

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



**SPRING  
 2010  
 EDITION**

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 Phone 508/541-7997  
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**STUDENT  
 SERVICES**

Coaches' Education

Community Service

Sportsmanship

Student Leadership

Wellness

**Mike Kane Will Be Missed**

**MIAA Remembers the Consummate Gentleman and Educator**



*Mike Kane, MIAA Director of Student Services, lost his yearlong battle with cancer on May 2. He was 72.*

The MIAA and MSSAA families would like to pay special tribute to our colleague Michael Kane, one of the state's most revered educators and scholastic administrators, who lost his valiant year-long battle with cancer on May 2. Mike, 72, passed away peacefully in his Monson home in the presence of his children.

"Since Mike's passing, I trust we have experienced many different emotions," said Bill Gaine, the MIAA Deputy Director, who gave the eulogy at Mike's funeral. "Feelings of sadness and grief because of the void we have experienced; feelings of gladness that Mike is now freed from the burden of the disease that robbed him of a qual-

ity of life he richly deserved; feelings of confidence in the knowledge that because of his goodness, he is at peace with his God.

"For me, the greatest feeling is gratitude – gratitude that I have been blessed that this man came into my life. Gratitude to Mike for being a mentor. Gratitude that Mike allowed me to be a partner. Gratitude that he allowed me to become a true friend."

Mike was a familiar fixture at the MIAA office, always greeting visitors with a smile, pat on the back, or warm embrace. During his final months, he made the commute to Franklin as often as he was able. As it became ev-

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**Wellness Summit Honors 25-Year Legacy**



Next year will mark the 25th anniversary of the MIAA's Wellness initiative, and in celebration of that milestone, this fall's

14th Annual Wellness Summit is expected to draw the largest crowd in the event's history. Sponsored by the MIAA and Partners in Prevention, the conference will be held Oct 1. at the DoubleTree Hotel in Westborough. The theme will be "Celebrating 25 Years of Wellness."

Marty Harding and Kevin Ringhofer, longtime facilitators of the Annual Leadership Training Institute, will be honored as the recipients of the 1st Michael Kane Wellness Award. The award is named after MIAA Director of Student Services Michael Kane, who passed away May 2, 2010 after a one-year battle with cancer.



*This is a new logo that will be used this year to celebrate the 25 years of the the MIAA Wellness Initiative.*

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**MIAA Returning To National Conference**



*The MIAA group on a previous trip to Indianapolis.*



Once again, the MIAA has selected a group of juniors and seniors to participate in the NFHS National Student Leadership Conference to be held

July 15-18, 2010 at the Indianapolis Hilton in Indianapolis. Over 300 students who participate in interscholastic athletics and school activity programs are expected to attend the conference.

The Massachusetts students will be accompanied to Indi-

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# Colleagues Lovingly Remember Friend Mike Kane

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evident that he was losing his battle with cancer, Mike expressed the joy and value he placed in having the opportunity to serve as Director of the MIAA Student Services Program. The program grew substantially under Mike's 10 years of leadership, benefiting innumerable young people and adults. A compassion for children, their safety and well-being, and the development of student leadership were Mike's touchstones.

Mike joined the MIAA Student Services staff after retiring as principal of Monson High School. He started a teaching career at Monson in 1961, became vice principal eight years later and served as principal from 1981 to 1998.

Even before he became part of the MIAA staff, Mike's leadership and service over decades had a great impact at the state level. Mike was President of MSSAA during the 1986-87 academic year, was a former MSSAA Assistant Principal of the Year, a MIAA Distinguished Service Award recipient, and was honored in 1998 with the MIAA/Sherman A. Kinney Award for outstanding contributions to high school basketball. At the time of his retirement from Monson High School, Mike was a long-standing member of the MIAA Board of Directors and Chair of the MIAA Basketball Committee.

"To me Mike was *Class*, because he commanded respect but never demanded it," said Gaine, "a testimony that there is nothing stronger than gentleness. *Class* because Mike reflected grace, grace in the midst of immeasurable accomplishments while remaining humble and unassuming... *Class* because Mike reflected an incredible inner strength - never complaining in spite of his personal challenges and burdens, responding only with timeless resiliency and hope. *Class* because Mike reflected a unique simplicity, never advancing his own needs, putting others out in front... *Class* as he made friendship a fine art by quietly and sensitively entering into the lives of those around him and empowering them to feel their importance."

