

Massachusetts Interscholastic Athletic Association
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**FALL
 2007
 EDITION**

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**STUDENT
 SERVICES**

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



Awards Highlight 11th Wellness Summit

Six prestigious awards were presented at the 11th Annual Wellness Summit held Sept. 28 at the Sheraton Hotel - Milford, recognizing the qualities of making a difference, community service, and partnership.

Shonda Schilling, founder of The SHADE Foundation of America, was recognized with the first annual MIAA Partners in Prevention - "Making a Difference Award." Schilling, wife of Boston Red Sox pitcher Curt Schilling, was diagnosed with stage 2 malignant melanoma in 2001 at age 33. A fair skinned, life-long sunbather, Schilling said she was shocked to



Kevin Murphy of Foxborough High School speaks after receiving the Wellness Coordinator of the Year Award.



Shonda Schilling, center, is flanked by Karen Nardone and William Gainne of the MIAA.

learn skin cancer could be deadly. As a result of her public battle and the overwhelming response from fellow melanoma survivors, she launched The SHADE Foundation of America in 2002 to change society's attitude towards sun exposure.

Among her many accomplishments, Schilling partnered SHADE with the Dana-Farber Cancer Institute to launch the SunWise Prevention Initiative

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HeartScreen America New MIAA Partner



Representatives from HeartScreen America, from left, Curtis Muldrew, Bert Vining, and Patricia Finn.

Wellness

The MIAA Student Services Department has endorsed and partnered with HeartScreen America, an Andover-

based company seeking to prevent sudden cardiac arrest by providing heart screenings to young people. More than 5,000 active and apparently healthy young Americans are dying every year in the United States from sudden cardiac arrest. In the majority of cases, death occurs within one hour of the onset of

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Register Now For Sportsmanship Summit

Sportsmanship

Registrations are being accepted for the 14th

Annual MIAA/MSSADA Sportsmanship Summit, to be held Nov. 16 from 8:30 a.m. to 3 p.m. at the home of the New England Patriots.

The record attendance of over 1,000 participants in 2005 and 2006 has paved the

way for a return to Gillette Stadium. It is recommended that schools sign up early, as due to space limitations, the conference has filled up before the registration deadline for the past two years.

Anticipated highlights this year include motivational speaker Harvey Alston, who will encourage students to believe in themselves, strive to achieve excellence in all they do, and be effective leaders.

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Motivational speaker Harvey Alston is scheduled to be a special guest at the Summit.



MIAA Honors Community Service Achievements

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in the Bay State and teamed up with the Boston Red Sox to begin the SunWise Poster Contest in Massachusetts. She was recognized nationally with the Speaker Thomas J. "Tip" O'Neill, Jr. Award for Public Service by the Greater Boston Federal Executive Board, and The American Academy of Dermatology recognized her awareness efforts with an individual achievement Gold Triangle Award. Schilling and her husband have also been instrumental in developing public awareness and fundraising campaigns to improve the services of the ALS Association.

She told the audience of young people and educators that everyone has important qualities and people should learn from each other rather than emulate one hero.

"You're all making a difference, and me teaching sun safety isn't going to change the world," she said. "It's you taking these messages back. No one person changes the world, it's all of us."

Kevin Murphy of Foxborough High School was chosen as the "Wellness Coordinator of the Year," an honor given to a deserving individual that goes out of his or her way to help young people make healthy life choices in the school and community. Murphy conducts the ninth grade alcohol education program Outside the Classroom, serves as the SADD/Peer Leader advisor and the wellness liaison between the high school and the Norfolk County DA's office, coordinates an annual peer leadership conference sponsored by the Norfolk School Partnership, as well as coaches boys' and girls' cross country and indoor track.

"Whether in the classroom, on the playing field, or supervising as an administrator, Mr. Murphy continues to find ways to motivate students and improve the environment at Foxborough High School," wrote Jeffrey Theodoss, principal of Foxborough High School, in the nomination letter. "He is always willing to help with school initiatives and is proactive in working toward

developing a school culture that is conducive to learning."

