



MIAA

Massachusetts Interscholastic Athletic Association

# BUILDING THE FUTURE

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FALL  
2003  
EDITION



## Summit Has Record Turnout

*A CLASS ACT – WBZ-TV sports announcer Steve Burton, left, accepts the Ron Burton Community Service Award, established by the MIAA in honor of his father, from Deputy Director Bill Gaine.*



### Ron Burton Community Service Award Established

Former New England Patriot Ron Burton was honored for “winning classy and losing classy” when the first annual Community Service Award in his memory was presented to his son, WBZ sports announcer Steve Burton, at the 10th Annual Sportsmanship Summit. The MIAA and the Massachusetts Secondary Schools Athletic Directors Association co-sponsored the conference, which was held Nov. 21 at the Wyndham Hotel in Westboro. It drew the highest registration in its history, exceeding 600, and was a fitting forum to pay tribute to a sports figure admired for his ethics, integrity and leadership both on and off the field. MIAA Deputy Director Bill Gaine said that the Ron Burton Community Service Award will be presented annually at the Sportsmanship Summit to a recipient demonstrating a dedication and commitment to respect for others.

## Leadership Program Accepting Applicants

The 17th Annual Leadership Training Institute will be held Jan. 26-30, 2004 at the MIAA office in Franklin, providing an excellent opportunity for new Wellness Coordinators and athletic directors. MIAA will accept 30 participants into the residential program, covering the cost of rooming, meals, materials and professional development. **Deadline for applications is Dec. 19.**

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

Authors and national health promotion experts Marty Harding and Kevin Ringhofer will lead the acclaimed program. Among the topics are planning pre-season meetings, parent meetings, faculty workshops and student leadership workshops, finding resources, and responding to problems. Attendees will room at a local hotel.

Anyone interested in attending should contact the Student Services Department immediately at 508-541-7997.

Patriots fans were saddened in September to learn of the passing of Ron Burton, the first player drafted in franchise history, at age 67. He was a former high school football player of the year in his home state of Ohio, as well as a former College All American



**WINNING SPEAKER - Former Olympian Dorothy Franco-Reed shares her views on sportsmanship.**

## Save the Date

*Massachusetts Student Leadership Conference*

*June 17-20, 2004*

### Student Services

- Wellness
- Sportsmanship
- Coaches' Education
- Student Leadership
- Community Service



# MIAA Endorses Free Melanoma Program

Daniel Fine was 24 years old and living in California when he surprised his parents with a visit. To their concern, Dan had an ominously large mole on his lower back. He'd first noticed a change in the childhood mole about four or five months before his visit, but attributed it to irritation from the rough fabric of a new computer chair. That assumption and the location of the mole resulted in his subsequent inattention.

However, he promised his parents, Stephen and Gail Fine, that he would see a dermatologist. A week later, he called from California. His dermatologist had told him that the mole was a late-stage melanoma and he would require further treatment. The statistics were frightening; when it spreads internally, melanoma is one of the most malignant and incurable of all cancers. Eventually the disease spread to his liver and lungs and was inoperable. Despite aggressive treatment, the Fines lost their beloved son in 1998 at age 26.

No one in high school or college had ever educated Dan about melanoma or given him any literature. Unfortunately, that situation is typical at most high schools and colleges. To educate people about this deadly disease, the Fines started the Melanoma Education Foundation, a non-profit organization with the mission of saving lives by emphasizing the importance of monthly self-examination of the skin to detect melanoma while it is thin and curable. Their goal is to reach teens and young adults, who are often unaware of melanoma and their vulnerability to it. They also wish to educate parents who, by acting now, can prevent melanoma from affecting their children as adults.

## School Programs

At no cost, the foundation will provide a one-hour training session to high school health educators, physical education staff and anyone else suitable to teach students about skin cancer. Each teacher that attends the training receives a teen-narrated video about the dangers of excess sun exposure, and enough early detection

### Ordinary Mole Features

- Round or Oval
- Sharp, Even Border
- Uniform, brown
- Less than quarter inch
- Smooth or Cauliflower
- Even dome shape if mole is raised

### Atypical Moles

- Irregular
- Uneven and/or fuzzy
- Two or more shades of brown or pink
- Quarter inch or more
- Pebbled or bumpy
- Flat edges with "fried egg" center

bookmarks for every student in the class. The foundation also provides a lesson plan, suggestions for homework assignments, and quiz question/answer material. The training session will be conveniently held at the school.