A resident of Monson since 1964, Mike is survived by his loving partner Terry O'Connor of Monson, his three children Michael B. Kane and wife Kathleen of Durham CT, Sean E. Kane and wife Susan of Rehoboth, and Heather A. Owen and husband Matthew of Orlando, FL. He also had five grandchildren, Jake, Ian, Seamus, Brenden and Marie Kane, and proudly displayed their photographs in his MIAA office. Mike was married to Maureen Brown Kane for 37 years, who passed away tragically in 2001.

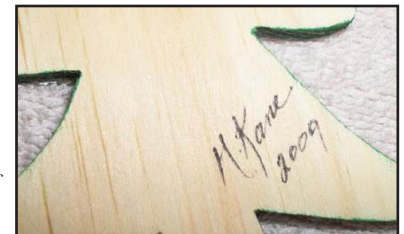
Active in the community, Mike was responsible for establishing the Monson Boosters Association and the town's scholarship fund. He also served



Left, Mike Kane is shown during one of his many trips he made with students while working at the MIAA. Above are an angel and dove he carved.



Above is an assortment of hand-carved pieces made by Mike Kane, including Christmas ornaments, a Welsh love spoon and other mementos. On the right, you see an example of how Mike wrote his name on the back of each piece he made.



on the Town Conservation Committee, the town Scholarship Committee, and the Monson School Committee. He was the recipient of many prestigious awards for his community service, among them the Monson Rotary Club's Citizen of the Year, Larry Briggs Award, Harold "Kid" Gore Award, and the Massachusetts Basketball Coaches Association Presidents Award.

In addition to his professional achievements, Mike was a talented wood craftsman and loved to share his hobby with others. He often surprised his co-workers with hand-carved pins of snowmen or autumn leaves, and newborn babies received Welsh love spoon mementos designed with a teddy bear and carefully tied pink or blue bow. As his trademark, all of the pieces bore his initials or signature on the back. Mike made a holiday tradition out of giving his hand-made Christmas ornaments as gifts. His carved Santas, angels, doves and bells adorn many Christmas trees and will be a special remembrance of a man who was kind, generous, creative, and determined to make the world a better place for young people.

"Michael's legacy is his power of influence - for so many he was the wind beneath our wings," said Gaine. "Mike passed me a greeting card on our last visit. It was from a student who graduated from Monson High School 40 years ago. She hadn't talked or seen Michael since graduation, but she wanted to thank him for the tremendous impact he had on her life. Mike's commentary was, I wish teachers could hear this and understand how important they are."

Staff members of MSSAA and MIAA will sorely miss Mike, but will always remember the tremendous impact he made during his years of service and the countless lives he touched. Mike's philosophies and values will forever remain part of our associations.

Memorial contributions can be made to the Monson Scholarship Fund, P.O. Box 31, Monson, MA 01057.

## Spring Captains-Coaches Workshop Was Success



Captains and coaches learned a great deal of strategies during a March 30 workshop held at the MIAA office. The day was divided into three sessions: The Role of the High School Captain;

Teamwork; and Leadership, Sportsmanship and Building Championship Teams.

"I think this is a really good idea because it gives the captains and student leaders a chance to come together, share tactics and learn together about different topics that teams have to deal with," said Jessi Payton, a student at Mount Greylock Regional High School.

Daniel B. Switchenko, Ph.D., exercise physiologist/former head basketball coach at Eastern Connecticut State University, presented "The Role of the High School Captain." Dr. Switchenko drew upon his 18 years of college coaching experience to define leadership and describe the attributes a good leader must possess.

He said that leaders are disciplined, make their teammates better on-and-off the field, and possess the quality of mental toughness.