Michael P. Jackman, director of school programs for the Norfolk County DA's office, also recommended Murphy for the award. "Kevin is a caring professional who is helpful and supportive to the students he works with, and is a 'coach' not only on the track, but also in the hallways and classrooms of Foxborough's schools," wrote Jackman. "He is as committed to ensuring a student's success in life as he is to the student's success running the mile or throwing a javelin."

The MIAA Wellness Partner of the Year Award was presented to Outside the Classroom, a Boston-based company founded to address epidemic-level public health issues affecting education, corporate, and government institutions. The company has developed a suite of science-based prevention programs and tools that are producing dramatic results on more than 450 college and high school campuses nationwide, including the on-line alcohol prevention product, AlcoholEdu. John Boynton, AlcoholEdu account executive, accepted the award on behalf of the company.

Service Awards

Recognition was also presented in three categories for the MIAA/MSSAA Community Service Awards.

Winners were:

1. Meghan Davis - Student-Athlete, Canton High School (Individual Award, for one person performing a community service project.)

Davis, now a college student, could not attend the ceremony, but according to her nomination letter, during high school she continuously exceeded 100 hours of community service every year. Through her participation in Boston's annual Breast Cancer Walk, Davis raised over \$1,500 on her own. After the walk was over, she sold bracelets, raising several hundred dollars for cancer research.

2. Beverly High School Boys' Ice Hockey Team (Team Award, for a specific team or entire athletic program performing one or many service projects.) For the past three falls, the program has organized a large-scale community clean-up which has included a clean-up of Beverly High School along with residential and commercial properties throughout the city. Each potential player donates a minimum of four hours of work on the specified weekend, performing tasks such as tree and shrub pruning, planting, mulching, mowing, weeding, and sweeping. The players also provide yard clean-ups to senior citizens.

3. Auburn High School Athletic Department (Class/Club/Organization Award for a class, club or organization performing one or more service projects.) For the past five years, every athletic team at the school has been required to complete a community service project before the completion of their season. Projects have included assisting at charity walks, organizing food and clothing drives, cleaning up Senior Centers, running a free community baseball clinic, chaperoning middle school dances, and participating in after-school programs at the elementary schools.

Coaches' Clinics

Oct. 21, 8 a.m.-12:30 p.m., South Shore Voc/Tech High School

Nov. 6, 4 p.m.- 8 p.m., Milton High School

Nov. 17, 8 a.m.- 12 p.m., Lincoln-Sudbury Reg. High School

Dec. 1, 8 a.m.- 12 p.m., Belmont High School

Course fee is \$95. Visit <http://www.miaa.net> for information.

Partners In Prevention Sponsors Annual Summit

Wellness

More than 250 people attended the 11th Annual Wellness Summit, held Sept. 28 at the Sheraton Hotel-Milford. Members of the MIAA's Partners in Prevention program led workshops and distributed materials at the event, which drew Wellness Coordinators, health/physical education teachers, coaches, administrators, and students.

Brandon Busted, founder and CEO of Outside the Classroom, facilitated a panel discussion on "Youth Leading the Way to Wellness." Panelists were students Hannah Moriggi of Blackstone-Millville Regional High School, Eric Nelsen of Nipmuc Regional High School, Anna Gaissert of Dover-Sherborn High School, and Skye Hawkins of Ursuline Academy.

Busted invited the panelists' thoughts on topics including peer pressure, influence of September 11, differences between this generation and previous generations, and definition of success. Regarding success, all the students agreed that finding a passion and sense of purpose is more important than earning a big paycheck. On the topic of peer pressure and alcohol, the consensus was that students put pressure on themselves to drink.

"I don't think the pressure is coming from peers saying, 'Have a beer, have a beer,'" Hawkins commented. "More often, what I have observed is a pressure of being excluded from a group because you don't drink. It's not as obvious as 'Here, have another beer.'"

