



Massachusetts Interscholastic Athletic Association

MIAA

BUILDING THE FUTURE

e-mail: miaa@miaa.net • Phone: 508-541-7997 • Fax: 508-541-9888

FALL
2002
EDITION



MA students and delegates meet at the Second Annual Student Leadership Conference in Indianapolis.

Student Services

- Wellness
- Sportsmanship
- Coaches' Education
- Student Leadership

Indianapolis Conference Builds Student Leaders

Erin Croke, a senior at Notre Dame Academy in Hingham, feels student leaders should stand up for what they believe in and voice opinions for themselves and their peers. She says student leaders should never fear being wrong.

This past summer, Erin had a unique opportunity to develop her leadership skills and meet young people from throughout the world. The MIAA sent 21 students to the Second Annual Leadership Conference sponsored by the National Federation of State High School Associations. Approximately 390 students from 26 states, Israel and Canada attended the three-day Indianapolis conference, along with 100 adult delegates and 34 facilitators.

The event featured large-and small-group instruction, a city-wide park beautification project, speakers, and recreational activities, all focused on the Citizenship Through Sports and Fine Arts curricu-

lum developed by NFHS. The conference is geared toward juniors and seniors who participate in interscholastic athletics and fine arts programs through state associations. Keynote speakers were singer LaDonna Gatlin, sister of country music's Gatlin Brothers, and Harvey Alston, a motivation speaker who appeared at the 2001 MIAA Wellness Summit.

"I will take what I learned at the conference and try to use the skills to become a good captain," said Erin Croke, who plays basketball for Notre Dame. "I will try to make sure everyone on the team feels like they are part of the team. I hope to inspire others to help build teamwork and respect on each team." She and the other Massachusetts students will join the MIAA Student Advisory Committee, meeting periodically throughout the year and participating in special events. Each school group will strive to implement positive changes in their community.

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9th Annual Sportsmanship Summit Scheduled for November 22

The 9th Annual Sportsmanship Summit will be held Nov. 22 from 8 a.m. to 2:15 p.m. at the Wyndham Hotel in Westboro.

The goal of the annual event is to promote sportsmanship and citizenship among athletes, spectators and the community.

For the second year in a row, a **Sportsmanship Essay Contest** will be held in conjunction with the conference. Top three entries will receive prizes of \$500, \$300 and \$200. The MIAA will announce winners and present awards at the Summit. As in the past, District Sportsmanship Award Winners will be honored for exemplifying outstanding sportsmanship.

Participants will choose among concurrent sessions. Special guests will include **Scott Blanchard**, president of the National Federation of State High School Associations, **Dan Switchenko**, exercise physiologist, former college basketball coach and professor at Eastern Connecticut State University, **Kristine Lilly** of the Boston Breakers, **Lou Merloni** of the Boston Red Sox, and **Steve Burton**, sports announcer for WBZ-TV. Also featured will be **George Selleck**, former basketball All-American, basketball pro, counselor, educator, author and referee, and **Peter Robey**, director of the Northeastern University Center for the Study of Sport in Society.

An update will be given on the Massachusetts Alliance Promoting Sportsmanship, which the MIAA has been a key architect in launching with **Attorney General Tom Reilly** and the Massachusetts Professional Teams. Panelists will include **Jo-Jo White**, Boston Celtics alumnus, and **Joseph Cummings**, General Manager of the Boston Breakers.

Look for details of the Summit on www.miaa.net, or call 508-541-7997 if you do not receive a brochure.



REIGNING CHAMPS – Musco Lighting players Scott Bishop, Joe Scott, Chris Sankey and Steve Molis won first place in the Fourth Annual MIAA Wellness Golf Tournament.

Musco Lighting Wins Wellness Golf Tourney

For the second year in a row, Musco Lighting of Braintree took first place in the Fourth Annual MIAA Wellness Golf Tournament, held June 27th at Heritage Country Club in Charlton. The event raised more than \$3,000 for the wellness program, which is made possible by grants, donations and fundraising efforts.

Scott Bishop, Joe Scott, Steve Molis and Chris Sankey made up the Musco team. Second place went to **Bill Gaine, Phil Moresi, Tony Amico and Mickey Sullivan**. Leominster High School, represented by **John Coughlin, Art Shapland, Syke Tocci and Chris Young**, took third place.

Awards were presented to **Steve Burke** for closest to the pin and **Leo Duggan** for longest drive. The Wellness Department extends its thanks to all the players and sponsors who helped to make the day a success.