The MIAA Wellness Department is endorsing this valuable program and recommends that member high schools take advantage of it.

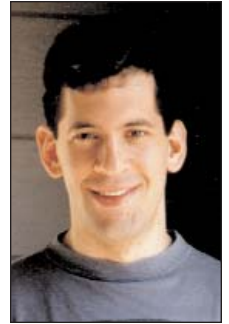
In return for the free service and curriculum, Stephen Fine asks schools to devote one mandatory classroom session to melanoma and early detection, incorporating the program into a graduation requirement such as biology, health or physical education.

Each year, participating schools will get a phone call asking whether they need more bookmarks and whether new health teachers have come aboard. To keep the melanoma program from dying out, the foundation will provide a free follow-up training session when staff changes warrant it.

## More New Cases Than HIV

Although it is rare in young children,

melanoma occurs in every age group after puberty and is the most common cancer in young adults of ages 25-29. Among women of ages 30-35 the incidence is exceeded only by breast cancer.



Overall melanoma is the 6th most common cancer in males and 7th in females. The U.S. incidence of melanoma now exceeds that of new HIV infections; 54,200 new cases were predicted in 2003.

*INSPIRATION – Daniel Fine put up a brave fight against melanoma and his story lives on through his parents and their dedicated work with the Melanoma Education Foundation.*

“Because the schools don’t teach about it, high school students graduate and enter their twenties without knowing that their vulnerability jumps,” said Stephen Fine. “They haven’t been told that they have to make some life choices about skin cancer.”

By high school graduation, a teenager may have suffered enough sun damage to increase their risk for a lifetime. For that reason, the foundation stresses the importance of early detection.

He said that melanoma is easy to detect yourself at an early stage and can be cured by simple painless removal in a doctor’s office. All it takes is a 10 minute monthly skin check.

“People don’t realize how common it is and how serious it is,” he said. “A typical reaction if you mention melanoma is ‘that’s just skin cancer, isn’t it?’ Schools really need to teach their students about it so they’ll understand there is a risk – but if they examine themselves once a month, that risk is just about zero. If you catch it early, it’s easy to cure.”

For more information, call the Melanoma Education Foundation at 1-800-259-1633. Information is also available at <http://www.skincheck.com/PDFfiles/HSInfo.pdf>.

# Coordinators Workshop Has Diverse Program

Bruce Jenner said “You have to train your mind like you train your body.” Dr. Glenn Kessler helps athletes to follow that advice, showing them how they can enter “The Zone,” that ideal performance state where nothing can interfere with focus and concentration.



**SPORTS PSYCH**  
- Dr. Glenn Kessler shares performance enhancement techniques.

Dr. Kessler, licensed psychologist and director of Kessler Psychological Associates and Next Level Performance of Northboro, was one of the speakers at the Oct. 24 Wellness Coordinators Workshop held at the MIAA office in Franklin. Other speakers were Stephen Fine of the Melanoma Education Foundation, Claire Bushell of World Challenge Expeditions, Bernard J. Carey, Jr., of the Massachusetts Association for Mental Health, Inc., and Joan Mikula of the Massachusetts Department of Mental Health. Dr. Kessler calls performance enhancement “the science of success.” He has worked with athletes, musicians, public speakers, business executives and others, teaching them relaxation techniques and imagery. The goal is for clients to gain control of their thoughts, feelings and behaviors so they will recognize when too much tension is present in certain muscle groups or when thoughts become self-defeating.

He recommends keeping a journal revolving around the skill you want to improve. He said that many people get caught in the trap of irrational thoughts, believing perfection is essential and getting thrown off when one thing goes wrong. They might feel their worth depends on achievement, and blame themselves or others when conditions are not ideal. Dr. Kessler says the keys to controlling irrational thoughts are generating positive self talk and tuning out both internal and external distractions. He says that goals must be S.M.A.R.T. – specific, measurable, achievable, realistic and time-bound. These theories can be applied to an individual or a team.

