

Massachusetts Interscholastic Athletic Association

BUILDING THE FUTURE

...one student at a time.



FALL
2009
EDITION

www.miaa.net
Phone 508/541-7997
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STUDENT SERVICES

Coaches' Education

Community Service

Sportsmanship

Student Leadership

Wellness

Making A Difference Awards Presented

Wellness

The recipients were honored for their dedication and hard work in promoting wellness and making a difference to young people.

Susan Shields of Lincoln-Sudbury Regional High School was honored with the Wellness Coordinator of the Year Award. Shields has been part of the Lincoln-Sudbury Wellness Department since 1993. She co-developed the school's 9th Grade Orientation Program – First Adventure, as well as Senior Seminar Day, a day-long wellness conference for graduating seniors. Shields has also helped to develop courses and programs such as a personal safety and self defense course, peer leader/mentor program, Stress Reduction Week, and community initiative on changing Lincoln-Sudbury's smoking policy.

"She 'walks the talk' and lives the values for which our wellness team stands," said Nancy O'Neil, AD, Lincoln-Sudbury Regional High School. "She focuses on the things that need to be done and does them...strong leaders such as Susan Shields develop more strong leaders. Susan has taught us to leap together and the net will appear."

Mark Hoover of Campbell Campbell Edwards & Conroy accepted the Wellness Partner of the Year Award on behalf of Richard P. Campbell, who could not attend the event due to surgery. Campbell is the founder of the successful law firm, which is engaged exclusively in trial practice

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Register For Upcoming Sportsmanship Summit

Sportsmanship

Registrations are being accepted for the 16th Annual MIAA/MSSADA Sportsmanship Summit, to be held Nov. 20 from 8:30 a.m. to 2 p.m. at Gillette Stadium. It is recommended that schools sign up early as the conference has filled up before the registration deadline for the past three years.

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. Other speakers include: Paul Taylor, Training Specialist, ROI Leadership International, Inc.; Dr. Ennis Proctor, NFHS President and Executive Director of the Mississippi High School Activities Association; Andre Tippett, former New England Patriots player and a member of the Pro Football Hall of Fame; Daniel B. Switchenko, professor/coach at Eastern Connecticut State University;



Above, representatives from Campbell Campbell Edwards & Conroy accept the Wellness Partner of the Year Award. Below left, Susan Shields, left, accepts the Wellness Coordinator of the Year Award from Nancy O'Neil. Below right, Kathi Meyer receives the Partners in Prevention "Making a Difference" Award from Norfolk District Attorney Bill Keating.



Jackie MacMullan, Ron Burton Community Service Award Recipient; and Steve Burton, sports anchor, WBZ-TV Boston (Channel 4.)

Among the other highlights are ceremonies for the District Sportsmanship Awards, as well as panel discussions on various topics. The 9th Annual MIAA Student Sportsmanship Essay/Multimedia Contest invited students in grades 9-12 to submit entries this fall on the theme: "How do your choices impact sportsmanship?" The authors of the top three contest entries, as selected by the MIAA Sportsmanship Committee, will be awarded prizes of \$500, \$300 and \$200 respectively and honored during the Summit. In addition, a compilation of finalist and honorable mention entries will be published in Volume IX of "Sportsmanship: A Game Plan for Life."

Primary sponsors for the day include the New England Pa-

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Wellness Summit Features Plethora of Topics

Wellness

A full house of educators and students 'navigated the road to wellness' at the

13th Annual Wellness Summit, held Oct. 2 at the DoubleTree Hotel in Milford. The event included more than 20 workshop sessions on topics such as Social Host Liability, Substance Abuse Prevention, Student Leadership, Gambling Prevention, Eating Disorders, and Positive School Climates. The MIAA Partners in Prevention, a group of over 60 prevention organizations and agencies, developed the program for students, faculty and staff.

The conference provided three opportunities for attendees to choose from concurrent workshop sessions. At one of those sessions, Tina Murphy, former DEA Special Agent/Demand Reduction Coordinator, New England Field Division, and Steve Cline, Director of Field Operations, Partnership for A Drug-Free America, presented Prescription for Action: What You Need to Know About the Misuse of Prescription and Over the Counter Medications."