Wellness Coordinator: Michael Kane

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



STUDENT LEADERS – Members of the MIAA Student Advisory Committee gather for a panel discussion at the National Federation of State High School Associations Summer Meeting in Boston.

MIAA Students Speak At Boston Meeting

The MIAA 2001 Student Advisory Committee took the national spotlight this summer. Members of the group served on a panel July 2 at the National Federation of State High School Associations Summer Meeting at the Marriott Hotel in Boston.

Students represented Lexington High School, Monson High School, Worcester Public Schools, and St. Mary's High School in Lynn. In 2001, the group attended the NFHS National Student Leadership Conference in Indianapolis. They remained active throughout the year, joining meetings of the Wellness Advisory Committee and MIAA Board of Directors, participating on panels at the MIAA Annual Meeting and Wellness Summit, and appearing in a sportsmanship video sponsored by **Massachusetts Attorney Tom Reilly** and MAPS (Massachusetts Alliance for the Promotion of Sportsmanship).

"The panelists did an excellent job of describing the value of their experiences in Indianapolis, as well as the challenges of putting their leadership skills into practice at their own schools," NFHS Executive Director Robert F. Kanaby wrote in a letter to the MIAA Wellness Department. "The MIAA is to be commended for their support of these students and their efforts, and for creating a process through which their opinions can be heard and addressed."

Stories Wanted!

Has a student, group or staff member at your school done something that exemplifies wellness promotion or sportsmanship?

We want your good news!

Send color photos and press release to:

MIAA - Attn. Stacy Juba • 33 Forge Parkway, Franklin, MA 02038

Supreme Court Allows Random Drug Testing

This summer, the Supreme Court allowed a school drug testing policy that established random urinalysis testing of any students participating in extracurricular competitive activities. The Supreme Court held that the Tecumseh, Oklahoma School District Drug Testing Policy "is a reasonable means of furthering the School District's important interest in preventing and deterring drug use among its school children and does not violate the Fourth Amendment."

The policy requires that participants in competitive extracurricular or co-curricular activities be subject to random drug testing. According to the procedure, a school official escorts a selected student to a restroom, stands outside the stall while the student urinates, and collects the sample. The student discloses medication that he or she is taking by prescription or otherwise. All information on the drug test is kept confidential and separate from other school files and is not handed over to law enforcement or other individuals. Students who test positive are given a set period of time to retest. Only after such a retest takes place may a student be barred from participating in the school activity. No academic or disciplinary action is taken based on the results.

Advocates say that students who participate in activities may avoid drugs if there is a chance they may be tested. Opponents argue that the ruling could discourage good students from participating in extracurricular activities because they feel that random drug testing violates their privacy. In addition, there are concerns that the policy targets the wrong students as there tends to be a negative correlation between drug use and participation in extracurricular activities.

The Tecumseh decision does not mandate that school districts adopt a drug testing policy. While the Supreme Court decision has broadened the scope of permissible drug testing policies, each district must assess its needs and concerns in developing valid methods for deterring drug usage.

ATHLETIC SUPPLEMENTS:

LET THE BUYER BEWARE...

What can you say if your athletes want to use creatine or other performance-enhancing supplements? Responsible coaches, athletic directors and trainers should promote doing your best while discouraging an attitude of "winning at all costs."

Unlike prescription drugs, the FDA does not regulate dietary supplements. Some investigations have shown that the actual ingredients are not in the amount they claim. For many substances, including creatine, little is known about long-term effects. In a recent survey, 85% of professional team physicians indicated they believe professional athletes should not use creatine until more research has been conducted regarding its safety.

Coaches can combat this disturbing trend among high school students by setting a positive example, establishing and enforcing rules, seeking help for athletes of concern, and using teachable moments to discuss the supplement issue. While educators need to be truthful about possible benefits from supplements, they need to send a strong message about the risks. The National Federation of State High School Associations has provided a list of messages that coaches can use to counteract the powerful advertisements about supplements:

- **If it's too good to be true, it probably is.**
- **There is no short-cut to excellent performance; it takes hard work.**
- **Let the buyer beware: If someone can gain from your decisions, check it out thoroughly before you choose.**
- **If you win naturally, you'll know it was you who won.**
- **No drug is harmless and free of consequences.**
- **Even natural substances in unnatural amounts may have short-term or long-term negative health risks.**
- **We have rules against the use of creatine and androstenedione because we believe they are too risky to be used by young athletes.**
- **There is not enough research on the long-range risks of creatine or androstenedione to make these substances worth the risk of using them.**
- **I'm your coach (or trainer, or athletic director) and I don't think the use of these substances is a good choice for you, or for the team.**

For information on this topic, visit the National Federation web site at <http://www.nfhs.org/index.htm>. The Spring 2002 MIAA wellness newsletter featured an article about dietary supplements and their risks. Back issues may be obtained by calling the Wellness Department at 508-541-7997. It is also published online at www.miaawellness.net.

