

Massachusetts Interscholastic Athletic Association

BUILDING THE FUTURE

...one student at a time.



FALL
2004
EDITION

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STUDENT SERVICES

Coaches' Education

Community Service

Sportsmanship

Student Leadership

Wellness

Coordinators Target Substance Abuse

Wellness

Ian was a typical teenager who was popular with his friends, a star athlete and a black belt in karate. His family adored him. But none of that was enough to keep Ian safe from drugs. He first experimented in high school with alcohol and marijuana. By his sophomore year in college, Ian was snorting heroin.

Most attempts to get Ian into recovery failed as he continued to deceive his family. Ian died of a drug overdose in his sleep on Sept. 10, 1996, shocking his friends and the community. *Continued On Page 2*



Ginger Katz, left, speaks while a photo of her late son, Ian, flashes across the screen.

Register For Nov. 19 Sportsmanship Summit

The 11th Annual MIAA/MSSADA Sportsmanship Summit will be held Nov. 19 from 8:30 a.m. - 3 p.m. at the Wyndham Hotel in Westborough. Last year's summit drew a record attendance of more than 600 participants.

The conference is geared toward school administrators, athletic directors, coaches, student leaders, team captains and booster clubs. Speakers include: David Stead, president of the National Federation of State High School Associations; Dan Switchenko, professor/coach at Eastern Connecticut State University; Steve Burton, sports reporter WBZ-TV Channel 4; Ed Berliner, "Sports Pulse"

Host CN8, The Comcast Network; Dan Shaughnessy and Bob Ryan, both sports columnists for the Boston Globe. The Sportsmanship Alliance of Massachusetts (SAM) will also make a presentation.

Other highlights include a ceremony honoring winners of the District Sportsmanship Awards and the 4th Annual Sportsmanship Essay Contest. Conference attendees will receive the publication "Sportsmanship: A Game Plan For Life, Volume IV," a collection of honorable mention essays. The summit registration fee of \$200 is designed for a

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Leadership Training Program Accepting Applicants

The 18th Annual Leadership Training Institute will be held Jan. 24-28, 2005 at the MIAA office in Franklin. The Student Services Department will accept 30 participants into the residential program, covering the cost of rooming, meals, materials and professional development. Past participants have included principals, physical education teachers, health teachers, nurses, guidance counselors, police officers and substance abuse specialists.

"As a first year athletic director, the Leadership Training Program was an invaluable experience and a tremendous networking tool," said Michael Denise, athletic director for Blackstone Valley Reg. Voc/Tech High School.

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. 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.

"I left the conference energized, hopeful and with a ton of practical and applicable strategies for developing a most needed wellness program within my school," said Jessica Downey, assistant principal of Wellesley Middle School and a graduate of the program.

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



Fall Workshop Speakers Urge Communication

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His mother, Ginger Katz, gave a moving presentation at the Oct. 22 Wellness Coordinators workshop as pictures of her handsome smiling son from childhood through adolescence flashed across a dimly lit screen. More than 50 Wellness Coordinators attended the session, which also featured speakers on tobacco, alcohol, domestic violence and hazing. Shortly after the funeral of her 20-year-old son, Ms. Katz established The Courage to Speak Foundation, Inc., a non-profit organization dedicated to saving lives by stressing the importance of parent-child communication as a means to keeping kids drug-free.

“Addiction is a disease and I clearly understand that now,” she said. “While Ian was alive, it wasn’t as clear and that’s the nature of this disease. It’s called denial. Part of this disease is deception, and Ian was very good at deceiving. The first time he was caught with marijuana, Ian told me, ‘Mom, I don’t even like marijuana. It was the driver.’ And guess what, I believed him.”

To date, more than 500 presentations have been made to students in middle schools, high schools and colleges, and to parent groups, civic organizations, churches, corporations and national conventions. A drug prevention curriculum for middle schools has been piloted and implemented for seventh graders in six Connecticut middle schools and is being adapted for elementary and high school students. Ms. Katz said that after her son’s death, his friends stepped forward and revealed that Ian had bottled up a lot of pain.

“Kids have to know it’s okay to ask for help, otherwise risky behaviors come out,” she said. “I tell kids to get 3-5 adults in their life that they can say anything to and get that pain out. If you see your friend in trouble, tell someone and have the courage to speak.” For more information, visit <http://www.couragetospeak.org> or call 203-866-5282.