“If athletes wish to play with more confidence, enjoy the game and improve to their desired level, then a commitment must be made to both the physical and mental skills required in their sport,” said Dr. Kessler.

Information on performance enhancement and Dr. Kessler’s services can be found at <http://www.next-level-performance.com>.

## Pilot Schools Needed

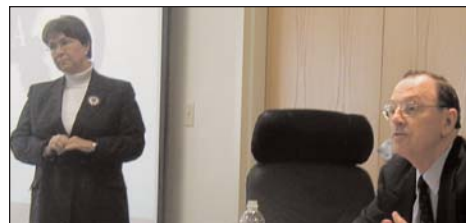
Joan Mikula, Assistant Commissioner for Child and Adolescent Services at the state Department of Mental Health, and Bernard J. Carey, Jr., Executive Director of the Massachusetts Association for Mental Health, Inc., partners in the Elimination of Barriers Initiative, asked Wellness Coordinators for their help in developing a three-hour curriculum to be used by a small number of schools in the Commonwealth in a pilot program aimed at eliminating the stigma associated with mental illness or serious emotional disturbance. Children and adolescents with these disorders are already in the classrooms. It is estimated that about 112,000 children in the Commonwealth have a diagnosable mental illness or serious emotional disturbance, such as depression, bipolar disorder or Attention Deficit Disorder, impairing their ability to function in school, with family or with peers. It is hoped this curriculum would both educate students and staff about mental illness, including available and successful treatments, make it easier to identify students with mental health issues, and make it more acceptable to seek treatment.

Massachusetts was one of eight states chosen to participate in the Elimination of Barriers Initiative, which is supported by the federal Substance Abuse and Mental Health Services Administration. While some of the states are focusing on employers as the target audience for eliminating stigma, Massachusetts has selected schools as its target audience. The agencies are looking for six schools, a mix of high schools, middle schools and elementary schools. In addition to developing a curriculum, other options include conducting forums, bringing in experts and providing materials to the faculty and administration. Information and feedback from the pilot program would be used to develop a curriculum that would be distributed state-wide. Schools could adapt the curriculum into their existing programs.

Anyone interested in offering input on this initiative, brainstorming curriculum ideas, or in being a pilot school should contact Joan Mikula at [joan.mikula@dmh.state.ma.us](mailto:joan.mikula@dmh.state.ma.us), or Bernard Carey at [berncarey@aol.com](mailto:berncarey@aol.com).

## World Expeditions

Claire Bushell discussed the international company World Challenge Expeditions, which has been a pioneer in adventure edu-



**NO MORE STIGMA** - Joan Mikula and Bernard J. Carey Jr. describe a mental health pilot program.

cation for more than 16 years. World Challenge Expeditions will help schools to establish an extracurricular Team Challenge program run at no cost to the school. It requires one member of the faculty motivated to take part.

Over 16 to 18 months, students will research a country and gather information about the culture, geography, politics and government. The training also includes a hands-on component covering practical skills, safety and fitness. Students will raise money to fund a month-long summer trip in the destination country. Teams choose from 35 destinations, including Bolivia, Tanzania, Costa Rica, Thailand, Kenya, Ecuador and Southern Peru.

An expedition leader and often a faculty member will accompany the group on the trip. Students will take on the decision-making and daily requirements, including where to buy food, what type of transportation to use and how to budget their money. Highlights of the trip will be a physical challenge and community service. Students could help set up an irrigation system in a local community, and then set out climbing a mountain to develop teamwork and organizational skills. Each team carries a satellite Emergency Position Indicating Radio Beacon. An International Emergency Center is monitored 24-hours per day by staff trained to coordinate any calls needing response.

The company works with 800 schools in the United Kingdom, and has established 26 programs to date in Massachusetts. Those participating in 2002 were Lynn Classical High School and Wellesley High School.

“The goal is to get them off the beaten path and to see things you’d only ordinarily see on the Discovery Channel,” said Claire Bushell. “We make them realize that if they set their minds to something, they can do it.”

Information is available at <http://www.wcexpeditions.com>. Anyone interested in more information should contact Claire Bushell at [cbushell@wcexpeditions.com](mailto:cbushell@wcexpeditions.com).

