

Massachusetts Interscholastic Athletic Association
BUILDING THE FUTURE
 ...one student at a time.



**SPRING
 2006
 EDITION**

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**STUDENT
 SERVICES**

Coaches' Education

Community Service

Sportsmanship

Student Leadership

Wellness

Awards Presented At 10th Annual Summit

Wellness

Cynthia Knight, R.N., school nurse at Bishop Feehan High School in Attleboro, was chosen as the 2005-2006 "Wellness Coordinator of the Year." She accepted the award during the Tenth Annual Wellness Summit held May 12 at the MIAA office in Franklin. William Wassel, chairman of the MIAA Wellness



Philip Fogelman, center, accepts the Wellness Partner of the Year Award from William Wassel, left, and Bill Gaine.

Advisory Committee, presented the Wellness Coordinator of the Year Award, as well as the Wellness Partner of the Year Award and the MIAA Community Service Awards.



Cynthia Knight of Bishop Feehan High School was the Wellness Coordinator of the Year.

Ms. Knight is a graduate of the MIAA Leadership Training Institute. As a Wellness Coordinator, she has arranged non-smoking workshops with Brown University, coordinated a presentation of the "Yellow Dress" play about abusive relationships, and presented a faculty professional day on eating disorders. She was a founder of the school's SADD

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Wellness Summit Targets Alcohol Abuse

Student Leadership

Adults got a rare behind-the-scenes glimpse into teenage social life at the 10th Annual Wellness Summit held May 12 at the MIAA office. Titled "Addressing the Issues of Peer Pressure and Alcohol," the event featured a candid panel by the MIAA Student Advisory Committee, a group of students who have taken a leadership role within the organization. The members revealed that:

- More high school students drink alcohol than use drugs as they think it's safer.
- While students might have to go out of their way to buy drugs, alcohol is widely available at parties and through older friends.
- Alcohol is more socially accepted than drugs among high schoolers as it becomes legal after age 21.
- Most high school students believe that the biggest health risk to alcohol abuse is a hangover and don't realize the long term effects on their bodies.

● "You only live once" is a popular motto among adolescents today.

And the most surprising opinion that emerged from the discussion was:

● Peer pressure is an excuse and not as powerful as adults might think. The students indicated that all it takes to say no is a sense of self esteem and a strength in your beliefs.



Student Advisory members Madeline Nally and Marissa D'Agati of Reading Memorial High School.

"I think peer pressure is perpetuated by adults and the media," said Eric Skeffington of Woburn High School. "It's been drilled into kids' heads by adults who have their best interests in mind, and when younger kids walk into a party with older kids, they may feel peer pressure when it doesn't exist, assuming

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Students, Presenters Speak Frankly About Alcohol

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they have to drink to be accepted.”

Jessica Sims of Peabody Veterans’ Memorial High School said that while non-users can use excuses such as they’re driving or have practice the next day, in her experience it’s not a big deal to simply say you don’t feel like it.

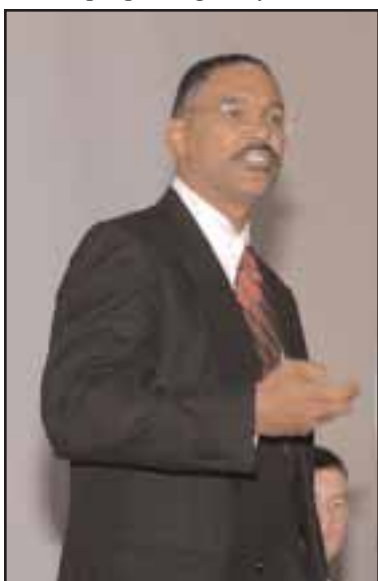
“If you say you don’t want to do something, I don’t think many people are going to waste their time barking down your throat,” agreed John Brovelli of Medway High School.

He said that his school’s annual mock car crash at Prom time has made many of his classmates think twice about drinking. Juniors and seniors go outside and witness the arrival of the police, fire department, and Jaws of Life to the gory accident scene. One of their classmates is ultimately covered in a white sheet while police take another away in handcuffs.

“It was a reality check for a lot of people,” said John. “People were crying. The memorial service the next day was even worse. That feeling definitely carries the students through Prom season and I think it’s still in the back of their minds later.”

Eric Skeffington said that tragedy prompted Woburn High School to create a student-driven organization advocating healthy choices. Although abstinence is encouraged, the group stresses that if you’re going to drink, it’s crucial to plan ahead as far as arranging rides, appointing designated drivers and taking care of each other.

