “best practices” have already been established. We can leverage those to ensure success with our own plans. Some of those best practices include incorporating research and a conceptual framework; measuring the accuracy, efficacy and credibility of the approach; developing measurable goals and objectives; having a long-term commitment; integrating overall health promotion; evaluating the process and outcome; providing a comprehensive approach; garnering community involvement and ownership; and ensuring replicability.

In Conclusion

Ultimately, we must recognize that there are a number of stumbling blocks lying ahead of our children. Our job as educators, prevention

Massachusetts Partners in Prevention

<http://www.miaa.net/student-services/partnersinprevention.htm>,
508-541-7997

Massachusetts Substance Abuse Information and
Education Hotline, 1-800-327-5050

experts and community citizens is to: provide a safe environment for our youth to live, work and play, offer them resources and alternatives for emotionally and physically healthy living, prepare them to make appropriate choices in their lives, and have youth practice making appropriate choices as often as possible. We encourage you to think about where your community needs the most help and to begin developing a prevention plan today.

Student Advisors Named



The MIAA held its first Student Advisory Committee meeting of the school year on Sept. 21.

Other meetings are scheduled for: Jan. 26 at 8 a.m. and April 13 at 9:30 a.m.

The 2005-2006 Student Advisory Committee will report to the Wellness Advisory Committee three times. On a rotating basis, members will attend meetings of the MIAA Board of Directors and act as advisors.

Students will participate on panels at the Sportsmanship Summit, Leadership Training Institute, MIAA Annual Meeting and Wellness Summit.

They will also contribute to the “Building the Future” newsletter and provide feedback to the MIAA staff. Committee members are:

Ashland High School: Erica Austin and Kristen Szoiomayer; **Burlington High School:** Caitlyn DiSanto and Nathan Pierce; **Easthampton High School:** Joshua Cabana, Corey Domina and Nathan Pepin; **Medway High School:** John Brovelli and Cerissa Lynch; **Milford High School:** Matt DelVecchio, Katelyn Richter, Ashley Robidoux, Kristopher Zelesky; **Peabody Veteran’s Memorial High School:** Angel Batista; **Reading Memorial High School:** Marissa D’Agati, Madeline Nally, Lianne Nihan, and Leah Silva; **Rockland High School:** Daniel Bohenek, Chris Fusilo, Jess Mellen and Crissa Morton; **Woburn High School:** Eric Skeffington and Jody Fralick.



Chemical Health Rule Undergoes Critical Revisions

Administrators and coaches will notice changes to the language of the Chemical Health Rule, which is Rule #62 in the MIAA Handbook. The rule stipulates that during the season of practice or play, a student shall not use, consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance.

This policy includes products such as “NA or near beer.” The rule represents only the minimum standard upon which schools may develop more stringent requirements.

Revisions were made to the section entitled “Minimum Penalties.” For example, in the past, a first violation called for the student to lose eligibility for the next two consecutive interscholastic events, or two weeks of a season in which the student is a participant, whichever is greater. A second or subsequent violation would be for the next 12 consecutive interscholastic events or 12 consecutive weeks, whichever is greater, in which the student would be a participant. The revised rule, however, will use percentages to provide balance for different sports.

Information Forthcoming On Student Service Awards



Administrators should watch for details about a new MIAA awards program that will recognize students for community service. Awards will be presented next spring in various categories. Principals will receive information later in the school year.

“We’re trying to bring attention to community service and encourage athletic teams, clubs and activity groups to get involved,” said Student Services Director Mike Kane.

The awards program is the latest addition to the MIAA’s community service initiative. In the summer of 2001, the MIAA began promoting community service as a major initiative within the Student Services program. This declaration came following the participation of students on the MIAA Student Advisory Committee at the National Federation of State High School Associations’ Annual Student Leadership Conference. Students participated in a community service project in which they helped the Indianapolis Parks Department to restore many recreation areas in need of improvement. The rewards that these students experienced were what the MIAA had hoped to promote among its membership to plan and encourage the community service outreach in its member schools.

In the fall of 2003, an opportunity arose for the community service initiative to take another large step forward with the participation of schools across the state in the “Make the Point for Special Olympics” service and fundraising event. Through this initiative, schools took part in a tangible way to promote good citizenship in their communities as they worked to make a difference in the pursuit of acceptance and inclusion for all individuals. Participation in

“Two weeks or two games in football is a lot more than two weeks or two games in basketball,” said Student Services Director Mike Kane. “The purpose was to make it fairer for all sports.”

Under the new policy, after a first violation the student will lose eligibility for the next consecutive interscholastic contest totaling 25 percent of all interscholastic contests in that sport. For second and subsequent violations, the student will lose eligibility for the next consecutive interscholastic athletic contest totaling 60 percent of all interscholastic contests in that sport.

If after the second or subsequent violation, the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum 40 percent of events. For more information on the Chemical Health Rule, consult the latest MIAA Handbook, July 1, 2005-June 30, 2007.

If you have photos of student-athletes from your school performing community service activities, please send them along with caption information to:

MIAA Student Services
Attn: Peter Smith
33 Forge Parkway
Franklin, MA 02038
psmith@miaa.net

this event was another example of what the MIAA hopes will be a strong effort on the part of its member schools to commit to future community service projects.