"Mental toughness is being able to make the right choices in the face of your peers," he said. "So often, we give up what we want most in our life for what we want in that moment. As a leader, before the beginning of your season, circle up the chairs while you and your teammates decide if the upcoming season is going to be a substance-free season. Leaders will do that...those who aren't leaders, won't. Successful leaders have integrity. They mean what they say, and say what they mean."

Dr. Switchenko challenged captains to ask their coaches for the name of the best captain they've had in the past 5-10 years. "Get a name. Look

Coach in the eye and say, 'I'm going to be better,' and on the day the season ends, ask the coach if you were a better leader."



Above, Fred Jewett speaks to the crowd. Below, attendees participate in the event.

School Climate Consultant Fred Jewett of The Think Respect Project led the session "Leadership, Sportsmanship and Building Championship Teams." His session focused on raising awareness, group dynamics, key attitudes, and the positive and negative motivating factors of team-building. Participants took part in action-planning to examine strategies for creating a positive, winning attitude and left with concrete



Spring captains and coaches actively participate in the workshop held at the MIAA office this spring.

methods and skills to build a solid, cohesive team for the upcoming season.

"As soon as you become a captain, people see you differently," he said. "Everybody will hold you more responsible for the team's success than if you were just a member."

Jewett said that captains need to develop a philosophy built on trust, respect and loyalty. He also stressed the importance of captains teaching and supporting younger athletes. Like Dr. Switchenko, he recommended that coaches and captains sit down and have a talk.

"Coaches really do need to let captains know what is expected of them. Communication is vital. As far as I'm concerned, the hardest-working person on the team should be the captain so the kids on the team see what a role model you are."

The MIAA Student Advisory Committee led a workshop called "Teamwork," in which they conducted group discussions and exercises that explored the essential elements of teamwork and how captains can encourage their teams to function at higher levels.

"I love coming to these things and getting a chance to run the Teamwork workshop and splitting into groups," said Annabel Barrett of Mount Greylock Regional High School, a member of the Student Advisory Committee. "We did stuff similar to this when we were in Indianapolis and other people were running it, and now being the leaders, we're seeing it from another perspective."

Emily Houghton, a student at Stoneham High School, found the conference a valuable experience. "I think that all captains should do it," she said. "The workshop really helped in getting people to talk about different issues. The speakers were great."

Her classmate Alyssa McCarville agreed that the workshop was beneficial. "It teaches you a lot about how to work together and overcome the obstacles that may arise during the season and how to truly keep in mind the values of the team."





# Ringhofer, Harding To Receive Michael Kane Award

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"I know the mutual regard that Michael and I had for Kevin and Marty," said MIAA Deputy Director Bill Gaine. "On top of the excellence they have brought to the table, they are two wonderful people. Clearly, Kevin and Marty have been an engine in terms of the growth and commitment of so many different individuals, and over the past 10 years, Michael worked in the office to make sure that was nurtured and sustained."

To help recognize the Wellness initiative's 25 years of success, the MIAA staff will invite past graduates of the Leadership Training Institute to join in the day's special events. In January, the MIAA sponsored the 23rd Annual Leadership Training Institute. Over the years, more than 600 attendees have graduated from the week-long program. Gaine said that the Leadership Training Institute has been an important part of the MIAA wellness legacy and that this year's Summit would be an excellent setting for graduates to reunite.

"They can visit with Kevin and Marty and celebrate the contributions they have each made in the area of wellness," said Gaine. "We're also planning a workshop session to be led by Kevin and Marty, focusing on the wellness dynamic. We'll use their creativity and enthusiasm to offer some continued strategy in that area."



From left, Peter Smith, Kevin Ringhofer, Marty Harding, Bill Gaine, Mike Kane and Karen Nardone pose for a picture at an event. Ringhofer and Harding will be recipients of the Michael Kane Award which will recognize the contributions they have each made in the area of wellness.

As with past Wellness Summits, schools are encouraged to bring a team including wellness coordinators, coaches, athletic directors, administrators, guidance counselors, nurses, teachers, advisors, PTA members, school resource officers, and student leaders. The event will feature workshops, general sessions, resource exhibits, and awards.

# Boston Bruins-MIAA Sportsmanship Award Winners



For eight years, the MIAA and Boston Bruins have partnered to honor one worthy student-athlete from each boys and girls ice hockey league in the state.