“Some people might say isn’t that advocating drinking, but we’re realistic,” said Eric. “No one is going to cure the world of teen alcohol use. Our goal is to minimize it and eliminate the tragedies.”



Eddie Jenkins, Commission Chairman of the Massachusetts Alcoholic Beverage Control Commission, makes a presentation.

Thomas Hermanowski, Executive Director of ADAPT (Alcohol and Drug Abuse Prevention Training), presented the interactive talk “Where’s Home? The Progression of Alcohol Use/Abuse.” Each attendee chose a card describing a situation, and had to determine whether it belonged in the user, abuser, non-user, or addict section of the room. Mr. Hermanowski said that it can take 5-15 months for a non-user to progress to an addict, and that summer vacation can bring big changes in many students.



Above are members of the MIAA Student Advisory Committee. Below, Robert Hackenson of Dynamic Influence performs during the Wellness Summit.



Eddie Jenkins, Commission Chairman of the Massachusetts Alcoholic Beverage Control Commission, spoke about alcohol and youth. He showed a video clip of a news crew accompanying undercover investigators on a sting where underage college students used false identification. In most cases, the students would rather be arrested than have their parents called. Robert Hackenson, a motivational speaker, hypnotist and magician from Dynamic Influence, presented “Sober Thoughts - Using Magic and Hypnosis to Ask the Question ‘Is Alcohol Worth the Risk?’” He wove hypnosis and sleight of hand into a discussion of how students’ minds play tricks with all their internal thoughts of how no one will like them if they don’t drink, or that nothing will happen if they drive drunk because they’ve done it several times before.

Exhibitors during the day were Choices for Tomorrow, Dynamic Influence, Getpsychedsports.org, Inc., Greater Boston PFlag, MADD, Massachusetts Department of Education: Nutrition, Health and Safety, MEDA, Inc., Outside the Classroom, and Whose Game Is It, Anyway?

Underage Drinking: Why It Happens, What To Do

Alcoholic use by underage youth is a significant problem in Massachusetts, as well as in the rest of the United States. According to statistics from the Massachusetts Youth Alcohol Prevention Task Force, 75 percent of high school students in the state, 53 percent of seventh graders and 64 percent of eighth graders reported ever using alcohol. Massachusetts ranks 13th highest among the 50 states for the cost per youth of underage drinking.

“Alcohol is our Number 1 youth drug problem in this country,” said Amy Whitney, Massachusetts Youth Coordinator for Mothers Against Drunk Driving.

Ms. Whitney and Stephen Maguire of Maguire Presentations led “Underage Drinking – What We Know and What We Can Do To Address It,” part of the Wellness Workshop Series, Feb. 17 at the MIAA office.

Ms. Whitney said that a wide array of new alcoholic beverage products appeal to young tastes, including bottled pre-mixed drinks and sweet tasting liquor-based beverages called Alco-pops. She pointed out that girls who dislike beer have plenty of other choices, and that girls are using alcohol more than ever. She said that young people who begin drinking before age 15 are four times more likely to develop alcohol dependency and two and a half times more likely to become alcohol abusers than those who begin drinking at 21.

Ms. Whitney said that adults need to take responsibility for contributing to youth drinking. Teenagers typically get alcohol from their homes, a friend of legal age, strangers outside the liquor store, or clerks that don’t card minors. MADD offers multimedia show assemblies featuring three movie screens, current music and movie clips. MADD Massachusetts Youth in Action partners youth activists with adults and law enforcement to work on reducing access to alcohol for youth under 21. Information is available at <http://www.madd.org> and <http://www.youthinaction.org>.

Student Advisory Committee Making A Difference

Members of the MIAA Student Advisory Committee say that they have found their leadership role a positive experience.

“I love it,” said Angel Batista of Peabody Veterans’ Memorial High School. “You get to see what the MIAA really does besides rules. It’s a good opportunity to interact with adults and give our views on different things.”