# Taking a Stand Against Peer Pressure

## *Students Attend Indy Conference*

Senior Christopher Feo is used to a small school of 400 students, with everyone knowing each other. He got another perspective at the Third Annual Student Leadership Conference sponsored by the National Federation of State High School Associations.

“Some schools have 4,000 kids,” he said. “It was interesting talking about the competition for sports teams and knowing how many kids go out for them.”

Christopher, who attends Hull High School, also had frank conversations with his peers about drugs, alcohol, leadership and sportsmanship.

“The best part was meeting all the new people and seeing what good friendships you could make in such a short time,” he said. “I might stay with someone I met from Delaware when I look at colleges out there.”

Nine Massachusetts young people attended the “Making A Difference” conference, held in July at the Indianapolis Marriott. The conference is geared toward students who participate in interscholastic athletics and fine arts programs.

Students from Hull High School and Reading Memorial High School participated in the event and will now serve on the MIAA Student Advisory Committee. MIAA contributed \$1,000 for each team, covering the cost of registration. Chaperones were Nels Nelson for Reading and Russ Goyette for Hull. More than 400 students attended the conference, which featured large and small group instruction, a city-wide community service project at a neighborhood park, and recreational activities.

According to junior Justine Lyons, the Reading group plans to organize captain’s meetings at their school and demonstrate leadership qualities to those attending. They will also brainstorm other ideas throughout the year. She says that the “drinking scene” is one of the biggest problems facing young people.

Hull students will establish an advisory board to the principal, giving their classmates other representation beyond the student council. They would like to hold a leadership workshop and have guest speakers address the entire student body.

Christopher, who has attended the Indianapolis conference the past two years, says that peer pressure is a tough issue for teenagers today.

“Kids think you have to do things to impress people,” he said. “Being yourself gets the job done.”

The following students attended the conference: Reading Memorial High: Justine Lyons, Molly Gallagher, Joseph Kwiatek and Scott Miller. Hull High: Patrick Fahey, Christopher Feo, Robert D’Angelo, Cassidy Quinn and Caitlin Quinn.



*YOUNG LEADERS – Students from Hull High School and Reading Memorial High School who attended the Student Leadership Conference in Indianapolis.*

## Harassment Conference Scheduled for Feb. 6

The MIAA and PSF Boston & Associates — Partners in Prevention for Safe and Respectful Learning Communities — invite you to join them for a dynamic conference, Responding Effectively to Harassment in Schools: New Perspectives, on Feb. 6 at the Framingham Sheraton.

Nationally and regionally recognized experts will engage administrators, teachers, counselors, health and civil rights coordinators, athletic directors, and coaches with strategies to address racial, sexual and other identity-based harassment and hazing in middle and high schools.

For more information, contact Mike Kane, MIAA Director of Student Services, at 508-541-7997 and [mkane@miaa.net](mailto:mkane@miaa.net), or Phil Fogelman, Director of PSF Boston & Associates, at 617-232-7500 and [pfoelman@psfboston.com](mailto:pfoelman@psfboston.com).

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*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:

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# Coordinator

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Featuring

Theresa  
Hotaling

This is a new column highlighting MIAA Wellness Coordinators who have made notable impacts in their school systems and communities. The goal is to help Wellness Coordinators to learn from each other by sharing ideas. If you would like to be interviewed for this column, or would like to recommend someone to be interviewed, e-mail the editor at [juba6@juno.com](mailto:juba6@juno.com).

Theresa Hotaling, prevention counselor for the Westfield Public Schools, was recipient of the Second Annual MIAA "Wellness Coordinator of the Year Award." She was honored last May at the Statewide Wellness Summit. She oversees the wellness program for both Westfield Middle School North and South, which have a combined grade 6-8 population of approximately 1,500 students.

Theresa is a licensed social worker, certified adjustment counselor and is recognized by the American Lung Association as a certified facilitator. Through her position as prevention counselor, she provides individual and group counseling to students at risk. She has established support groups for smoking cessation, grief, children of alcoholics and active users. She has also started Students Against Destructive Decisions chapters at both middle schools. Theresa organized and published a Teen Yellow Pages, coordinates an at-risk children's team and annually arranges activities for American Smoke-Out Day and Red Ribbon Week. She belongs to many boards and councils, including the Teen Dating Task Force, Safe and Drug-Free Grant Advisory Council and School District Drop-Out Task Force.