Tobacco Leader

MIAA Deputy Director Bill Gaine presented nationally recognized tobacco expert Dr. Gregory Connolly with a MIAA Distinguished Service Award. Other service awards were distributed earlier in the year at the MIAA Annual Meeting, however Dr. Connolly was unable to attend due to prior commitments. Bill Gaine described how in the mid-eighties, the MIAA entered a long-term commitment to help student-athletes with issues such as tobacco, alcohol and drugs. At that time, a relationship evolved with Dr. Connolly, a Belmont dentist who visited Florida during spring training to educate Major League Baseball players about the effects of smokeless tobacco.

In 1993, Dr. Connolly became director of the Massachusetts Tobacco Control Program, a multi-million dollar state agency charged with reducing smoking in the state. During his tenure, the MIAA received approximately \$400,000 in state grants from MTCP to assist with wellness programming. Currently, Dr. Connolly is a lecturer at the Harvard School of Public Health and is scientific advisor to the MTCP. Dr. Connolly told Wellness Coordinators how he believes in empowering young people by helping them to collect data, gather research and make changes. He said the tobacco industry has targeted young people, with many brand-specific web



MIAA Deputy Director Bill Gaine, left, presents a Distinguished Service Award to Dr. Gregory Connolly.

sites promoting gambling, smoking and alcohol consumption. Some manufacturers such as Camel now offer flavored cigarette, prompting the MTCP to perform laboratory tests on the chemical compounds.

“You’re basically making a blowtorch taste like rice pudding,” said Dr. Connolly. “We don’t regulate this industry. We don’t regulate the claims and we don’t regulate the products..If you can get into your community of young people and make a policy such as you can’t use tobacco in uniform, and then you do prevention, you can hit homeruns.”

He said that fighting legislation and holding tobacco companies accountable for damages is an important part of enacting change.

“We have an obligation to make it their problem,” he said.

AlcoholEdu

Jamie Prestileo discussed the Outside the Classroom “AlcoholEdu” on-line prevention course for high schools. He related how more than 40 percent of individuals who start drinking before age 13 will develop alcohol abuse at some point in their lives and that the median age for children to begin drinking is 15.7 years.

Outside the Classroom and Mother’s Against Drunk Driving have teamed up to offer AlcoholEdu to high schools. The program originally started for college students. Mr. Prestileo said the web-based course is broken into three 30 minute chapters along with a pre-assessment (with parental permission,) pre-test, post-test, post-assessment, course conclusion and follow-up assessment.

“The chapters are non-preachy, scientific-based and interactive, and the course includes surveys to show trends in your school,” he said. “For example, the surveys could show information like 50 percent of kids are having their first drink before age 15 and they’re getting it from their parents.”

Schools using the survey feature receive a package that includes an evaluative report, executive summary, exam performance summary

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Learning The Signals For Violence And Hazing



Monique Houde talks about domestic violence.

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and data details report. Survey identifying information is anonymous, however schools can monitor whether individual students have completed the assignments and how they scored. The curriculum includes information on the impact of alcohol on the body, a map of U.S. laws, a glossary and fact sheets. Students have year-long access to resources and parents are invited to take the course for

free. Schools without enough computer resources can assign the course as homework. To test the program, visit <http://highschool.alcooledu.com/>. Under "New User," enter the login ID: ISHS. Fill-in the required information to create a demo account. For more information, Jamie Prestileo can be reached at 617-641-2001, ex. 233.

Choices for Tomorrow

Monique Houde, a domestic violence survivor and author of "Blinded By Love," shared the personal story that led to the foundation of Choices for Tomorrow. Ms. Houde said how ten years ago, she fell in love with a dangerous man.

"When I told him I wanted to break it off, I gasped for one last breath as he asked me if I knew what it would be like to die," she said. "Ten years ago, I was crying with my son in a battered women's shelter. Ten years ago, I was trying to find a way to kill this man before he killed me."

Ms. Houde founded Choices for Tomorrow to teach teenagers about unhealthy relationships. She offers health class programs, group presentations, focus groups, parent/teacher workshops, a resource center, and comic relief fundraisers for organizations that support domestic violence needs or research.