The Student Advisory Committee reports to the Wellness Advisory Committee three times per school year. On a rotating basis, members attend meetings of the MIAA Board of Directors and act as advisors. Students also participate in events such as the Sportsmanship Summit, Leadership Training Institute, MIAA Annual Meeting and Wellness Summit. The committee has 31 members representing nine schools: Ashland High School, Burlington High School, Easthampton High School, Medway

Stephen Maguire is an educator, coach and speaker who narrates the story of how he overcame alcoholism from the age of 22. He is available for school assemblies, parent nights, staff training and other events. He said that kids drink for 10 reasons:

- They’re unsupervised.
- They’re bored.
- They’re submitting to peer pressure.
- They want to know what it feels like.
- They want to gain courage.
- They want to hook up.
- They wish to feel like part of a group.
- They don’t want to feel anything.
- They’re modeling the adults in their life.
- They’re modeling older siblings or older friends.

He advises teachers and coaches to get parental permission before talking with a student about an alcohol problem, unless the parent is an alcoholic.

“You can say something to the student like ‘I’m having this conversation with you because I care about you and want you to be successful, and it’s obvious to me that you’re drinking outside of school,’” said Mr. Maguire. “The toughest kids in the world have broken down in tears because no one has ever said that sentence to them.”

He advised having a mandatory pre-season meeting and asked what should constitute mandatory, such as having parents sign a statement that they’ve read a summary of information, or videotaping the presentation and requiring parents to come and view it at their convenience. A helpful web site for community involvement is <http://www.thecommunityofconcern.org>.

“Our kids and their safety are our #1 priority as educators,” he said.

High School, Milford High School, Peabody Veterans’ Memorial High School, Reading Memorial High School, Rockland High School and Woburn High School.

Eric Skeffington of Woburn High School attended the committee’s first meeting last fall, the Sportsmanship Summit, the student workshop held during Leadership Training Week and the Wellness Summit. “You get a lot of interesting perspectives,” he said. “There are a lot of people representing a lot of places in Massachusetts and different types of high schools in terms of student makeup.”

Caitlyn DiSanto of Burlington High School had her first experience with the committee during Leadership Training Week. “It’s really opening my perspective of what I could do to be a good leader to

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Eating Disorders, Obesity Highlight Two Workshops

Wellness

Healthy eating and exercise habits were a focus at two MIAA workshops this spring: Understanding Eating Disorders held March 31 at the MIAA office and the Youth Obesity Summit held March 28 at the Clara Barton Conference Center in North Oxford.

Jessica Cunningham, director of education and outreach for MEDA, and Doreen Iovanna, educational specialist for the Massachusetts Department of Education - Nutrition, Health and Safety, facilitated the eating disorder and nutrition workshop. In the U.S., conservative estimates indicate that after puberty, 5-10 million women and 1 million men struggle with anorexia and bulimia and 25 million individuals struggle with binge eating disorder.

Factors that contribute to eating disorders include high self-expectations/perfectionism; poor body image; extreme need for approval; consistently pleasing external demeanor; all or nothing thinking; low self esteem; anxiety and depression; and ethnic/cultural identity. Disorders are often triggered by major life transitions such as college or a new job, family problems, social/romantic problems, failure at school, work or a competitive event, a traumatic event, or biological vulnerability to other psychiatric illnesses.

When approaching an adolescent with an eating disorder, MEDA advises encouraging the individual to talk to a counselor or therapist; try to get him/her to talk about his/her feelings, discuss problems and conflicts; take the focus off food; and be positive. It's best not to focus on weight, food, exercise, or achievements. Rather the emphasis should be on inner qualities, strengths, your own failures and mistakes.

Obesity Summit

The MIAA and the Multiple District 33 Lions Club co-sponsored the Youth Obesity Summit, which was designed for local Lions Club members and school representatives to attend as a team.

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

Healthy Eating Websites

Here are some web sites for healthy eating recommended by the Massachusetts Department of Education:

<http://www.actionforhealthykids.org>

<http://www.doe.mass.edu/cnp>

<http://www.healthierus.gov/dietaryguidelines>

<http://www.johnstalkerinstitute.org>

<http://www.mypyramid.gov>

<http://www.usda.gov>

Speakers included Maryanne Lewis, Advanced Practice Registered Nurse, Board Certified, of the Optimal Weight for Life Program; Shelley Yeager Doucette, former director of the Clara Barton Camp; and Martha Pellegrino, Registered Dietician and Licensed Dietician/Nutritionist, Blackstone Valley Regional Vocational Technical High School, School-Based Health Center. A toolkit for action called "We Can! Energize Our Community" was provided due to a grant that the Lions Club received.