Participants chose from concurrent workshops on a variety of wellness topics, including addiction, alcohol prevention, teen gambling, bullying, violence prevention, eating disorders, and nutrition.

During "The Glass is Half Full, But You Don't Have to Drink It," Steve Maguire of Maguire Presentations pointed out the alarming statistics that in the U.S., every weekday night from 10 p.m. to 1 a.m., one in thirteen drivers is drunk, and between 1 a.m. and 6 a.m. on weekend mornings, one in seven drivers is drunk.



On the left, Steve Maguire presents a workshop. Above, Bill Phillips talks to a roomful of workshop attendees.



From left, student panelists Skye Hawkins, Anna Gaissert, Eric Nelsen, and Hannah Moriggi.

Kristin Fabbri, director of education and outreach for MEDA, Inc., led the workshop "Understanding Eating Disorders." "A lot of people who have eating disorders feel they have no choices and that control was taken away from them," she said. "We just don't realize the severity of eating disorders, and how dangerous and destructive they can be."

She reminded the group that in the debate over Terri Schiavo, the 41-year-old brain-damaged woman who became the centerpiece of a national right-to-die battle, many people didn't realize that Schiavo had bulimia, which produced a potassium imbalance that in turn caused a cardiac arrest.

"There was so much focus on the debate, and not on the fact that it was caused by bulimia, and let's do some education on eating disorders," said Fabbri.

Bill Phillips of New Beginnings Programs brought three young men to share their personal stories during the presentation "Addiction: It's Never Going to Happen to Me." Matt Webster related how in ninth and tenth grades, he was using any drug he could get his hands on and drinking four or five times per week to "get out of himself."

"I had to keep feeding the addiction," he said. "I lied, cheated and stole. I'm not proud of the things I did, but it is what it is. I learned from it and want to help people because of it. I want to help kids who are in the fire."

The powerful MADD Multimedia Assembly Show "Take 2," which focused on finding friends who accept you for whom you are and not for what you do, and on how students don't need to drink or use drugs to fit in, concluded the day's events.



Apply Now For Leadership Training Institute

Slots are still available for the MIAA's 21st Annual Leadership Training Institute scheduled for Jan. 28-Feb. 1. The institute includes principals, physical education teachers, athletic directors, health teachers, nurses, guidance counselors, coaches, resource officers, and substance abuse specialists among its over 600 graduates.

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 MIAA Student Services Department will accept up to 30 participants into the residential program, covering the cost of rooming at a local hotel, meals, materials, and professional development.

Marilyn Slattery, principal of Weymouth High School and a 2007 graduate of the Leadership Training Institute, said she found presenters Martha Harding of Harding and Associates in Minnesota and Kevin Ringhofer of the Minnesota Institute of Public Health/Health Promotion Resources to be organized and adept with the audience, the material interesting and the sharing among participants extremely valuable.

"Upon returning to my school, I convened a group of interested educators and we reviewed and revised our chemical health and our academic eligibility policies to be more in keeping with the spirit of the Leadership Week," she said. "These have been met with much enthusiasm by most of our high school teachers and students. I ran a training workshop for selecting captains that was well attended and now there is a uniform policy for selecting captains. This summer, we ran a coaches' workshop for all coaches and a parent information night for all student-athletes. These ideas and the skeleton framework came as a result of the Leadership Week."

Martha Kristian, girls lacrosse coach at Hanover High School, said she particularly liked the ideas and strategies regarding pre-season meetings.

"Because of the Training Institute, I was able to incorporate a pre-season meeting with the parents and athletes in order to facilitate communication, and to let them know what the expectations and goals are," she said. "The parents enjoyed the meeting, and as a result of getting together, they formed an e-mail address list so they could communicate about games, schedules, directions, pasta dinners, etc. The Leadership Institute definitely helped me to be a better communicator. Once the parents knew my expectations for their student-athlete, they were supportive in helping realize those expectations."

She said another highlight was being involved with a unique group of individuals who were dedicated to learning how they could better serve the students.