SPORTSMANSHIP Essay Contest

The MIAA seeks entries for its Second Annual Sportsmanship Essay Contest. Entries must be received on or before October 25.

Submissions are welcome on topics such as "What Does Sportsmanship Mean to Me," "The Greatest Example I've Witnessed," and "Why It's Important to Be A Good Sport."

Winners will be guests at the 9th Annual Sportsmanship Summit to be held November 22 at the Wyndham Hotel in Westboro.

The MIAA will award prizes of \$500, \$300 and \$200 for the top three entries. Students may submit essays on their own, or through the athletic director or principal. Essays should be 500 words or less, with the name, school and athletic director in the upper left-hand corner. Entries should be mailed to the MIAA, 33 Forge Parkway, Franklin, MA 02038, Attn. Essay Contest.

Sportsmanship Is the "ONLY WAY TO WIN"

The following individuals and teams received **ONLY WAY TO WIN** awards for outstanding sportsmanship. Through this program, coaches, athletic directors, game officials or school administrators can notify the MIAA about acts of good sportsmanship. Recipients were:

MAY:

- **Boys' Lacrosse Team
Algonquin High School**
- **Boys' Track Team
Whitman-Hanson High School**
- **Girls' Varsity Softball Team
Sharon High School**
- **Girls' Varsity Softball Team
Hingham High School**

JUNE:

- **Girls' Varsity Soccer Team
Chatham High School**
- **Coach Ron Druin
Tewksbury High School**



Leadership Training Institute Seeks Applicants for 2003

The 16th Annual Leadership Training Institute is right around the corner. Schools shouldn't miss this opportunity to reduce alcohol, tobacco and other drug use and to implement local programs.

The week-long conference will be held January 27-31 at the MIAA office in Franklin. Participants will stay overnight at a local hotel, with MIAA covering the costs of rooming, meals, materials and professional development. Space is limited to 30 participants

Attendees will learn how coaches, advisors and educators can use their influence to promote healthy lifestyles and sportsmanship. Among the topics are designing a successful pre-season meeting, identifying resources, responding to problems, coordinating faculty workshops, conducting parent meetings, and planning student leadership workshops. Authors and health promotion experts **Marty Harding** and **Kevin Ringhofer** will help participants to develop strategies and take advantage of teachable moments.

"Not only were you gracious hosts, but the organization and content was second to none," wrote **Patricia Jennings**, a mediation/substance abuse specialist for Peck Middle School in Hoyoke. "We will all be able to bring this information back to our schools and agencies and use it to enhance the educational experience for our youth."

Agreed **Kathy Malkasian** of Wixon Middle School in South Dennis, "This workshop, by far, was the best educational experience of my career. The training has helped me to grow professionally as well as personally. I feel very knowledgeable to facilitate workshops for coaches, players and parents at my school."

For more information or a brochure, call the Wellness Department at 508-541-7997 or visit www.miaawellness.net.

Educators Warned About ...

24-PROOF JELLO

They look like the gelatin dessert packs that thousands of children take to school every day, but Zippers have a lot more "zip" to them... 12 percent, 24-proof alcohol, to be exact.

The Community Anti-Drug Coalitions of America has warned parents and teachers about a new product, **Zippers**, gelatin shots that come in flavors such as Vodka Splash, Rum Rush, Whiskey Drop, Tequila Tea, and Fuzzy Navel.

Zippers are owned and marketed on the Internet by BPNC, Inc. in Toledo, Ohio. Sold or soon-to-be-sold in bars, liquor stores and groceries in 26 states, the gelatin cups contain the same potency as a glass of wine. Thus far, the products haven't spread to Massachusetts, but along the East Coast they have reached New York, Florida, Delaware and Maryland.