These student-athletes were selected by representatives of their league for best exemplifying the highest standards of fair play and sportsmanship in high school ice hockey and meeting the following criteria:

- \* An exemplary record of complying, both in spirit and letter, with all league and MIAA rules and regulations during the season.
- \* A demonstrated record of respectfully accepting the rulings of game officials during the season.
- \* A record of conduct, on and off the ice, that brings honor to self, team, school, and community.
- \* An exhibited commitment to teamwork by providing all members with recognition of their talents, an opportunity to contribute them to the team, and a spirit of camaraderie.
- \* A demonstrated respect for opponents before, during, and after games.

The recipients of the 2010 Boston Bruins-MIAA Sportsmanship Awards are listed below. These student-athletes were honored April 1 at the TD Garden during the first intermission of the Bruins game against the Florida Panthers.

## Girls' Leagues

- Justine Hasson - Braintree HS, Bay State League
- Amanda Donato - Arlington Catholic HS, Catholic Central League
- Rylee Elliott - Shawsheen Valley Tech HS, Greater Boston League
- Samantha Woodward - Lexington HS, Middlesex League
- Michele Doherty - Chelmsford HS, MVC/DCL - Div. 1
- Jenna Vercollone - Lincoln-Sudbury Regional HS, MVC/DCL - Div. 2
- Mariah Wentworth - Peabody Veterans Memorial HS, North Cape League

- Maria Menconi - Canton HS, SEMGHL - North
- Anna Gannett - Sandwich HS, SEMGHL - South
- Katie Hildreth - Hingham HS, Independent Schools



## Boys' Leagues

- Dan Ahlstedt - Plymouth North HS, Atlantic Coast League
- Christopher Flaherty - Braintree HS, Bay State League
- Andrew Budz - Mount Greylock Regional HS, Berkshire County League
- Adam Silva - Durfee HS, Big Three
- Anthony Pascucci - East Boston HS, Boston City League
- Matthew McCarthy - Pentucket Regional HS, Cape Ann League
- Daniel Cotton - Archbishop Williams HS, Catholic Central League - Division 1
- Michael Catanzariti - Marian HS, Catholic Central League - Division 2
- Tom Krysil - St. John's HS (Shrewsbury), Catholic West
- Mark Brennan - Nashoba Valley Tech HS, Commonwealth Athletic Conf.
- Matt Brown - Nashoba Regional HS, Coughlin Conference
- Murphy Lester - Bishop Stang HS, Eastern Athletic Conference
- Chris Dedinas - Greenfield HS, Fay Division
- Daniel Concannon - Everett HS, Greater Boston League
- Michael Seward - Winchester HS, Middlesex League
- Dan Reardon - Billerica Memorial HS, MVC/DCL Division 1
- Evan Cutelis - Tewksbury Memorial HS, MVC/DCL Division 2
- Dylan Koundakjian - Bedford HS, MVC/DCL Division 3
- Tyler Dias - Attleboro HS, Old Colony
- David McCauley - Westborough HS, Quinn Conference
- Joe Ackil - Algonquin Regional HS, Roy Conference
- Richard Salve - Dighton-Rehoboth Regional HS, South Coast Conference
- Cal Ciarcia - Sacred Heart HS, South Shore League
- Steve Hole - Bellingham HS, Tri-Valley League

## MIAA Student Delegation Heading To Indianapolis

**Continued From Page 1**

Indianapolis by members of the MIAA Student Services Staff. Special state specific meetings will take place throughout the conference. At the conclusion of this conference, the student delegates will serve as the 2010-11 MIAA Student Advisory Committee and leaders of the MIAA Student Ambassador Program throughout the following school year.

The student delegates are: Addison DesRosiers - Pentucket Regional High School; Jessica Donati - Northbridge High School; Martha Hamlin - South Hadley High School; Meghan McNabb - Lexington High School; Sara Teague - Canton High School; Lauren Weston - Northampton High School; William Alden - Westford Academy; Frank Brogie - Sutton High School; Kyle Edwards - Lowell High School; Christian Fair - King Philip Regional High School; Joe Wallace - Somerset High School; and Travis Williams - Westfield High School. Julie Frankian from Millbury High School went to Indianapolis last summer as a sophomore and will serve on the Student Advisory Committee again next year.