"I got the feeling that everyone there was there for the kids," said

Kristian. "The instructors, Marty and Kevin, were wonderful in every way. They kept the information flowing and interesting, and they helped us bond as a group. I would highly recommend this course."

Completion of the Institute will result in the attainment of 40 PDP's. Three graduate credits can also be earned through Endicott College for the price of \$150. Visit <http://www.miaa.net>, call 508-541-7997, or e-mail psmith@miaa.net.

Nardone Joins Staff

Karen Nardone has joined the MIAA Student Services Department in the newly created position of Wellness Project Coordinator. In this role, Nardone will work part-time to develop wellness programming and implement initiatives. Her tasks will include coordinating the YOU LEAD program, revising the MIAA Wellness Manual, and working as a liaison with members of the MIAA's Partners in Prevention program.

"We're very pleased Karen has joined the Student Services Department," said Director of Student Services Michael Kane. "She has extensive background working in the area of prevention. We look forward to her insights and initiatives."

MIAA Wellness Coordinators may recognize Nardone, a long-time member of Partners in Prevention, through her workshops as an instructor/trainer for the national violence prevention safety program radKIDS. She has also presented her dramatic substance abuse prevention program "Eric's Story," the hard-hitting tale of how her brother became brain injured in a drunk-driving crash, to more than 100,000 high school and college students, and confer-

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Essay Deadline Oct. 19

Entries for the 7th Annual Student Sportsmanship Essay/Multimedia Contest will be accepted through Oct. 19. Students from all MIAA member schools are encouraged to show their creativity via a literary work or multimedia presentation that answers the question: "What Does Sportsmanship Mean to Me?"

First place will be awarded \$500, second place, \$300, and third place, \$200. Winners will present their entries as honored guests during the 14th Annual Sportsmanship Summit at Gillette Stadium. Finalist and honorable mention entries will be published in a compilation entitled "Sportsmanship: A Game Plan for Life, Volume VII." The contest is open to all students in grades 9-12 at MIAA member schools. Literary entries must be typed and contain no more than 500 words. Multimedia entries must not be longer than five minutes.

Entries must be received by Oct. 19 at the following address: MIAA Student Sportsmanship Essay/Multimedia Contest, 33 Forge Parkway, Franklin, MA 02038, or at miaa@miaa.net.

NFHS Conference A Success For Student Leaders

MIAA staff members escorted six Student Ambassadors to the NFHS National Student Leadership Conference in Indianapolis this July.

The young people joined nearly 300 student and adult delegates from 29 states, Canada and Israel whom have demonstrated a commitment to leadership through interscholastic athletics and fine arts. The conference registration fee, transportation to and from Indianapolis, housing and meals were provided free to students through a grant from T-Mobile USA, Inc.

Held July 19-22 at the Downtown Indianapolis Hilton, the National Federation of State High School Associations conference focused on respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles, and community service.

MIAA Assistant Director Sherry Bryant, Student Services Director Michael Kane, and Peter Smith of the Student Services Department, chaperoned the Massachusetts group. The delegates, all incoming seniors, were: Michael Rivera,

Nardone Hired

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ence attendees. In addition, Nardone is a licensed social worker, certified domestic violence counselor, clinically certified forensic counselor, and a certified critical incident stress management school/community based responder. She is an Adjunct Professor of Criminal Justice, Sociology, Psychology, Social Welfare at Massachusetts Bay Community College. Nardone says she is excited to be part of the MIAA Student Services team.

"Helping teens to make safe and healthy decisions is something very near and dear to my heart," she said. "As the parent of two teens who have lost young friends, and the sibling of a brother who was brain injured in a drunk driving crash, I am passionate about prevention education, and am looking forward to the challenges of the projects ahead."

Malden High School; Jessica Stuart, Weymouth High School; Gregory Baker, Minnechaug Regional High School, Lindley Bell, Mt. Greylock Regional High School; Nicole Bratton, Bishop Stang High School; and Jeff Arena, Reading Memorial High School. To be considered, students submitted an application describing their views and personal experiences regarding citizenship and leadership.