"If kids perceive something as dangerous, they will not use it as quickly," said Murphy. "Kids do not perceive prescription drugs like Percocet, Ritalin or OxyContin as dangerous as heroin. The drug dealer is in our home. How many of you would know if 5-6 pills were missing out of your medicine cabinet?"

The presenters revealed that it's common for teenagers to have "pharming parties," often mixed with alcohol, in which young people share prescription pills in exchange for other prescription pills.

"There was a young man in Delaware whose grandfather died," said Cline. "He sold his grandfather's heart medicine to his buddies. He thought it was one drug, and it was really something else, a medicine to speed up the heartbeat. Kids wound up in the hospital. A lot of parents are unaware of this...they don't realize this is something kids are doing."

Even if parents are certain their own children wouldn't steal prescription drugs, anyone visiting the house could rummage through the medicine cabinet, said Murphy.

"Keep the drugs someplace no one would look, like in an underwear drawer," she said.

In another workshop, Marilyn Belmonte, Substance Abuse Prevention/Certified Trainer, Drug Abuse Recognition Programs, discussed how marijuana affects school performance, driving and relationships.

"Girls are five times more likely to be suicidal if they smoke pot than boys," she said. "Besides alcohol, marijuana is the number one drug that causes the most car accidents. Everything appears to be going slower and you can't judge distance."

What's In your Acorn?

Peter Delani, assistant principal of Masconomet Regional High School and author of "A Walk With Daimon: Where Fate and Free Will Collide" led the compelling workshop What's in Your Acorn. Delani addressed philosophical topics such as identifying and fulfilling life's purpose, honoring the child inside each of us, and figuring out who you are vs. what you are. He handed out copies of his book, which explores the issues and his own personal experience in more detail.



Fred Jewett conducts the "Building a Positive School Climate" workshop.

"The gist is that fate brings us to the collisions in our lives, and free will determines what we'll look like after the crash," Delani said. "I try to address the root. Why is it that someone has an eating disorder? Why is it they turn to marijuana? Why is it that they get depression?"

Delani speaks to audiences at high schools, universities and corporations, challenging them to identify what they are destined to do. He said that too often, parents and other influential adults suppress a child's gifts, such as art, music, writing, or athletics, perhaps believing it's a waste of time and thinking it's best to encourage another direction. As a result, he said that many people give up a special hobby or interest, saying they'll return to it someday, but then someday never arrives.

Delani said that when we send children down a different path than their soul intended, we rob them of the gifts that lie in the journey and we are, in fact, steering them down the wrong road. He encourages young people to look for road signs that show they're on the right path,

"They're all over the place," he said. "You have to look for them, honor them, and learn how to read them. You have to believe that 'you're the one.' That's the best form of wellness. When you're emotionally whole, you emanate that to others and encourage them to follow that themselves."

More information is available on his web site <http://roadsigns.cc/>.

Stephen Fine, president and founder of the Melanoma Education Foundation, led the session Melanoma: The Terrorist on Your Skin. The foundation's free SkinCheck curriculum is in more than 800 high school and middle schools. New England health educators who watch a free 45-minute teacher-training video receive at no cost: a detailed one-session classroom lesson plan; "See Spot" bookmarks for all health class (or related course) students each year; quiz/homework exercises, questions and answers; "Should've, Could've, Would've," a new DVD video about melanoma produced for middle school students by MEF, and "My Melanoma Vlog," a new DVD video on melanoma produced for high school students by MEF; and a skin cancer/melanoma teacher resource CD with additional classroom resources and all images from the teacher-training video. Teachers interested in presenting a single-session SkinCheck lesson at their school may request the prerequisite teacher train-

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More Than 20 Workshops Offered At Summit

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ing video available on three-week loan at no cost. Schools which have presented the class previously may reorder materials for the school year by completing an online order form. The foundation's web site is <http://www.skincheck.org>.

Connecting the Dots

Amanda Ayers and Amy Leone of Community Impact, Inc. presented Connecting the Dots: Creating Comprehensive Risk Behavior Prevention Programs for Your Student Population. They described strategies using evidence-based curriculum to enhance the overall health of the student body.