## Q. How did you get involved working with school children?

A. When I worked at Providence Hospital's Honor House program, an inpatient rehab for addicted youths, I realized that when we discharged them back to



**TOP-NOTCH JOB** - Theresa Hotaling, wellness coordinator and prevention counselor for the Westfield Public Schools, was honored as a MIAA Wellness Coordinator of the Year.

schools after treatment, there were no support services in the schools specializing in alcohol and drug use. I began sending out resumes to schools and I was so lucky to have been hired by the Westfield Public Schools. I have two

administrations that support everything I do. At the middle school level, a lot of my job is recognizing the warning signs and trying to put a plan in place for the students' success. I deal with many students from alcoholic homes and the need is there for education and intervention.

## Q. Explain about some of the different wellness programs you have run.

A. I took a two-day training with the American Lung Association for the Not-On-Tobacco program. It's a great program for teenagers, something they can understand and relate to. *Editor's note: Information about the Not-on-Tobacco program is available at <http://www.lungusa.org/tobacco/not/>.* I run an eight-week voluntary group for kids who want to quit. I also have a lunch group of about nine girls that meets once a week. We talk about social skills, decision making and girl stuff. For the past two years, I have taken the girls kayaking as a termination group. Outward bound activities are a great way for them to obtain self esteem. We cannot hand them self esteem, we have to give them opportunities to build self esteem if we want them to learn refusal skills when alcohol and drugs are offered to them.

## Q. How difficult was it to establish a group for children of alcoholics, and how do you involve parents and the community in your efforts?

A. It was not difficult to establish this group, there is a need, but I had to call it a FRIENDS group so as not to be intimidating to the students and the parents. I am on

a parent seminar committee where every November we offer a seminar relating to the issues of alcohol and drug use. We have had seminars with about 300 parents in attendance and some with a lot less. It is always a challenge to get the parents to attend a seminar with this topic. We offer seminars throughout the year on many topics, including Bullying, Eating Disorders, Teen Depression, Addressing Cross-Cultural Differences and Internet Safety.

## Q. What is a typical day like for you?

A. There is no typical day, but that is what keeps my job interesting. I may be doing a suicide assessment, or getting help for a female with an eating disorder and then working on Red Ribbon Week, or facilitating a grief group. Primarily, I meet with students one-on-one and in groups. For Red Ribbon Week this year, we had the middle school students do slogans about drugs, and placed them on boxes at a local pizza place so people would see those slogans when they ordered a pizza. Also, I challenged students "can you say no to alcohol and drugs." If they can, they are to bring in non-perishable food items to their homeroom. The homeroom with the most cans wins a pizza party. We also have our 6th grade health classes write letters to high school health classes on the dangers of substance abuse and then the high schoolers write back. Red Ribbon Week is a great way to get the school and community involved.

## Q. What advice would you give to new Wellness Coordinators?

A. Talk to other Wellness Coordinators, utilize your teachers and their ideas, and listen to the students and their needs. There are so many organizations out there that will help in a time of lack of funds, like the MIAA, DEA and local coalitions. Most of all, have fun!

MIAA Web Site



<http://www.miaa.net>

# Injury Reduction 101

Nearly 80 percent of sports injuries are avoidable. Proper strength and conditioning techniques, equipment use, playing surfaces and appropriate practices can go miles toward reducing injuries. MIAA, Baystate Rehabilitation Care at Franklin Medical Center's Sports Medicine Program, and Orthotics and Prosthetics Labs Inc., sponsored the coaches education clinic "Helping Athletes Prevent Injuries and Enhance Performance" Aug. 19 at Northampton High School.

Participants learned that baseball and softball rank near the top for sports-related emergency room visits. More than 70 percent of injuries result from sliding into a stationary base. Breakaway bases reduce sliding injuries by over 90 percent. Basketball is arguably the most dangerous sport, with 1.6 million people seeing a physician each year because of an injury. Poor playing surface is one of the key factors.