The NFHS conference will include large-and small-group discussion about contemporary issues that impact a young person being a leader and role model. In addition to group discussion, guest speakers will share their stories of overcoming challenges, perseverance and celebrating their talents. Field trips are planned to local areas of interest to participate in a city-wide community service project. The curriculum for the conference focuses on Respect, Positive Values, Perspective, Sportsmanship, Teamwork, Healthy Lifestyles, Community Service and Self-Evaluation.

### 70 Attend YOU LEAD Workshop



*These are the participants of the YOU LEAD Conference on April 14.*

Students and advisors traveled from many regions of the state to attend the April 14 YOU LEAD Conference for Middle Schools. Seventy energetic and enthusiastic participants were on hand for this event. The trainers were Jane Biagi and Tom Hermanowski. Among the highlights, a separate break-out session for advisors focused on building substance-free activity groups, fundraising, planning events, and other topics. Students participated in ice-breakers and energizers, problem-solving activities, and an action-planning session focusing on a particular program, event, or issue in their schools.

According to YOU LEAD Program Coordinator Karen Nardone, the feedback was extremely positive. Comments included, "The information was great and it was fun!" "Make it longer, like three days!" and "I liked listening to other people's ideas and meeting new people."

To learn more about the YOU LEAD program, obtain the list of scheduled programs for 2010-2011, or to inquire about hosting a conference at your school or region, contact Karen Nardone at 508-541-7997.

These components will be presented in small-group sessions led by outstanding adult and college facilitators specifically chosen for their involvement in athletics in high schools and colleges. In addition, delegates will be able to choose speakers during a special personal development track on one day of the conference. Some of these topics include: NCAA Eligibility/National Clearinghouse, Money Management, Cyberbullying, Hazing, Education, and Learning How to be a Better Team Captain, just to name a few of the elective sessions. Acclaimed speakers and authors Harvey H. Alston and Joshua Fredenburg will give the opening and closing remarks.

Thanks to a generous grant from T-Mobile USA, Inc., the conference registration fee, transportation to and from Indianapolis, housing and all meals are provided free of charge to registered student delegates.

### Over 300 attend Faneuil's GWS Day

More than 300 female high school athletes plus parents, coaches, athletic directors and friends gathered February 5, 2010 at the Great Hall at Faneuil Hall, Boston, for the Massachusetts Celebration of Girls and Women in Sports (GWS) Day. This year's theme was "Stay Strong—Play On!" It was a formal but fun morning. East Boston High School's Junior ROTC Color Guard presented the colors, and Westborough High School's female contemporary a cappella group "Girls Meet World" sang the national anthem.



*Some of the girls that attended the GWS Day*

MIAA Assistant Director Sherry Bryant greeted the assembly, joined by Mary Lydon of New Agenda: Northeast and Jennifer Mead of the Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD). Lincoln-Sudbury Athletic Director Nancy O'Neil made things official by reading the Gubernatorial Proclamation to mark the day. Kelsey McCarthy (Archbishop Williams High School, Braintree) and Kimberly Takahata (Franklin High School) were recognized for their third-place and second-place awards, respectively, in the essay contest, and Jennifer Tamindzija (Malden High School) read her first-place essay on the theme "What Keeps You Playing?" Keynote Speaker Mary Mazzio, documentary filmmaker and former U.S. Olympian, amused and inspired the assembly with her tales of making the team, keeping up with the guys (when need be) and a teammate who transformed Title IX directives into reality. GWS Committee Member Marcia Crooks introduced the female Massachusetts Senior Olympian medal winners, who were warmly welcomed by the high school girls. As always, Committee Member and All-American Girls Professional Baseball League alumna Mary Pratt closed the celebration with raffle prizes and the Rockford Peaches' pep song.