The leaders related how it can be difficult to distinguish what is normal during the teenage years and what is cause for worry, and how today's young people face a great deal of stress.

"You're looking at freshmen and sophomores in high school being asked what do they want to be for the rest of their lives," said Ayers. "That in itself is a lot of pressure. The thought process now is you have to be the best."

They recommended many helpful curriculums for schools to explore, including

Three Recipients Honored

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throughout the United States. Campbell and his team have developed the pro bono programs "Be a Parent, Not a Pal" and "It's ALL about YOU" to educate parents, students, educators and members of the community about the Social Host Law in Massachusetts and to illustrate the legal consequences of allowing those under the age of 21 to possess alcoholic beverages.

According to MIAA Director of Student Services Mike Kane, since 2004, the law firm has presented 96 programs by 14 different attorneys in 61 Massachusetts communities. "These are two outstanding programs that make a difference to you in your school," said Kane. "This firm has made a commitment to our schools and our students."

Kathi Meyer of Plainville was recognized with the Making A Difference Award. Meyer has two sons, Zachary, 20, and Logan, 11, and lost her daughter Taylor, who was just 17. She has served as a realtor for Century 21 Ed Pariseau Realtors for 13 years. She speaks to parents and students throughout the year in memory of her daughter Taylor, addressing the dangers of underage drinking and destructive decision-making, and her own personal loss. Norfolk County District Attorney William R. Keating introduced Meyer.

"Many times, people say how can you go from tragedy to tragedy? They don't understand how you can be moved and be inspired by people in life, and Kathi Meyer is a person who has inspired me and inspires so many people," said Keating. "When she lost her daughter, she realized that Taylor wasn't gone to her and to others. You could go to the Wrentham courtroom and Taylor was found there through her mother, telling kids to get back on course. Taylor was found in those meeting halls where Kathi was telling parents what they can do. . . and Taylor is found in her own home when Kathi is answering Facebook messages and phone calls from young people who have heard her speak and are reaching out for more help."



John Morello performs the "I Am Dirt" workshop session during the Wellness Summit..

Although no one could attend every workshop, students and educators expressed satisfaction with their choices. Keelin Bannon, a student at Hopkinton High School, said that she enjoyed the Teamwork workshop presented by the MIAA Student Advisory Committee. Members of the committee conducted group discussions and exercises that explored the essential elements of teamwork and how captains can encourage their teams to function at higher levels.

"It was very informative and I liked it because it was run by students," she said. "We can relate to them."

Classmate Meghan Melina said that she especially liked John Morello's "I Am Dirt" one-man show, a play of characters and voices from across the spectrum of substance abuse and addiction.

"It was interesting and it was more of a show than someone just standing up there spitting information at you," she said.

Student-Athletes Recognized

The MIAA has announced its latest "Student-Athlete of the Month" award recipients.

April: Andrea Crowley, a recent graduate of Bourne High School, and Andrew Schnepf, a recent graduate of Agawam High School; May: Elizabeth DiMascio, a recent graduate of Braintree High School, and Miguel Santiago, a recent graduate of South Hadley High School; September: Matt Cheung, Mt. Greylock Regional High School and Julia Warner, Lee Middle/High School.

Select Student Ambassadors

Principals are asked to submit names of one junior and one senior to serve as MIAA Student Ambassadors. Student email addresses are required. Thank you for helping our program to grow and for providing your students with a valuable leadership opportunity.



Student Advisors Reflect on Leadership Event

Student Leadership

Twelve young people represented the MIAA this summer at the NFHS National Student Leadership Conference, held July 16-19 at the Indianapolis Hilton. The conference hosted

more than 300 students from around the globe whom have demonstrated a commitment to leadership through interscholastic athletics and fine arts activity programs. Through a grant from T-Mobile USA, Inc., the registration fee, transportation to and from Indianapolis, housing and meals were provided free to all registered student delegates. Here are some of reflections from the MIAA student delegates in their own words:

Kelsey Farrell, Nashoba Reg. HS

“Some of the highlights were meeting all of the new people. It was very interesting to hear how in the same country, sports and sportsmanship can be so different. The overall experience was amazing. It opened my eyes to things that are happening that I had no idea about in sports.