The toolkit describes how over the long term, being overweight or obese increases risk of heart disease, stroke, diabetes, arthritis, sleep disorders, social and psychological problems. The toolkit describes various programs to consider, including: Media-Smart Youth: Eat, Think and Be Active!, <http://www.nichd.nih.gov>, a 10-lesson curriculum that focuses on helping young people ages 11-13 understand the connection between media and health; and Student Media Awareness to Reduce Television, <http://hprc.stanford.edu/pages/store/default.asp>, a third or fourth grade classroom curriculum designed to motivate children to reduce their television watching and video game usage.

National Health Observance Months can be an ideal time to plan activities. A few occasions to consider include: National Nutrition Month in March, National Physical Fitness and Sports Month and National High Blood Pressure Education Month in May, National Cholesterol Education Month in September, and National Diabetes Awareness Month in November.

The toolkit and other educational materials can be ordered from the National Heart, Lung and Blood Institute for a fee at <http://email.nhlbihin.net/>.

Television Poker Craze Spreads to High Schools

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. Deborah Gorman of Weston High School has heard several of her girls complain about feeling left out on weekends as the boys are always busy with poker. Chris Aufiero of the Bedford Public Schools said that many schools have done tremendous work discouraging drug and alcohol abuse, but he fears a new overlooked outlet has become gambling which may present a whole other slew of dangers.



Jim Wuelfing, a consultant for the Massachusetts Council on Compulsive Gambling, discussed these concerns during his Jan. 20 presentation "Adolescent Gambling: Focus on the Poker Craze," part of the Wellness Workshop Series. According to Mr. Wuelfing, anecdotal evidence suggests that between 80 and 90 percent of high school boys play poker on a regular basis, especially the popular Texas Hold'Em. Three years ago, only one television channel carried an occasional poker game, but now it appears on many channels throughout the day, making youth heroes out of gamblers for the first time in memory. ESPN, much watched among teenage sports fans, has glamorized the game with its coverage of the World Series of Poker. Although most young people play without ill effects, others may experience serious consequences, including losing more money than they can afford, having problems in school, and resorting to criminal activity to pay for their habit. Unfortunately, many adults in their lives don't realize these are genuine concerns.

"I think parents, teachers and administrators feel that it's not drugs and alcohol, it's five best friends downstairs and they're just playing cards – isn't that wonderful," said David Lezenski of Mystic Valley Regional Charter School. "I don't think that's necessarily a good thing."

Mr. Wuelfing said that parents, school staff and other youth workers often aren't asking enough questions. "I say what are they playing for? If it's just for fun, why aren't they playing with pennies? You have to ask, what are they not doing if they're spending all that time playing poker? How much money is being used and where are they getting it? Do they carry debts?"

He said that gambling can be a gateway to other risky behaviors. In Connecticut, studies have found that some students sell drugs or move into prostitution to finance their gambling. Other common methods of gambling besides poker include football pools, March Madness, raffles, lottery and scratch tickets, and betting on virtually anything including test scores and grades.

"My students keep saying can we have a casino night as a fundraiser," said Julie Warnock of Silver Lake Regional High School. "I keep saying no, just like we wouldn't have shot glasses as favors at your Prom. You're underage."

Characteristics of Low-Risk Gambling

- For fun or recreation, never for financial gain
- Knowledge that over time, nearly everyone loses
 - Socially with family and friends, not alone
 - Limited time, frequency and duration
 - With predetermined limits for losses
- Acknowledging that knowing a lot doesn't make you a better gambler

Although females can certainly gamble, studies suggest that the majority of participants are male. Other common characteristics include being competitive, intelligent, popular, a risk taker, a good student, having high energy and having part-time jobs. Many youth learn to gamble from their parents. Mr. Wuelfing said that athletes are at higher risk as they believe knowing about sports makes them better gamblers. Students of particularly high risk might have had an early big win, believe that skill is involved, and feel they must chase gambling loss with more gambling.

"It's simply inaccurate to think that over time, you're going to make money," he said. "If someone is gambling for the main purpose of making money, it's a significant warning flag."

Mr. Wuelfing believes that all schools should incorporate a gambling education session into their curriculum. "We need to teach adolescents and their parents that this is not risk-free behavior and to ask questions," he said. "At this point the percentages are so high that you can pretty much assume gambling among teenage boys."

For information, call the Massachusetts Council on Compulsive Gambling at 1-800-426-1234, or visit <http://www.masscompulsivegambling.org> and <http://www.youthpoker.org>.