The use of mouthguards is beneficial in basketball, football, softball, wrestling, boxing, soccer, rugby, in-line skating, lacrosse, hockey and martial arts. Mouthguards can reduce the chances of concussions, jaw fractures, teeth injuries and neck injuries. Another topic was preventing knee injuries in female athletes. High school female athletes are five times more likely than their male counterparts to sustain a serious knee injury. One in 100 high school female athletes suffers a serious knee injury every year. Eighty percent of serious knee injuries in females are non-contact injuries. Insufficient muscle strength, balance and coordination increase the risk of injury. Hamstring strength in women is less than half of that found in males.

Training female athletes in Sportsmetrics, a scientific training program created at Cincinnati Sportsmedicine Research and Education Foundation, may reduce the likelihood of knee injuries. The program focuses on strengthening leg muscles which protect the knee joint, improving jumping and landing techniques to decrease force at the knee, increasing hamstring strength to protect the knee from ACL injury, and using plyometric principles of pre-stretch before contraction. Baystate Rehab in collaboration with the YMCA of Greenfield offers Sportsmetrics programs twice a year in the fall and spring. Programs can also be taken on-site to schools.

Heat illness can be another danger to student-athletes. Coaches should pay attention to the humidity index, make sure that players acclimatize to heat gradually, look for warning signs, and encourage regular water breaks. Salt tablets should be avoided.

Other topics at the conference included developing a strength/conditioning program, functional training for sports, and steroid use. The clinic was organized by Jeff King, MSPT, CSCS, manager, Baystate Rehabilitation Care at Franklin Medical Center. For further information contact Baystate Rehabilitation Care at Franklin Medical Center in Greenfield at 413-773-2227. Information on Sportsmetrics can be found at [www.sportsmetrics.net](http://www.sportsmetrics.net).



*PREVENTING INJURIES – Alan Tomasko, left, USOC certified Olympic lifting coach, speaks at the "Helping Athletes Prevent Injuries and Enhance Performance" workshop at Northampton High School. Right, rehabilitation therapist Andrea Noel-Doubleday watches a demonstration on Sportsmetrics.*

# Free Drug and Alcohol Brochures

The "Choose to Keep Your Freedom" brochure on alcohol and other drugs is now available, geared toward youth ages 10-18. The easy-to-read brochure presents legal consequences of decisions about alcohol and other drugs, vandalism, and violence. Developed by the Eastern District Attorney's Office, the Governor's Alliance Against Drugs, the Department of Education, and the MA Department of Public Health, the brochure measures 3-1/2"x8-1/2"/4-panels and is available in English and Spanish.

Multiple copies can be ordered from the Massachusetts Health Promotion Clearinghouse at <http://www.maclearinghouse.com>, or a fax-back order form may be requested by calling The Medical Foundation at 617-451-0049 extension 840.

## Coaches' Education Clinics

**Dec. 13**, 8 a.m.-3 p.m., Lincoln-Sudbury Regional High School.

**March 6**, 2004, 9 a.m. - 4 p.m. Wareham High School.

**March 6**, 2004, 8 a.m. - 3 p.m., Braintree High School. Preference given to Bay State League.

The fee for the course is \$105. Fax registration to: 508-541-9888, or mail to: MIAA, 33 Forge Parkway, Franklin, MA 02038. Checks or POs should be mailed before the clinic. Visit <http://www.miaa.net>

# Partners in Prevention Building Membership

Partners in Prevention has entered the 2003-2004 school year with a growing list of members. MIAA offers meeting space, logistical support and leadership for the group. The vision is for all agencies, organizations, professionals and volunteers who work with youth in Massachusetts to collaborate with one another to promote the health and well-being of all children and young adults.

The group has formed an alliance with the Partnership for a Drug-Free America. The goal is to flood the media with information, as well as to bring attention to the issues of substance abuse and substance abuse prevention.

The following organizations and agencies are members of Partners in Prevention:

A World of Difference Institute (Anti-Defamation League); Bristol County District Attorney's Office; Central Massachusetts Center for Healthy Communities; Coalition for a Healthy and Active America; Community Anti-Drug Coalition of Hampden County; Drug Enforcement Administration; GetPsychedSports.org, Inc.; Harvard Pilgrim Health Foundation; Helplines - The Medical Foundation; MADD; Massachusetts Army National Guard; Massachusetts Council on Compulsive Gambling; Massachusetts Department of Education - Nutrition Programs and Services.