"Each year, an estimated 3.3 million children witness their mothers or female caretakers abused," she said. "That doesn't provide the framework for them to be healthy young adults. Forty percent of teenagers say they know someone who has been abused by a boyfriend or girlfriend...and it's very possible they are talking about themselves. They think they can't get away as they live in the same town, go to the same school or travel in the same circle of friends. Teens are in relationships whether they are emotionally ready or not."

For information, visit <http://www.opcweb.com/choices> or call 978-764-6600.

Hazing

Phil Fogelman and Bill Gaine discussed hazing and the Models of Respecting Everyone (MORE) program sponsored by PSF Boston & Associates. The anti-sexual harassment and anti-hazing awareness program is designed to promote positive social change within schools. According to a study conducted by Alfred University, 48 percent of high school students who belong to a peer group have been subjected to hazing and 24 percent of hazing victims reveal that they were first hazed before they were teenagers.

MORE offers a variety of on-site training and consulting programs including first-year orientation programs, school-wide assemblies, training sessions for sports teams, peer groups and parents, faculty and staff professional development in-services, and district-wide action planning.

For information, please call 617-232-7500 or visit

MORE's website at <http://www.iwantmore.info>.

Unhealthy Relationship Signs

- Drastic changes with normal activities (i.e. hanging out with friends, sports, clubs, lunch room groups)
- Overly withdrawn/not participating in life
 - Overly outward/acting out in class
- Rebellious or angry toward teachers/friends
- Always saying they have to check first with their partner before committing to anything
- Bruises or marks that they won't explain

Source: Choices for Tomorrow

Mentors In Violence Prevention

Northeastern University's Center for the Study of Sport in Society will hold "The Mentors in Violence Prevention (MVP) Program Institute for Gender Violence Prevention and Education" workshop Jan. 31 to Feb. 2, 2005 from 9 a.m. to 5 p.m. and August 1 to 3 at Northeastern University in Boston.

The MVP Program, founded in 1993, motivates student-athletes and student leaders to play a central role in solving problems that have historically been considered "women's issues," including rape, battering and sexual harassment. Utilizing a bystander approach to prevention, the MVP Program views student-athletes and student leaders not as potential perpetrators or victims, but as empowered bystanders who can confront abusive peers.

Tuition for this "train the trainers" is \$350 per person. This fee includes a full copy of the MVP curriculum, certificate of completion and continental breakfast each day. A limited number of scholarships are available.

Participants are eligible to receive 21 PDPs from the Massachusetts Department of Education. On-campus housing is available on a limited basis. Space is limited.

For information, contact Liz Nichols at 617-373-7797 or e.nichols@neu.edu.

**SAVE THE DATE:
March 11, 2005:**

**Our Next
Wellness Coordinators
Workshop**

*Featuring:
Massachusetts Aggression
Reduction Center
and Family Health
Productions*

Clinic Focuses On Injury Prevention, Conditioning

Coaches' Education

The MIAA co-sponsored the second annual "Doing More With Less" coaches' education clinic held August 30 at Northampton High School. Baystate Rehabilitation Care at Franklin Medical Center's Sports Medicine Program presented the workshop, which focused on strength/conditioning, athletic training and sports medicine. Speakers included professional triathlete Karen Smyers and three-time Ironman Triathlon finisher Terrance McKeon.

Randy Bertin, director of athletics at Stoneleigh-Burnham School, predicted that 12 million student-athletes ages 5-22 will sustain a sports injury this year. He said that many people believe sports injuries are bumps and bruises that can't be prevented. However, most injuries are severe and can contribute to long-term consequences from pain, disability and medical expenses.

He said that nearly 80 percent of sports injuries are avoidable through conditioning. Mr. Bertin recommended consulting with an athletic trainer or physical therapist to discuss the use of stability balls, medicine balls, foam rolls and pilates. Other key exercises include pelvic tilts, abdominal crunches, leg presses and lat pull-downs. Trainer/coach Bob Uguccioni discussed the importance of off-season conditioning. He recommended the lunge as a versatile exercise that builds muscle for many sports. Dumbbells or a backpack of schoolbooks can be used to increase the resistance, and there are many variations such as the reverse lunge, forward lunge and lateral lunge. Other ways to build leg muscles include cycling and trail running.