"It definitely broadened my horizons, getting me to meet so many people from all over the world," said Nicole Bratton. "It was neat to talk about specific issues that everyone has, like sportsmanship. Some of the speakers were amazing. It was a packed schedule – we were never bored."

One of her highlights was chatting with an Israel chaperone who was a highly skilled volleyball player. She also enjoyed a community service project at a local park, where the Massachusetts delegates spruced up an overgrown baseball field.

"A bunch of kids from ages 4-to-10 came over and helped," said Bratton. "They were so cheerful. When we were done, we did races with them. They were so excited they had someone to play with . . . we were sad we couldn't come back."

Jessica Stuart was impressed by a workshop on high school students mentoring fifth and sixth graders and said she would like to implement such a program in her own town. Participants of an Indianapolis-based mentoring program discussed how it operates.

"Some students go to the younger grades and talk about respect and working together, and read stories," she said. "They start implementing positive values early so the kids will have them to take to high school."

Jeff Arena said he found a workshop on NCAA eligibility extremely helpful as it outlined how to make yourself known to coaches and reviewed the differences among the divisions.

He was also intrigued with "The Magic of



Back row, from left, MIAA chaperones Sherry Bryant, Peter Smith, and Michael Kane. Front, from left, Lindley Bell, Michael Rivera, Jeff Arena, Gregory Baker, Jessica Stuart, and Nicole Bratton.

Stephen," an entertaining show performed by magician Stephen Bargatze. Having grown up in an alcoholic family, Bargatze wove his personal story into the performance.

"He was a great public speaker," said Arena. "It was enlightening how he didn't give up no matter what life threw at him. It was a sad story, but also uplifting. When he called me up to do some tricks with him, I couldn't figure out how he did them."

The Massachusetts delegates are now serving as the 2007-2008 MIAA Student Advisory Committee and as leaders of the MIAA Student Ambassador Program.

Arena said he wants to spread the word about the program, which encourages member schools to appoint or elect one junior and one senior student-athlete to serve as MIAA Student Ambassadors. These students receive regular communication from the MIAA and are invited to share feedback on various issues, as well as participate in leadership opportunities.

Drawing upon their experiences in Indianapolis, Student Advisory Committee members will serve on panels at MIAA workshops and work to make positive changes within their own schools.

"My goal this year is to apply the leadership skills that were laid out and challenged to us, to be a leader and step up to the plate," said Bratton. "As a captain, I really want to encourage and support the team, continue to stay drug-free, make a good contribution and stay strong, and be able to carry those qualities with me into college."



HeartScreen America Striving To Save Young Lives

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symptoms in individuals who previously appeared healthy. Young athletes (ages 6-18) and college athletes (ages 19-25) suffer Sudden Unexpected Death at a rate thought to be two to three times greater than their less-active peers.

“Any occurrence of sudden cardiac arrest in young people is devastating and we recognize that some young athletes may be at particular risk,” says Michael Kane, MIAA Director of Student Services. “We strongly support the heart screening program, and look forward to working with HeartScreen America, an organization that provides this valuable service.”

As part of the MIAA’s Wellness Workshop Series, HeartScreen America will provide a seminar titled “Sudden Cardiac Arrest in Adolescents: A Plan for Reducing Risk,” scheduled for Dec. 14 at the MIAA office. (Editor’s note: See details in Wellness Workshop Series preview on page 7)

“We will provide an informational event that not only examines the issue of sudden cardiac arrest in young people, but will offer viable options and a plan for prevention that attendees can take back and incorporate into their own plans,” said Patricia Finn,

84 Tee Off At Golf Classic

Eighty-four players teed off at the MIAA Sportsmanship Golf Classic, held July 31 at Ballymeade Country Club in East Falmouth. The event raised funds which will help support MIAA Statewide Sportsmanship programs and initiatives for the 2007-2008 school year.