Student Board Helping

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help out in my school," she said.

Due to their committee membership, Cerissa Lynch and John Brovelli of Medway High School received an e-mail from the MIAA Student Services Department alerting them that the State Police were seeking students to participate in a conference on the Click It or Ticket campaign. As a result, the two representatives participated in the event before an audience of 30 state troopers at the State Police Barracks in Framingham. The students talked about the importance of seatbelts and were the only teenagers in attendance.

"I'm meeting a lot of people from all over the place, who I otherwise wouldn't have known," said John Brovelli. "Anytime something as important as the MIAA is asking for your opinion, it means a lot."



Partnership Targets OTC Drugs In New Campaign

Wellness

The Partnership for a Drug-Free America, with support from the Consumer Healthcare Products Association and its member companies, has launched the first national prescription and over-the-counter medicine abuse education campaign. The MIAA is the alliance representing the Partnership in Massachusetts.

The campaign, which will be released in both English and Spanish, speaks directly to parents by alerting them that their own homes are easily accessible sources for teens to obtain and abuse these medications. The campaign is comprised of hard-hitting television, newspaper, magazine and radio messages, a comprehensive online component and is supplemented by informational brochures to help parents get the conversation started with their teen.

The launch of the campaign comes as the Partnership releases data from its 2005 Partnership Attitude Tracking Study. Nearly one in five teens (19 percent or 4.5 million) report abusing prescription medications to get high; and one in 10 (10 percent or 2.4 million) report abusing cough medicine to get high. Popular medications to abuse include Vicodin, OxyContin, Ritalin and Adderall.

Television messages will run nationally across all Comcast stations throughout the summer. Univision will lend extensive radio support to Spanish-language radio messages targeting the Hispanic community via Univision's national radio network. The Partnership's web site <http://www.drugfree.org> features comprehensive online content on the abuse of prescription drugs. Original online content created specifically for parents and teens on the abuse of cough medicine can be found at <http://www.drugfree.org/Parent/> and <http://www.dxmstories.com/>.

Citizenship Days Honor 260 Student-Athletes

The MIAA and Northeastern University's Center for the Study of Sport in Society presented the Massachusetts Student-Athlete Citizenship Awards in conjunction with National Student-Athlete Day. Awards were handed out April 4 at Northeastern University's Blackman Auditorium and April 11 at the Naismith Memorial Basketball Hall of Fame in Springfield. A total of 260 athletes from 53 schools received awards.

High schools were invited to choose students who demonstrated

leadership through community service, athletic excellence and a minimum 3.0 grade point average. This year's theme was "Creating Team Chemistry: Why Hazing Is Not The Answer."

Phil Burton, reporter for Sports Pulse, CN8: The Comcast Network, served as master of ceremonies for the Boston event. Master of ceremonies for the Springfield event was Bill McColgan, director of sports programming, CN8: The Comcast Network.

Coaches' Education

The following Coaches' Education clinics have been scheduled:

June 17, 8 a.m. to 4 p.m., Milton High School

June 17, 8 a.m. to 4 p.m., Lenox Memorial High School

August 19, 8 a.m. to 4 p.m., Milton High School

August 26, 8:30 a.m. to 4 p.m., Old Rochester Regional High School

All participants 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. Visit the web site for information on how to obtain college credit for participation.

Only Way To Win

The following individuals and teams received Only Way to Win awards for outstanding sportsmanship.

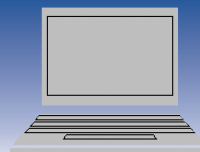
Boys and Girls Swim Team
Mystic Valley Regional Charter School

Boys Ice Hockey Team
Amesbury High School

Girls Ice Hockey Team
Canton High School

Girls' Indoor Track
Haley Convertino
Minnechaug Regional High School

Girls Volleyball Team
Hopkinton High School



MIAA Web Site

<http://www.miaa.net>

MIAA Honors Students And Educators

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“Lock-In” program, which provides alternatives to alcohol, and is involved with a nutrition group that meets weekly to support one another with lifestyle changes.

“Recently, I was reminded by the MIAA about updating our faculty on the issue of suicide prevention,” said Principal Christopher Servant in his nomination letter. “Within 48 hours of being asked, Cindy had a pamphlet ready to present to our staff. Cindy keeps up-to-date information available on other health issues such as eating disorders and chemical dependency, and places them where students can pick them up discreetly.

“As I principal, I need a nurse who is knowledgeable, compassionate, caring and realistic.