We sat through sessions in groups that everyone had on sportsmanship and teamwork. Then we also signed up for electives. One of the electives I took was on hazing. This was an eye-opening experience ... I never realized how serious it was in colleges, and many high schools around the country. We had the brother of a student who died from hazing talk to us and it was very touching and changed how I think and treat our underclassmen, because just little things that we don't think of can be hazing towards them.

As a group we helped at one of the Indianapolis High Schools. It was an old armory that they turned into a high school. We moved equipment out of two gyms and cleaned everything, painted the weights to make them look newer, and then switched which gyms they were in. The weight lifting equipment and the wrestling equipment were switched from different rooms. The coaches were there to help us and they were so grateful for everything we do. They said that what we did in just a few hours would have taken them months to do. They were overjoyed to see what their athletes would say when they saw the new set up.”

William Lukas, Nipmuc Regional HS

“The opportunity to represent Massachusetts alongside 11 other student-athletes and collaborate with over 300 participants from around the nation, exchanging ideas and solutions to problems surrounding high school athletics, while improving your leadership skills in workshops and partaking in a state-wide volunteer project was absolutely extraordinary. I want to thank the MIAA for making something like this possible for the youth.

Some highlights would include listening to motivational speaker, Harvey Alston, and magician, Stephen Bargatze. Their stories, enthusiasm and hope for our generation, and just overall perspectives on life were truly inspirational. Meeting delegates from other states like Hawaii, Nebraska, and Texas (Canada was there too!) was also mind-blowing. Interacting with them during the workshops, volunteer project and recreation time allowed for a better social and cultural understanding. On a lighter side, the Children's Museum and dance on Saturday night were outstanding. So much fun!

What I gained from this experience was much more than what I had anticipated. Upon departure from Boston on that Thursday morning, I was hoping to learn more about myself as a leader and what I can do to help my sports teams and community. The NFHS conference did more for me than I ever imagined. I learned so much about myself as a leader, teammate, and human being, and what I can improve on. The speakers and workshop facilitators provided all of us numerous skills and resources to help reshape the common stereotypes of high school athletics that seem to plague local newspapers (steroid and alcohol abuse, hazing, and extreme school rivalries to name a few). With support from student-athletes and their communities, these typecasts can be terminated. I also formed some pretty amazing

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more than 300 students from around the globe whom have demonstrated a commitment to leadership through interscholastic athletics and fine arts activity programs. Through a grant from T-Mobile USA, Inc., the registration fee, transportation to and from Indianapolis, housing and meals were provided

Sportsmanship Summit Scheduled For November 20

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trials 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. For directions to Gillette Stadium, visit <http://www.patriots.com/stadium>.

Sportsmanship Summit Registration Form

Name of School: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Fax: _____

Name of persons attending: (Please designate students):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

P.O. _____ Check # _____

Total \$ _____

Please return registration form by **Nov. 13** to: MIAA, 33 Forge Parkway, Franklin, MA 02038, or fax to: 508-541-9888. Cancellation Policy: *Cancellations received up to 72 hours before the Summit will be honored. Schools that register and do not attend are responsible for full payment.*

Indianapolis Conference Makes Lasting Impression

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friendships on this adventure. I was a little concerned about suffering from post-Indianapolis depression, however, I realized that I would be seeing the Student Advisory Board members at least once a month.

The workshops provided by NFHS staff members and guest speakers revolved around six different aspects of leadership in sports: Positive Values, Perspectives, Teamwork, Healthy Lifestyles, Respect, and Sportsmanship. Each workshop, or 'breakout session' focused on one or two of these points, bringing together both the athletes and the adults from different states. Some consisted of high-energy activities while others were more self-reflective. Working in groups, big and small, many issues, ideas, and goals were shared and specific 'action plans' were set by the end of the conference to help initiate some kind of positive change in our athletics/schools/communities back home.