Registration included 18 holes on a championship course, a golf cart, hors de oeuvres, carving stations, prizes for top gross and net teams, a silent auction and raffle, and a driving range. The winning teams were as follows:

1st Place: Mike Mettel, Falmouth Fireman; Bob Crane, Owner of Crane Appliance & Sound and Vision; Bob Walker, Fabricator, Parkers Boat Yard in Pocasset; and Cliff Kotfila, State Police Detective and Owner of Cliff’s Clothiers. This team represented the Police Athletic League of Cape Cod.

2nd Place: Barry Haley, Concord-Carlise AD; Phil Vaccaro, Reading AD; Jim Davis, Belmont AD; Tom Murray, Winchester AD.

3rd Place: Dennis Baker, retired-former Bellingham AD; Bill Johnson, Silver Lake AD; Phil Moresi, retired-former Ashland AD; Fran Whitten, Algonquin AD.

Sarah Shaw, Monson High School athletic director, won the Individual Sportsmanship Award for the event. Corporate sponsor was Jostens, and tee sponsors were HeartScreen America, Sea Crest Resort, Almeida and Carlson Insurance, Hart Insurance, Trico Builders, Martin Screen Prints, and Steve Tessier, Esq.

Director of Marketing for HeartScreen America. “Our primary goal is to reduce the incidence of sudden cardiac arrest in students and student-athletes through strong relationships with and endorsements from influential organizations like MIAA. To help accomplish this goal, we want to raise awareness among school administrators about the need for prevention and preparedness for sudden cardiac emergencies. Very importantly, we want to provide students and their families, as well as school personnel, with opportunities for learning about the issue of sudden cardiac arrest and options for prevention.”

To this end, the MIAA has been informing member schools that HeartScreen America is available to bring a heart screening program to their students. According to Finn, screenings are conducted through partnerships with school groups such as the PTO/PTA, school committees and other groups within the school system. Screenings are held at a convenient location such as the school cafeteria, or other approved space. HeartScreen America provides informational materials, letters and event location notices as needed, in addition to insurance and liability coverage.

An essential part of the screening is an electrocardiogram, which is generally not covered by insurance as part of a routine physical unless the patient is experiencing symptoms. According to the company, the cost of HeartScreen America’s ECG screening program is less than the average co-pay for this test at an outpatient health care facility under most insurance plans. Screening also includes a family and personal heart health questionnaire, blood pressure reading, and body mass index calculation.

In 2004, the International Olympic Committee adopted the Lausanne Recommendations and is now mandating ECG screening for all its athletes. The committee issued an advisory worldwide recommending that athletes have ECGs every two years up to age 35.

Additional information on HeartScreen America can be found by logging onto <http://www.heartscreenamerica.com> or calling 1-866-722-8008.

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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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UPCOMING MIAA EVENTS

All events will be held at the MIAA office unless otherwise noted.

- Nov. 2, 9 a.m.** - Student Substance Abuse Workshop
Nov. 16, 8:30 a.m. to 3 p.m. - 14th Annual Sportsmanship Summit, Gillette Stadium, Foxborough
Dec. 14, 9 a.m. - Sudden Cardiac Arrest in Adolescents Workshop
Jan. 18, 2008, 9 a.m. - Student Services Workshop, Topic TBA
Jan. 28-Feb. 1, 2008 - 21st Annual Leadership Training Institute
Feb. 15, 2008, 9 a.m. - Student Services Workshop, Topic TBA
March 10, 2008, 8:30 a.m. - ADL Bullying and Harassment Workshop
March 28, 2008, 9 a.m. - Adolescent Gambling Workshop
June 6, 2008, 9 a.m. - Student Services Workshop, Topic TBA

Earn PDP's Through Wellness Workshop Series

Wellness

Mark your calendar for the 2007-2008 Wellness Workshop Series. All programs will take place at the MIAA Office, running from 9 a.m.-noon with a light lunch following the session. Cost for each workshop is \$35. Ten PDP's are available for individuals who attend three or more workshops.