Rehabilitation therapist Andrea Noel-Doubleday spoke on training with plyometrics for explosiveness. She said that the key to improving power lies in generating the highest possible force in the shortest possible time. Plyometrics bridges the gap between strength and speed to improve athletic performance. She advised never performing plyometric training without a

Sportsmanship Summit Nov. 19

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team of five representatives from one school. Schools may register less than five individuals, or add members to their team at a cost of \$50 per person. The registration fee includes workshops, speakers, continental breakfast, luncheon and materials. Registrations are due Nov. 12. For a form, visit <http://www.miaa.net>.



Left, Karen Smyers, a triathlete, gives a presentation on "Coaching to Win." Right, Bob Uguccioni demonstrates leg exercises.

warm-up. Grass, mats or a synthetic running track are all appropriate surfaces for plyometrics. Ms. Noel-Doubleday said that two sessions per week is adequate and that maintaining good form is essential.

For more information on plyometrics visit:

<http://www.sport-fitness-advisor.com/plyometrics.html>

http://www.readyssetgofitness.com/newsletter/14_plyo-power.html

Coaches' Education Dates

All participants requesting to attend a clinic must register through the MIAA Office. Athletic directors and/or principals have application forms that are to be returned to the MIAA. Forms may also be downloaded at: <http://www.miaa.net>. Fee for the course is \$105. Participants should make checks payable to the MIAA, and either mail a check or purchase order to the MIAA prior to the clinic or bring it with them.

No one will be permitted to attend the clinic without a check or purchase order. After completion of a

Coaches Education clinic, national and state tests must be taken and passed before certification is processed. Coaches will be notified of their certification only after the MIAA receives results of both tests, scoring 80% or higher, and the clinic fee is paid. Participants have six months from the last day of their clinic to complete the tests. Be sure to put your social security number on both answer sheets. This enables the MIAA to obtain your national score, as well as to be certain the information is correctly posted. If you wish to check your national test, you may do so on the American Sport Education Program web site – <http://www.asep.com>.

Upcoming Dates

**West Springfield H.S. –
January 15, 8:30 a.m. - 4 p.m.**
**West Springfield H.S. –
June 11, 8:30 a.m. - 4 p.m.**

*Preference given
to PVIAC*

Nutrition, Respect Important Topics For Students

Student Leadership

Nutrition, sportsmanship and respect highlighted the June 18 Student Leadership Conference held at the MIAA office. Students attended from across the state, meeting in small and large groups to learn how they can assume a leadership role in their schools. Doreen Iovanna represented the Massachusetts Department of Education "School Nutrition, Safety and Climate" program.

"The mission in every single school should be child nutrition," she said. "If kids can't eat right, they're not going to make the right decisions. When you feel better, you make the right choices."

Ms. Iovanna recommends starting with the principal if the school nutrition program needs improvement.

"You should be able to get something when you're hungry," she said. "If you don't eat breakfast, how can you last till 12 o'clock?"

She offered healthy lifestyle suggestions, such as choosing milk and water rather than soda. Ms. Iovanna said sports drinks such as Gatorade have their place, but should be used for prolonged activity rather than at lunch. As a fundraising alternative to candy bars, she

Best Seat In The House

Reading Memorial High School seniors created an innovative fundraiser last year that has the double benefit of raising school spirit. Molly Gallagher, an outgoing member of the MIAA Student Advisory Committee, recommended the "Best Seat in the House" fundraiser at the June 18 Student Leadership Conference. She first heard about the idea during the 2003 National Student Leadership Conference in Indianapolis, which she attended through the MIAA Student Services Department. As the first step, Reading seniors approached Jordan's Furniture about donating a couch.



Molly Gallagher talks about a unique fundraiser.

"It was a beautiful black leather couch," said Molly. "During the basketball season, we put it courtside with a sign that read 'Jordan's Furniture, Best Seat in the House.' We sold tickets at every home game and called the winners. They could bring two people to the next game and sit on the couch. They also won pizza and soda."

The school held the fundraiser at both boys' and girls' games. Molly estimates that the effort raised a couple hundred dollars last year, and said that future senior classes plan to carry on the tradition.

"It was a great experience working with your peers to get such a big project done," she said. "It was also a way to boost school spirit. It sure beats sitting in the bleachers the whole game."



John Martin, left, and Doreen Iovanna, right, present at the Student Leadership conference.

suggested water bottles printed with the school name. John Martin, health education teacher/assistant football coach for East Longmeadow High School and a graduate of the MIAA Leadership Training Institute, gave a presentation on sportsmanship and respect. Through his company Positive Solutions, he holds workshops on leadership, sportsmanship and substance abuse throughout the state.