We also had electives, in which I took a class on credit (as in credit cards). I'll be honest - I knew close to nothing about those pieces of plastic that you're offered at basically every store now. Taking that workshop was definitely beneficial, especially because I will be in college next year. My second elective was titled 'Who Moved My Cheese?' This workshop, based on Dr. Spencer Johnson's best-selling book, helped identify my 'leadership style' and revealed how I interact with others and adapt to change. I definitely recommend the book." (<http://www.whomovedmy-cheese.com/index.html>).

Owen Davis, Winchester HS

"I hoped to attend the conference to discover a better way to empower myself in my community and develop an ability to lead a service project of my own. By attending, I not only accomplished my original goals, but met dozens of incredibly kind and motivated individuals; most significantly, I grew closest with 11 of the coolest people I've ever met: the Massachusetts crew.

The speakers were all enthusiastic, from the college facilitators to the great Harvey Alston, who welcomed us with open arms and a booming voice. I was especially moved by the show at the end of the trip, in which Stephen Bargatze, a renowned magician and motivational speaker, performed for us and spoke about the challenges that he faced in his own life. In his performance, he blended humor and illusion with his exceptionally touching story about his rise from a household filled with alcoholism and unloving parents; somehow he took me from tears welling in my eyes to laughing out loud in a split second. That show really had an impact. To say I enjoyed myself over that weekend would be such an understatement. Surrounded by such 'positivity,' I felt rejuvenated and truly satisfied, if a little sleepy, boarding the plane home.

Everyone on the trip cycled through three workshops regarding general ideas such as sportsmanship, leadership and decision-making. The ice-breakers that started each session were always a lot of fun, and I met people from all across the country. There were state meetings in which we discussed similar topics, and our room held Massachusetts, Maine and Connecticut. We also signed up for supplemental talks; my favorite was a speaker discussing the necessary steps to be eligible to play college level sports."



MIAA delegates participate in a community service project during their trip to Indianapolis. On the right, some of the student attendees pose for a picture.



Annabel Barrett - Mt. Greylock Reg. HS

"The trip to Indianapolis was amazing, I got to know new people from Massachusetts and the whole country, learned how to be a better leader in my school and community, and had fun the entire time. The breakout sessions and electives were informative, and the state meetings gave us a nice opportunity to regroup, but the community service day was my favorite.

The electives that I attended were The Noble Athlete and Leadership 101. Going into the trip I had hoped to become a better leader and gain the knowledge I needed to become the best captain I can be. The trip definitely exceeded my expectations. I am thankful that I had the opportunity to attend this conference and meet so many amazing people who share similar goals. I believe that I have become a better leader and captain from this experience."

The following students attended the conference and will serve on the MIAA Student Advisory Committee for the 2009-2010 school year: Alex Baquero - Franklin HS, Annabel Barrett - Mt. Greylock Reg. HS, Brendan Brooks - Wellesley HS, Elizabeth Brownlee - Ashland HS, Cole Carter - Wilmington HS, Owen Davis - Winchester HS, Kelsey Farrell - Nashoba Reg. HS, Julie Frankian - Millbury HS, Stephanie Kos - Chicopee HS, Alyssa Leonard - Amherst Reg. HS, William Lukas - Nipmuc Reg. HS, and Ryan Nickerson - Billerica Memorial HS.



GWS Helps Young Ladies To Become Leaders

The MIAA Girls and Women in Sport (GWS) Committee has scheduled several upcoming events to kick off the school year.

“Learning to LEAD,” a half-day leadership workshop for middle school girls, will be held Nov. 23 at the MIAA office. Deb Hult of Core Trainings will explore making the right choices, accepting differences, and the importance of attitude and self talk. Cost is \$25 per person. Lunch will be served.

“Leadership for Ladies, Enhancing Your Potential,” a captains and coaches workshop for female high school captains and their coaches, will be held Nov. 24 from 9 a.m. to 12:30 p.m. at the MIAA office. Deb Hult will offer a powerful interactive session designed specifically for teens. The theme of leadership is woven into activities and discussions to strengthen the skills young ladies have and to help them develop into women of character within the school and community. Cost is \$30 per person, which includes lunch. For both events, school teams should send at least one adult for every four girls attending.