The administrators in each of the MIAA member schools are encouraged to take advantage of the incredibly strong power of influence that each of their coaches, captains and student-athletes share to help build stronger communities by giving back and proving that helping hands make a huge difference. The MIAA has established the Ron Burton Community Service Award to be presented annually at the statewide Sportsmanship Summit. In addition, the MIAA anticipates that all nominees for annual team sportsmanship awards demonstrate a strong community service involvement.

If you would like to be sure that you receive information on the new Community Service Awards, contact the Student Services Department at 508-541-7997, or e-mail psmith@miaa.net.

New Requirements Established For MIAA Coaches

Continued From Page 1

two states that have implemented the revised program to date. Under the previous MIAA rule, all coaches first serving as an interscholastic athletic coach after August 1, 1998 had to complete an MIAA-sponsored or approved Coaches' Education course within one year in order to coach for a second year. Certified teachers, as well as those who began their coaching before that date, were not bound by this requirement.

"We, like many other states, are experiencing a very rapid turnover in our coaches," said Mr. Halloran. "We felt that being a certified teacher doesn't necessarily make you a good coach, even though most of our interscholastic coaches at this time are not members of the teaching staff at the school where they are teaching. The adoption of the MIAA rule change requiring education of all coaches beginning their coaching career after July 1, 2005, is a great step forward. Without a complete team effort, it would not have happened. The support of the Massachusetts Secondary School Athletic Directors was critical and greatly appreciated by the MIAA Board of Directors. The athletic directors see our problems first-hand and recognize the importance of Coaches' Education."

Revised Rule

Under the revised ruling in the 2005-2007 MIAA Handbook, all coaches first serving as an interscholastic coach after July 1, 2005 must complete an MIAA-sponsored or approved Coaches' Education course of study which consists of the NFHS Coaches' Principles Course (must be passed prior to coaching a second year) and the NFHS Sport First Aid course (must be passed prior to coaching a third year.) While the Coaches' Principles course is similar to what the MIAA has offered in the past, it features new sections on character education, coaching diverse athletes, managing program behaviors in athletes, drugs and sports, and teaching the "games approach" to coaching.

Sport First Aid offers information on preventing, evaluating and responding to more than 110 athletic injuries.

All coaches first serving as an interscholastic coach after July 1, 2007 must additionally complete the NFHS Sport Specific Technical and Tactical Skill Course in the sport they are coaching (must be completed prior to coaching a third year.) The sport-specific requirement will begin on July 1, 2007 or when that particular sport-specific course becomes available, if after this date.

"The MIAA is a progressive advocate of Coaching Education as evidenced by their requirement of this program for all coaches," said Tim Flannery, NFHS assistant director. "We look forward to hearing the success stories of their coaches who will be some of the best prepared and most knowledgeable in the country."



The MIAA has enhanced its coaches' education program, which will have positive ramifications on sports at all its member schools.

Graduate Credit For Coaching Courses

The NFHS Coaching Principles Course requirement must be met through attending an MIAA-sponsored Coaching Principles Clinic. According to Mr. Halloran, the MIAA has 21 new certified instructors for a total of 29. Since instructors are spread across the state, athletic directors may request that the MIAA sponsor the Coaching Principles Course locally. Cost will remain at \$105, as in the past.

The NFHS Sport First Aid and Sport Specific requirement may be met by completing long distance on-line courses, which are currently \$95. The MIAA has negotiated an agreement with Endicott College, so that for an additional fee, participants have the option of gaining three graduate credit hours for taking the Coaching Principles Course, two credits for Sport First Aid, and one credit for the Sport Specific course. For more information on the MIAA Coaches' Education program, visit <http://www.miaa.net>.

Coaches' Education Clinics

The following Coaches' Education clinics have been scheduled: Oct. 22, 8 a.m.- 3 p.m., Lincoln-Sudbury Regional High School, Conference Room B. March 11, 2006, 8:30 am - 4 p.m., Old Rochester Regional High School. All participants requesting to attend a clinic must register through the MIAA Office. Athletic directors and/or principals have application forms that are to be returned to the MIAA, or forms may also be downloaded at: <http://www.miaa.net>. Fee for the course is \$105.



UPCOMING MIAA EVENTS

Oct. 27: Sun Safety Workshop

Nov. 1: Workshop on Eating Disorders

Nov. 18: 12th Annual Sportsmanship Summit, Gillette Stadium

Dec 9: Advancing the Efforts of Educators as Positive Role Models to Address Bullying,
Hazing and Related Aggressive Behaviors

Jan. 20: Adolescent Gambling: Focus on the Poker Craze

Jan. 23-27: 19th Annual Leadership Training Institute, MIAA Office

Feb. 3: Girls and Women in Sport Day, Faneuil Hall

March 20: ADL Respect Workshop, MIAA Office

May 12: 10th Annual Wellness Summit

To receive this newsletter electronically, forward your name, title and e-mail address to miaa@miaa.net and specify “Building the Future.”