Copies of Mary Mazzio's film "A Hero for Daisy," a documentary about two-time Olympian Rower Chris Ernst and the Yale female rowing team, whose protest actions effectively spurred implementation of Title IX mandates in the 1970s, are available through MIAA. For more information, contact MIAA Assistant Director Sherry Bryant at (508) 541-7997 or sbryant@miaa.net. In other GWS news, plans are moving forward to reprise last year's August Summer Retreat for female captains and their coaches featuring Core Trainings Presenter Deb Hult. Please watch [www.miaa.net](http://www.miaa.net) for more details.



# MIAA Presents Community Service Awards

## Community Service

Three MIAA Community Service Awards were presented April 13 during the Massachusetts Student-Athlete Citizenship Awards Ceremony at Northeastern University. These award winners were selected from an outstanding group of nominations submitted in all three categories. Recipients were recognized for making a difference through demonstrated leadership in service and respect for others. The recipients were as follows:

**Individual** – Ashley Toland, Student, Tewksbury Memorial High School. Ashley has participated in numerous volunteer projects, including Back Pack Attack in which she collected 124 fully stocked backpacks distributed to underprivileged children in Lowell. With each bag’s value set at \$45, Ashley raised over \$5,500 for the Wish Project charity in Lowell, making her the single largest contributor in the program’s history.



**Team** – Boys Ice Hockey Team, Plymouth South High School. The team has been involved in a significant number of community service projects, including a coat drive, food drive, toy drive, youth hockey holiday party, school reading program, and numerous other fundraisers and acts of good will.

**Class/Club/Organization** – Think Community: Act Now, Dartmouth High School. For three years,



Top, Peter Smith, Assistant Director of Student Services, presents Ashley Toland, Tewksbury Memorial High School, with the MIAA Student Community Service Award. Above, Representatives from Dartmouth High School receive the MIAA Organization Community Service Award. Below, members of the Plymouth South Hockey Team accept the MIAA Team Community Service Award.



Students listen during the presentation at Northeastern University.

members have formed the core of a group that “rolls” to New Orleans in a coach bus during spring break to assist in the aftermath of Hurricane Katrina. Members also volunteer for a local soup kitchen, sponsor meals for families of hospitalized children, perform volunteer projects and fundraisers for a local AIDS hospice, and participate in many other community service efforts.

These awards were presented as part of the Massachusetts Student-Athlete Citizenship Awards, held in conjunction with National Student-Athlete Day. The MIAA, Northeastern University’s Center for the Study of Sport in Society, and the Massachusetts National Guard teamed up to sponsor the Boston event, as well as a second ceremony held April 16 at the Naismith Memorial Basketball Hall of Fame in Springfield.

High schools were invited to choose two males and two females who demonstrated leadership through community service, athletic excellence and a minimum 3.0 grade point average. The events featured panel discussions with student-athletes and keynote addresses by Brigadier General Thomas J. Sellars. This year’s theme was Future Leaders: Setting a Positive Example.

During the Springfield event, three individuals were selected by students for making a difference in their school communities and supporting students in their quest for excellence in the areas of academics, athletics and community service. Recipients were: Tom Brassil – Head Girls Basketball Coach/Head Baseball Coach, Holyoke High School; John Skorupski – Athletic Director, Belchertown High School; and Art Reilly – Teacher/Coach, Lee Middle and High School.

**Assistant Director of Student Services: Peter Smith**  
**Editor/Writer: Stacy Juba**

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## **UPCOMING MIAA EVENTS**

**July 15-18 - NFHS National Student Leadership Conference, Indianapolis Hilton, Indianapolis**

**August 2010 - High School Captains Workshop, MIAA Office (more details to follow)**

**Oct. 1 - 14th Annual Wellness Summit, DoubleTree Hotel, Westborough, MA**

**Nov. 19 - 17th Annual MIAA/MSSADA Sportsmanship Summit, Gillette Stadium**

## **Celtics and MIAA Honor Teams With Awards**

### **Sportsmanship**

The Boston Celtics and the MIAA honored the Wilmington High School Boys and Malden High School Girls Basketball teams with the Sportsmanship Alliance of Massachusetts Award for the 2009-2010 season. Boston Celtics President Rich Gotham, former Celtics guard Dana Barros and MIAA Deputy Director Bill Gaine presented the award to both teams at halftime of the Celtics game against the Denver Nuggets on March 24.