In August, the GWS Committee sponsored a successful overnight leader-

ADs Rave About ‘Character

The MIAA sponsored two successful events in October, benefiting more than 500 captains, coaches and parents.

“Character Through Sport: Supporting Our Student Athletes” was held Oct.

Captains Gather Over Summer

Student leaders took a break from their summer vacation to attend a high school captains’ workshop held Aug. 18 at the MIAA office. Attendees gathered for three sessions which offered different perspectives on team leadership.

Members of the MIAA Student Advisory Committee assisted with planning the day and gave a presentation on teamwork.

During this workshop, advisory committee members conducted group discussions and exercises that explored the essential elements of teamwork and how captains can encourage their teams to function at higher levels.

“Leading the group discussions and activities was a fantastic experience for the Student Advisory Board,” said William Lukas, a student at Nipmuc Regional High School. “Creative fundraising ideas, community service events, ‘cliques’ on sports teams and the dangers of Facebook were among the most talked about topics in my group.”

Daniel B. Switchenko, Ph.D., Exercise Physiologist/Former Head Basketball Coach at Eastern Connecticut State University, led “The Role of the High School Captain,” drawing upon his 18 years of college coaching experience to define leadership and describe the attributes a good leader must possess. In addition, Fred Jewett, School Climate Consultant for The Think Respect Project, presented the workshop “Leadership, Sportsmanship and Building Championship Teams.”

“The other speakers at the conference really got some great points across about determination and hard work,” said Kelsey Farrell, a student at Nashoba Regional High School and a member of the Student Advisory Committee. “I think it got through to the captains and coaches that attended and will help them be better leaders.”

ship training opportunity for girls entering eleventh and twelfth grade. “Leadership for Ladies, A Summer Retreat,” was held August 10-11 at Rolling Ridge Retreat & Conference Center in North Andover and was led by Deb Hult.

The MIAA Girls and Women in Sport Committee will once again partner with New Agenda: Northeast to present The Massachusetts Celebration of Girls and Women in Sport Day, to be held at Faneuil Hall on Feb. 5, 2010. Two female athletes from each Massachusetts high school (MIAA member and non-member schools) are invited to attend with their chaperones and guests.

The Massachusetts Women in Sport Distinguished Service Awards will be conferred that day, and GWS Essay Contest winners will read their compositions. Commemorative T-shirts can be purchased. Check <http://www.miaa.net> frequently for the following GWS opportunities: the MWADSA nomination form; the GWS Essay Contest application form; and the GWS Day registration form (available early December). Early registration is recommended, as registration closes when the hall is full.

Through Sports’ Workshops

5 at Lexington High School and Oct. 6 at Hudson High School. Noted sports consultant Bruce Brown presented his powerful message about character-based athletics, a message he has shared throughout the country. Brown has over 35 years of experience as a teacher, coach, and athletic administrator in all academic levels from junior high to collegiate. In his many years of experience, he has coached football, basketball, baseball and volleyball. He is also a skilled clinician and speaks nationally to athletes, coaches, parents, school districts and corporations.

“It is with pleasure and ease that I rave about Bruce Brown,” said Nancy O’Neil, AD, Lincoln-Sudbury Regional High School. “I have been an AD for 27 years and an educator for 32 years, and there is no one single speaker/presenter/author who has made more of an impact on the programs that I oversee than Bruce Brown.”

At each of the October events, captains and coaches attended two sessions led by Brown: Redefining the Term Athlete – Life Lessons for All Athletes, and Captains: Seven Ways to Lead Your Team. Coaches and parents attended The Role of Parents in Athletics, and Teaching Character Through Sport – Using Themes of Character.

“I thought the guest speaker was excellent and I know my two student ambassadors got a lot out of it,” said Pete Jones, AD West Boylston High School.

Director of Student Services: Michael Kane
Assistant Director of Student Services: Peter Smith
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studentervices@miaa.net

UPCOMING MIAA EVENTS

All programs are at the MIAA office unless otherwise indicated.