“Adolescents’ emotions can run the gamut of highs and lows, and Cindy’s maturity and common sense act to diffuse ‘crisis’ into manageable conditions... our students say ‘she’s not just a school nurse, she’s a friend’ and a ‘second mom.’”

The MIAA Wellness Partner of the Year Award was presented to Philip Fogelman, Education Director for the Anti-Defamation League’s New England Region and its “A World of Difference Institute,” as well as Executive Director and Founder of PSF Boston and Associates.

According to a statement from the MIAA, Mr. Fogelman is dedicated to supporting schools and communities with models of respect that foster safe and inclusive learning environments. With more than 20 years in education program development, he has engaged thousands of educators, students and parents in facilitating positive social change. Mr. Fogelman’s ground-breaking programs on sexual harassment and hazing activities are designed with the support of the MIAA to transform the current operational “norm” in schools from reactive to proactive, and to empower today’s youth with a shared commitment to respectful values and practices.

Service Awards

Awards were also presented in three categories for the MIAA/MSSAA Community Service Awards. Paul Stewart, director of development for the Boston Bruins Foundation, spoke on “The Magic of Giving Back.”

Recipients of the Community Service Awards were: Margaret Regan of Martha’s Vineyard Regional High School for the individual category; East Boston High School Boys’ Ice Hockey Team for the athletic team/program category; and Peabody Veterans’ Memorial High School Captains Council for the school class/club/organization category.

Margaret Regan, principal of Martha’s Vineyard Regional High School, was nominated by her colleagues and by community member/parent Teresa Temple. Ms. Temple teamed with a teacher at the school to experiment with implementing Random Acts of Kindness Week this year. Activities included “Change for Change,” with students collecting spare change all week for a charity as well as school supplies for the Dominican Republic’s Puerto Plata High School, Send a Smile Day where students could write notes to each other for delivery in homeroom, Mix It Up For Lunch Day where students and teachers were given color-coded place settings matching them up at tables with different people, and Random Acts of Kindness Day where teachers rewarded students observed acting kindly with a coupon which could be reimbursed for an ice cream sundae after school. Students also participated in a writing contest by documenting an act of kindness they observed, with essays posted on a bulletin board.

“Principal Regan embraced the ideas and supported us with enthusiasm as the school celebrated community kindness,” wrote Ms. Temple in her nomination letter. “Because of this week at our school, other schools and businesses have inquired about doing similar activities. Mrs. Regan plans to make this an annual event and build on

the ideas we have nurtured. In spite of all the craziness that fills the days and nights of a high school principal, Peg Ryan always makes time to listen to new ideas, encourage her team and embrace her students with support for activities that make our community a better place.”

Among its accomplishments, the East Boston High School Boys’ Ice Hockey Team raised \$1,000 for the Crossroads Family Shelter in East Boston. The team supported Crossroads, home to 14 families at any given time, as part of the East Boston Savings Bank Deep Freeze Tournament. Earlier in the year, the team also received the James F. Mulloy Ice Hockey Sportsmanship Award, which is presented annually by the Massachusetts State Hockey Coaches’ Association and the MIAA to the most outstanding boys and girls ice hockey programs in each division across the state for demonstrating an allegiance to the ideals of sportsmanship.

The Peabody Veterans’ Memorial High School Captains Council, which is in its second year, collected, wrapped and delivered more than 300 gifts each year in a holiday gift drive for families in need. Football, basketball, hockey and baseball teams hosted clinics for local youth teams and schools, with a major highlight being the basketball teams’ “Say No to Drugs and Yes to Athletics” clinic which featured 18 stations with players from the boys and girls teams along with the district attorney, police chief, and a city counselor addressing the campers. The council is making suggestions to improve rules that govern athletics at the high school, and five members of the council who serve on the MIAA Student Advisory Committee participated in a program in Franklin to introduce the positive results of a Captains Council.



Margaret Regan accepts her award from William Wassel.

Massachusetts Interscholastic Athletic Association
33 Forge Parkway
Franklin, MA 02038



UPCOMING MIAA EVENTS

Tuesday, Nov. 14: 13th Annual Sportsmanship Summit, Gillette Stadium.



Sept. 29, Oct. 31, Dec. 8, Jan. 12, Feb. 16, March 30, June 1:

Wellness Workshop Series, Topics to be Announced

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

Visit www.miaa.net for a complete listing of events