Massachusetts Eating Disorder Association, Inc.; Massachusetts Interscholastic Athletic Association; Massachusetts Medical Society; Massachusetts Peer Helpers' Association; Massachusetts Secondary School Administrators' Association; Massachusetts Substance Abuse Information and Referral Hotline; Melanoma Education Foundation; New Beginnings Programs; New England Dairy and Food Council; Norfolk County District Attorney's Office; Norfolk County Juvenile Court; Northeastern University's Center for the Study of Sport in Society; Parents Alliance for Catholic Education; Partnership for a Drug Free America; Plymouth County District Attorney's Office; P.S.F. Boston; SADD; and the Teen Action Campaign, Inc. For more information, go to <http://www.miaa.net> and click on the Wellness link, then Partners in Prevention.

## Coalition For Healthy And Active America Takes A Stand Against Childhood Obesity

The Coalition for a Healthy and Active America (CHAA) is a national organization active here in Massachusetts. CHAA advocates healthy and active lifestyles for young people by encouraging parents, schools, and local communities to partner together and create local solutions to the growing epidemic of childhood obesity. The solutions, according to CHAA, must include a balanced approach of proper nutrition education and a renewed commitment to daily physical activity for our children.

Childhood obesity is on the rise – up 4 percent in the last six years – while physical activity among children is declining – down 13 percent according to the Centers for Disease Control. Health risks such as diabetes, hypertension, gall bladder disease, and certain cancers may loom in the future of an obese child. Many experts agree that nutrition is an important factor in reducing childhood obesity. We must all take an active role in teaching our children to make responsible choices. Schools can ensure they teach students about the food pyramid and portion sizes, while parents can provide nutritious meals and snacks at home.

We, as a community, must also ensure that our children are spending the proper amount of time engaging in daily physical activity, in conjunction with proper nutrition. Many pediatricians recommend that children should have 30 minutes a day of rigorous activity.

Physical activities such as biking, skating, soccer, basketball or a game of tag are encouraged as computers and video games move our children indoors for more hours of the day. We can also fight to protect physical education in schools as many school budgets are forcing districts to cut physical education programs.

For more information about CHAA and how you can get involved, visit the national organization's website <http://www.chaausa.org>.

### 2004 Calendar

**Jan. 26-30**

**Leadership Week**

**Feb. 6**

**Harassment Workshop**

**March 2**

**Respect Workshop (Anti-Defamation League)**

**March 22**

**Wellness Coordinators**

**May 7**

**Wellness Summit**

**June 17-20**

**Mass. Student Leadership Conf.**

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# Sportsmanship Summit Awards Essay Winners

Continued from Page 1

at Northwestern University. He played six seasons with the Patriots and appeared in 69 games. In 1985, Ron and his family established the Ron Burton Training Village, which annually provides a month-long training camp atmosphere for inner-city and underprivileged children to help them develop self-esteem, self-reliance, respect for others and racial harmony through athletic and educational activities.

“Mr. Burton’s legacy of respecting others has been felt by many in the MIAA family in many ways, and in fact, in three of our past Sportsmanship Summits, he graced us with his presence,” said Bill Gaine. “On each occasion, Ron Burton provided our membership his intensely personal message about how love, strong family values and hard work can overcome any hardship.”

As the first recipient of the award, Steve Burton delivered an emotional acceptance speech and urged high school student-athletes to “win classy and lose classy,” a lesson he learned from his father. His dad also used to say, “You never know who’s watching,” meaning that athletes should always be role models.

“Take a stand, make a difference, even if you’re the only one,” Steve Burton said. “If you’re a coach and have to bench a player, do it. If you’re an athlete and have to bring up a subject to a coach or another player because it’ll make that person better, do it.”

Steve Burton, a sports anchor and reporter for WBZ-TV 4 and UPN38, spends much of his time working at the Ron Burton Training Village. He also serves as a board member on several children’s charities including the Doug Flutie, Jr. Foundation for Autism and the Fellowship of Christian Athletes. At the Summit, he hosted a panel organized in conjunction with the Massachusetts Alliance for the Promotion of Sportsmanship (MAPS), an initiative aimed at changing the sports culture in the state. MAPS members include professional teams, college programs, law enforcement, media and businesses.