"Kids really do have the ability to make changes in their school and community," he said. "I talk about things like what does it take to be a leader and what are the similarities between us and the people we compete against. It should be a mutual respect rather than competition based on anger and hatred."

During the session, students brainstormed about how to enhance sportsmanship in their schools. Among the ideas were hanging banners to honor athletes for their character, as well as having seniors mentor younger students. "In a perfect world, coaches, administrators, parents and students all need to be on the same page," said Mr. Martin. "We need to give kids more credit. My biggest goal is getting kids to see that leadership is finding out who they really are and what they really stand for, then trying to get others to buy into that philosophy."

Editor's Note: John Martin can be reached at 413-326-1479. Doreen Iovanna can be contacted at 781-338-6451.

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Advisors Hold Meeting

Student Leadership

The MIAA Student Advisory Committee held its first meeting of the school year on Sept. 20. Other meetings are scheduled for: Jan. 27 at 8 a.m., April 28 at 9:30 a.m. and May 11 at 8:30 a.m.

The Student Advisory Committee reports to the Wellness Advisory Committee. On a rotating basis, members also act as advisors to the MIAA Board of Directors. Students participate on panels at the Wellness Summit, Sportsmanship Summit, MIAA Annual Meeting, Leadership Training Institute and other events. They also contribute to the “Building the Future” newsletter and provide feedback to the MIAA staff.

Committee members are:

Burlington HS: Kristy Lyons, Nathan Pierce and Michele Tran

Easthampton HS: Matthew Blanchard, Joshua Cabana, Kristin Forget and Jennifer Raymond

Hull HS: Patrick Fahey, Caitlin Quinn and Cassidy Quinn.

King Philip HS: Shannon Howard

Milford HS: Britney Cullen, Matt DeVecchio, Colleen Hill and Kristopher Zelesky



Members of the MIAA Student Advisory Committee gather at their first meeting.

Reading HS: Claire Arena, Katie Finigan, Beth Haléy, Michaela Hardy, Justine Lyons and Michael O’Brien

Rockland HS: Daniel Bohenek, Anthony Garofalo, Jess Mellen, Crissa Morton and Chris Fusilo

Learning Strategies For Action Planning, Making A Difference

There are many different actions we can take to prevent problems and promote good citizenship. Here is a list of ideas discussed at the June 18 Student Leadership Conference.

- Support other team or group members in their efforts to make healthy decisions. Be willing to talk to your peers when you are concerned about them and when you admire them for something they have done.
- Role model exemplary behavior to your team members that goes beyond just avoiding poor sportsmanship. Examples include being a good host to visiting opponents, helping opponents to their feet if they fall during an event, shaking hands and congratulating opponents.
- Organize and support healthy, safe, legal and fun activities for your team or group. After-game events are good times to bring the team together. Consider sponsoring activities with competing schools to improve sportsmanship and have fun.
- Agree to a pledge or contract that specifically describes appropriate citizenship behavior.
- Encourage parents of your team to promote or sponsor activities.
- Hold team/group meetings to discuss teamwork and other citizenship values.
- Give reminders about appropriate sportsmanship behavior immediately before each home game or event, over the public address system if used. Immediately following an event, thank parents and fans for attending and for displaying good sportsmanship.
- Help organize and conduct pre-season meetings to make sure they’re fun, informative and organized to meet the needs of those who attend. Make sure citizenship is a regular topic at these events.
- Speak to younger students about school activities and citizenship values. (i.e. education on alcohol and drugs, sportsmanship, respect, etc.)
- Create and disseminate rules or codes concerning appropriate citizenship behavior.
- Offer “captains’ tables” or other leadership support groups that will pull together leaders from different organizations who can help each other handle leadership issues.
- Organize and promote healthy, safe and legal activities for other school groups.
- Initiate or become involved in special action groups, such as SADD, Safe-Ride Programs, peer helper programs, conflict resolution teams, support groups, etc.
- Promote positive involvement in activities and prevent problems by creating T-shirts, buttons, flyers, public-service announcements or other materials that promote positive citizenship values.
- Contribute to a booster club or school activity newsletter that features articles about citizenship.
- Get involved with groups that are developing or revising policies/codes that affect young people in your community.
- Help organize a leadership workshop for other student leaders.
- Work with community groups to promote positive youth activities.