The schedule is as follows:

Nov. 2, "**A Silver Lining: Providing Solutions for Student Substance Abuse,**" presented by Steve Maguire, Maguire Presentations. Maguire will facilitate how to create and manage a long-term plan of preventive steps in the substance abuse battle. By using some simple practical strategies, educators will learn how to effectively approach elementary, middle, and high school students, parents, and educators. The substance abuse issue among students may seem like a dark cloud to many educators, however, Maguire will demonstrate that there is a silver lining to this issue through a proactive, pragmatic, and positive approach.

Dec. 14, "**Sudden Cardiac Arrest (SCA) in Adolescents: A Plan for Reducing Risk,**" presented by HeartScreen America. Attendees will come away from the workshop with a plan for SCA prevention to incorporate into their own school planning process. Key speaker will be Dr. Jonathan A. Drezner, an associate professor and residency faculty member in the Department of Family Medicine at the University of Washington, Associate Director of the Hall Health Sports Medicine Fellowship and Team Physician for the University of Washington Department of Intercollegiate Athletics. Michaela Gagne, Miss Massachusetts 2006, MIAA-certified coach and former student-athlete diagnosed with a potentially life threatening cardiac condition while still in high school, will speak about her experience. There will also be a live presentation of an ECG screening and an automated external defibrillator device.

March 28, 2008, "**Adolescent Gambling: Pathologizing A Fad or Time for Real Concern?**" Presented by Jim Wuelfing,

Massachusetts Council on Compulsive Gambling. Over the past five years, student participation in a variety of gambling activities has increased dramatically with some studies showing over 80 percent of students gambling in some form. Problematic gambling rates for adolescents tend to be 2-3 times the rate for adults. Is this a problem or isn't it? Is there such a thing as low risk gambling? What resources are available to help schools address this issue? This session will answer these and other questions in an interactive format.

Information will be forthcoming for Wellness Series workshops to be held Jan. 18, Feb. 15 and June 6 of 2008. Visit <http://www.miaa.net/student-services/wellnessworkshops.htm> for updates, and contact the Student Services Department at 508-541-7997 with any questions.

Summit Filling Up Fast

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Ron Laird, president of the National Federation of State High School Associations, and CBS4 News Sports Anchor Steve Burton will also speak during the event.

Among the other highlights are ceremonies for the District Sportsmanship Awards and the Sportsmanship Essay/Multimedia Contest awards, as well as panel discussions on various topics.

Primary sponsors for the day are the New England Patriots Charitable Foundation and Reebok. The Summit is appropriate for school administrators, athletic directors, coaches, student leaders, team captains and booster clubs. The registration fee of \$200 is designed for a team of five representatives from one school. Schools may register less than five individuals or add additional members to their five-person team at a cost of \$50 per person.

The registration fee includes workshops, speakers, continental breakfast, luncheon and materials. Visit <http://www.miaa.net> for more information.



SPORTS NUTRITION CORNER

Healthy Grocery Shopping

Below, are some tips for choosing foods that are not only tasty, but healthy, during your visits to the supermarket.

Before entering the grocery store, be sure to make a list, which saves time and reduces the chances of buying what you don't need. Also, avoid shopping on an empty stomach, when you're more likely to reach for high-fat snacks and desserts.

Consider adding these products to your grocery list:

- Pre-cooked **skinless chicken** or **turkey breast**.
- A higher grade of **meat** with less marbelization.
- Pre-made **salads** and **fresh vegetables** for a quick salad.
- Low-fat dairy products such as **milks**, **cheeses**, and **yogurts**.
- **Frozen vegetables** of all varieties to ensure that you have vegetables as an interesting side dish.
- **100-percent whole-wheat bread** and **pastas**, as well as **brown rice**.
- **Portion-sized bags** of snacks and treats to pack in lunches and to avoid overeating by opening a big bag and diving in.
- **Aluminum foil wrap** and plenty of **lunch bags** to avoid confusion and hectic mornings packing lunches.