Panelists were: Richard Ginsburg, sports psychologist, Massachusetts General Hospital, Molly Gallagher, Class of 2004, Reading

Memorial High School/MIAA Student Advisory Committee, Rita Roach, collegiate game official, and Michael Rubin, Principal, East Boston High School. Panelists and audience members speculated on how to handle hypothetical situations such as a teammate that exhibited poor sportsmanship.

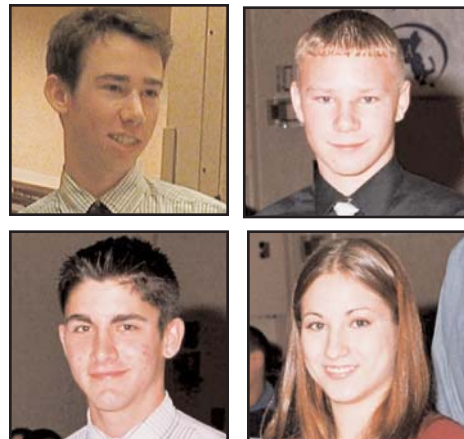
In other highlights of the day, Monson High School Chorus Singers Gerrin Paradis, Sarah Blais, Nicole Ouimet and Shawn Woodbury opened the conference with their performance of the National Anthem. Bill Gaine and Sportsmanship Committee Chairman Philip Vaccaro welcomed the audience and reflected on the topic of sportsmanship. Keynote speaker Dorothy Franco-Reed, a member of the 1984 U.S. Handball Team, an athletic director at Newington High School in Connecticut, and a former Division I college volleyball coach, said that coaches and administrators need to enforce consequences and show young people that they must take responsibility for their actions.

“You have to define that line between what’s acceptable and what’s not,” she said. “It’s hard, no one’s saying it’s easy. You make a mistake, you learn from it. Don’t make the same mistake twice.”

## Awards

Awards were presented for the Annual Sportsmanship Essay Contest, which garnered 315 submissions and followed the theme “The Role of Parents in Sportsmanship.” Attendees received a copy of “Sportsmanship: A Game Plan for Life, Volume III,” an anthology of finalist and honorable mention essays. Matthew Baron of Monson High School won first place for the second year in a row, and his school presented the MIAA with plaques of his winning essays. Other winners were: Daniel Hackenson, Bartlett High School, second place; Matthew DeFinis, Reading Memorial High School, and Jennifer Masztal, Ware High School, in a third place tie.

The MIAA recognized the following schools in the annual District Awards ceremony. Each year, the district athletic committees honor schools that best reflect the ideals of sportsmanship, ethics and integrity. Winners were:



*ESSAY WINNERS - Winners of the Sportsmanship Essay Contest (top to bottom, left to right) were Matthew Baron, Daniel Hackenson, Matthew DeFinis and Jennifer Masztal.*

Northeast Metropolitan Regional Vocational School, Reading Memorial High School, Nauset Regional High School, Old Colony Regional Vocational Technical High School, Blackstone Valley Regional Vocational Technical High School, Mohawk Trail Regional High School, Mount Greylock Regional High School and North Cambridge Catholic High School. Certificates were given to attending schools named to the 2002-2003 Sportsmanship Honor Roll. These schools finished the year without a coach or student-athlete being disqualified from an athletic contest. A full list of the 133 schools can be viewed at <http://www.miaa.net/honor-roll-02-03.pdf>.

## Workshops

Dr. Peter Hantzis, a professor at the University of Massachusetts at Lowell, a psychologist and a former high school soccer coach, led “The Olympic Ideal of Sportsmanship.” Student-athletes attended “The Role of the High School Captain,” presented by Daniel Switchenko, an exercise physiologist, former college basketball coach, and professor at Eastern Connecticut State University. James Haugen, President, National Federation of State High School Associations and Executive Director, Montana High School Association, was the second keynote speaker. “You’re ahead of the game here,” he said. “You’re unique in this state. There are a couple of other Sportsmanship Summits in this country, but they’re not like this.”