As Zippers rise in popularity, parents and administrators have worried that children could easily sneak the gelatin packs into school. Alcohol warnings mark the packaging, however without close inspection, teachers could mistake the products for Jello or a Dole fruit cup. The coalition fears that Zippers may entice young drinkers who don't like the taste of beer or hard liquor. Many of the new flavors, including Blue Hawaiian, Melon Head, and Purple Hooter, taste like Kool-Aid.

For more information on Zippers, visit www.jointogether.org.

ATLAS & ATHENA Guide Against Steroid Abuse

Steroids and supplements shouldn't be the gateway to Herculean strength. Coaches, athletic directors and Wellness Coordinators attended the June ATLAS and ATHENA workshops at the MIAA office, learning how they can impact their team's well-being and reduce the chances of steroid abuse. The MIAA sponsored the event in conjunction with Lexington High School, the Cambridge Prevention Coalition and the Winchester Substance Abuse Coalition. For the second year in a row, Mitch Finnegan, football coach and staff member at Lexington High School, helped to coordinate the program.

ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives) is geared toward young women on school-sponsored athletic, dance, drill and rally teams. ATLAS (Athletes Training and Learning to Avoid Steroids) is designed for male athletes.

Dr. Diane Elliot and **Dr. Linn Goldberg, MD**, developed the curriculum and facilitated the programs. Under the philosophy, coaches and student team leaders deliver 10 weekly, 50-minute

class sessions centering on sports nutrition, strength-training alternatives to athletic-enhancing substances, and strategies to avoid alcohol and drugs. Coaches and teammates work with scripted manuals in small interactive groups.

Coaches reinforce the information through regularly scheduled weight room workouts. Depending on the desired benefits, training methods can include high repetition/low weight, low repetition/high weight, and power training. The program recommends that athletes obtain below 30 percent of calories from fat, and eat foods high in carbohydrates or protein, such as pasta, bread, cereal, rice, turkey, beans, chicken and egg whites. Wise low fat choices are skim or one-percent milk, and non-fat yogurt instead of ice cream.

By emphasizing the impact of alcohol and other drugs on immediate sport performance, rather than potential and abstract long-term complications, the ATLAS and ATHENA approach appeals to the adolescents' focus on the here and now.



Wellness Coordinators Invited to Oct. Workshop

The first Wellness Coordinators meeting of the school year will be held **October 22** from 8:30 a.m. to 1:30 p.m. at the MIAA office in Franklin. All Wellness Coordinators are welcome to attend the informative session. Topics will include warning signs of teen dating violence, obesity, sports nutrition, and the perils of gambling.

Among the speakers are **Marjorie Clapprood** of Jane Doe, Inc., **Jim Wuelfing**, Massachusetts Council on Compulsive Gambling, and **Doreen Iovanna**, Massachusetts Department of Education. Posters and resource materials will be available.

The MIAA will offer 20 PDPs to individuals who attend the coordinators' meetings on Oct. 22, March 18, the May 8th Wellness Summit, and complete a three-hour action plan.

If you would like to be included on the Wellness Coordinator mailing list, please supply your e-mail address to miaa@miaa.net

Events Calendar

- Wellness Coordinators Workshop ... October 22**
- Sportsmanship Summit November 22**
- Leadership Training January 27-31**
- Wellness Coordinators Workshop March 18**
- Wellness Summit May 8**

Upcoming Coaches' Education Clinics

The following Coaches' Education Clinics have been scheduled for the 2002-2003 school year.

Oct. 26, 8 a.m.-4 p.m.
David Prouty High School

November 2, 8 a.m. -3 p.m.
Lincoln-Sudbury High School

November 12 and 14, 4-8 p.m.
Andover High School

March 8, 9 a.m.-4 p.m.
Wareham High School

Registration forms available at www.miaa.net.
Please fax registrations to 508-541-9888, or mail to
MIAA
33 Forge Parkway, Franklin MA 02038

Fee is \$105

Checks or POs should be mailed before the clinic.

E-Mail Notification Form

Please Fax to the MIAA at 508-541-9888,
Attn: Wellness Department,
or e-mail information to miaa@miaa.net

Name _____

School _____

Title _____

E-mail _____

Speakers Wanted!

The MIAA Wellness Department seeks speakers on the topic of alcohol, tobacco or other drugs, and facilitators to conduct workshops for student leaders and coaches.

If you have graduated from the MIAA Leadership Training Institute or have led pre-season meetings in your school, consider exploring the opportunities that MIAA has to offer.

If interested in learning more, contact the Wellness Department at 508-541-7997.