Partners In Prevention Set New Goals For The Year

Partners in Prevention has opened the school year with a new list of goals and objectives. The partnership's vision is for all agencies, organizations, professionals and volunteers who work with youth in Massachusetts to collaborate to promote the health and well-being of children and young adults. The MIAA Student Services Department offers meeting space, logistical support and leadership for the Partners.

The group voted to develop a brochure that will promote the partnership's efforts, as well as agreed to increase coordination among the member organizations. Members were encouraged to keep their web sites updated, and to check dates of one another's programs and workshops so they could avoid conflicts. Another goal was to create a speakers' list/workshop training list which would be available to schools and member agencies.

The Partners also plan to recruit new members and survey current members with the following questions: What was the motivation for joining? Are there needs that are not being met? What is the value of membership? What can you contribute?

Partners in Prevention was represented at many fall events, including an integrated martial arts/prevention workshop in Ludlow, a scoliosis screening at East Longmeadow, the Community Anti-Drug Coalition of Hampden County Annual Meeting, a hazing conference at Bridgewater State College, the Peer Leader Conference for Norfolk County, and planning for a statewide SADD conference. Any agencies interested in joining Partners in Prevention should contact Mike Kane, MIAA Student Services Director, at 508-541-7997.

Free Melanoma Training Program

The Melanoma Education Foundation of Peabody invites schools to take advantage of its free skin cancer training program. Currently, more than 170 schools across Massachusetts have been trained in the MEF SKINCHECK program, which is endorsed by the MIAA.

At no cost, the foundation will provide an on-site training session to high school wellness educators. Each educator receives a video about excess sun exposure and a supply of early detection bookmarks for their students. MEF also offers a free lesson plan. In return, schools agree to devote one mandatory classroom session to melanoma and early detection. If your school doesn't offer the skin cancer program or needs to train new staff members, contact Stephen Fine at 978-535-3080 or steve_fine@comcast.net to schedule a teacher training workshop. Information about the foundation is available at <http://www.skincheck.org> and <http://www.miaawellness.net/melanoma.htm>.

"We're trying to encourage people from agencies that are involved in prevention to join with us," he said. "We have found that by working together, we can assist each other to get these messages out. A lot of funding for prevention agencies has been cut the past few years. In the future, we're hoping to get involved in position papers and make statements with regard to legislative funding. We're moving in that direction so that we can hopefully have an impact on the area of funding."

Information about Partners in Prevention is available at <http://www.miaawellness.net/partnersinprevention.htm>.

Drug Studies Show Decline

Emergency room visits related to "club drugs" GHB, Ketamine, LSD and Ecstasy remained stable or headed downward in 2002, according to a report from the Substance Abuse and Mental Health Services Administration. The report, "Club Drugs, 2002 Update," is based upon data collected by SAMHSA's Drug Abuse Warning Network, which gathers data on drug abuse-related visits to emergency rooms from a national sample of non-federal hospitals with emergency departments. View the full report at <http://www.oas.samhsa.gov>.

More teens across the country see marijuana as risky, driving a five percent reduction in the number of teenagers using the drug, according to data from the National Survey on Drug Use and Health. The study also shows declines in teen drug use of Ecstasy, methamphetamine and LSD. Released by SAMHSA, the survey was an improved version of the study previously known as the National Household Survey on Drug Abuse.

A related study released by NOP World's Roper Public Affairs Group concluded that anti-drug advertising is contributing to these positive trends. View the full NSDUH report at <http://www.oas.samhsa.gov>.

Only Way To Win Awards

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

Adam Shephard, Carver High School Baseball; **Josh Reisz**, Newton South High School Boys' Lacrosse; **Kevin Hart**, Southeastern Reg. Voc/Tech School Baseball; **Boys' and Girls' Track Teams**, Pentucket Regional High School; **Varsity Girls' Lacrosse Team**, Duxbury High School; **Varsity Softball Team**, Norwell High School.

UPCOMING MIAA EVENTS

11th Annual MIAA/MSSADA Sportsmanship Summit

Friday, November 19

8:30 a.m. - 3 p.m.

Wyndham Hotel, Westborough

508-541-7997 for more information

January 24-28 Leadership Training Week

March 10 Anti-Defamation League's "A World of Difference" Respect Workshop

March 11 Wellness Coordinators Workshop

May 11 Wellness Summit

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