“Both of these teams set the bar in terms of sportsmanship both on and off the court this past season,” Gotham said. “The Celtics organization is proud to support the MIAA in recognizing these exceptional student athletes and support sportsmanship in all levels of sports.”

The SAM Basketball Award recognizes the outstanding demonstration of sportsmanship and fair play throughout the 2009-2010 basketball season. The Wilmington and Malden teams were selected as the teams that best represented the elements of sportsmanship in Massachusetts high school basketball through their play and conduct during this past season.

The Wilmington High School Boys Basketball team is being recognized for helping to honor the life of Tewksbury High School girls player Meghan McCarthy, who lost a 3-year battle with an inoperable brain tumor. The Wilmington Boys team gave up a home game to participate in a varsity basketball double-header at Tewksbury High School in remembrance of Meghan. The Wilmington Boys team also wore pink arm bands with Meghan’s #24 stitched on in her memory. The selfless act of the Wilmington Boys Basketball team transcended a high school competition and made a positive impact on the entire Tewksbury High School community after Meghan’s unfortunate passing.

The Malden High School Girls Basketball exemplified sportsmanship this season through multiple initiatives. The team fully embraced “Pink Out” games to benefit the Susan G. Komen Breast Cancer Foundation by wearing pink warm ups and shoe laces and also providing pink shoe laces for

the opposing team. The team is also proud of their manager, Kamisha, who is a Special Olympic Athlete with intellectual and physical disabilities. Kamisha helped the team at all home games and gave an inspirational pre-game talk prior to the “Pink Out” games.

Finally, the team volunteered every Saturday morning with Malden Youth Basketball, coaching, refereeing games and doing anything needed to make the league run well. The girls became instructors and role models to these children and made a tremendous difference with Malden youth.



### **Coaches' Clinics**

The following Coaches' Education clinics have been scheduled:

**May 24** - 5 to 9 p.m., BSA Training Facility, Boston PS Coaches only

**June 5** - 9 a.m. to 1 p.m., Agawam HS

**June 5** - 8:30 a.m. to 12:30 p.m., Lenox HS

**June 7** - 5:30 to 9:30 p.m., Canton HS, Hockmock League Schools only

**June 9** - 5 to 9 p.m., Somerset Middle 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 \$95.

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

## **Student-Athletes of the Month Recognized By MIAA**

The MIAA has announced its latest “Student-Athlete of the Month” award.

**March 2010:** Chris Fredrickson, Mansfield HS and Jenna Miller, Chicopee HS

**February 2010:** Timothy Moan, Watertown HS and Rebecca Crochiere, Amesbury HS

# SPORTS NUTRITION CORNER

## Hydration Tips for Exercise

Students and coaches will find important information in the NFHS Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness. The position statement explains that appropriate hydration before, during, and after exercise is an important ingredient to healthy and successful sports participation.

### What to Drink During Exercise

- For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water.
- Traditional sports drinks with appropriate carbohydrates and sodium may provide additional benefit in the following general situations: Prolonged continuous activity of greater than 45 minutes, extremely intense activity with risk of heat injury, or extremely hot and humid conditions.
- All fluids should be served cold to optimize gastric emptying.

### What Not to Drink During Exercise

- Fruit juices with greater than 8 percent carbohydrate content and soda can both result in a bloated feeling and abdominal cramping.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

● Athletes should be aware that nutritional supplements are not limited to pills and powders; many of these new fluids contain stimulants such as caffeine and/or ephedrine. These stimulants may increase the risk of heart or heat illness problems when exercising.

### Hydration Tips and Fluid Guidelines

- Drink early, as by the time you're thirsty, you're already dehydrated.
- Drink before, during, and after practices and games.

Specifically, the American College of Sports Medicine recommends the following:

- Drink 16 ounces of fluid 2 hours before exercise.
- Drink another 8 to 16 ounces 15 minutes before exercise.
- During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
- After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.

The full position statement can be accessed at <http://www.nfhs.org/content.aspx?id=3325>.