- Oct. 26, 9 a.m.-12 p.m.** – Grant Writing 101, Wellness Workshop Series
Oct. 30, 8:30 a.m. – 1:30 p.m. – You LEAD Workshop, Advising 101 and Beyond, Supporting the Activity Group Advisor/Coach
Nov. 20 – 16th Annual Sportsmanship Summit, Gillette Stadium
Nov. 23, 8:30 a.m.-12:30 p.m. – Learning to LEAD, Leadership for Middle School Girls
Nov. 24, 9 a.m.-12:30 p.m. – Leadership for Ladies, Enhancing Your Potential
Dec. 18, 9 a.m.-12 p.m. – Playing the Game Straight: Prevention for Coaches, Wellness Workshop Series
Jan. 15, 2010 – YOU LEAD High School students
January 25-29 – 23rd Annual Leadership Training Institute
Feb. 3, 9 a.m.-12 p.m. – Community Initiatives to Support Today's Youth, Wellness Workshop Series
February 5 – Girls and Women in Sport Day celebration, Faneuil Hall
Feb. 24 – YOU LEAD Middlesex Partnerships for Youth at Nashoba Tech
Feb. 26 – YOU LEAD Middle School students

Register Now For Wellness Workshop Series

Wellness

Mark your calendars for the 2009-2010 Wellness Workshop Series. All workshops will be held at the MIAA office followed by a light lunch.

Unless otherwise listed, cost is \$40 per session. Ten PDPs are available for individuals who attend three or more workshops. The workshops are as follows:

Oct. 26, 9 a.m.-12 p.m., Grant Writing 101, led by Amanda Ayers and Amy Leone of Community Impact, Inc.

Dec. 18, 9 a.m. – 12 p.m., Playing the Game Straight: Prevention for Coaches, led by Tom Hermanowski of ADAPT Consultants.

Feb. 3, 9 a.m.-12 p.m., Community Initiatives to Support Today's Youth, facilitated by Jane Biagi of Mass Peer Helpers Association and Reach Out Inc.

YOU LEAD Underway

The following YOU LEAD workshops and conferences have been scheduled thus far for the 2009-2010 school year:

Oct. 7 - High School students from South Shore League schools hosted by Mashpee High School

Oct. 30 – Advising 101 and Beyond, Supporting the Activity Group Advisor/Coach, at the MIAA in Franklin

Jan. 15 - High School students at the MIAA

Feb. 24 - Middlesex Partnerships for Youth at Nashoba Tech

Feb. 26 - Middle School students at the MIAA

March 3 - Middlesex Partnerships for Youth at Nashoba Tech

March 19 - High School students at the MIAA

April 14 - Middle School students at the MIAA

May 7 - High School students at the MIAA

June 9 - High School students at the MIAA

YOU LEAD (Youth Leading Everywhere Abstaining from Drugs) is a program which supports and connects youth who have chosen a lifestyle free from alcohol and other drugs. For additional information, to register for a program, or to discuss hosting a program at your school or in your region, contact Karen Nardone, YOU LEAD Program Coordinator, at 508-541-7997 or knardone@miaa.net. For more information, visit the web site: <http://www.miaa.net/student-services/youlead.html>.

March 1, 8:30 a.m.-1:30 p.m., Sudden Cardiac Arrest, CPR and AED Certification, led by Anna Vining of Heart Screen America and Dennis Vetrano of Philips Medical Systems. This workshop is \$50.

March 31, 8:30 a.m.-1:30 p.m., The Faces of Underage Substance Abuse, presented by MADD, SADD, New Beginnings, Drug Abuse Recognition, and Campbell Campbell Edwards and Conroy.

April 6, 8:30 a.m.-1:30 p.m., Concussion and Sports Injury Prevention, presented by MGH, Children's Hospital, BIAMA, Sports Legacy, Sports Concussion.

May 3, 9 a.m.-12 p.m., Creative Activities in Probability and Statistics: Lowering the Risk of Problem Gambling, led by Jim Wuelfing, Massachusetts Council on Compulsive Gambling.

June 4, 9 a.m.-12 p.m., Cultivating and Empowering Student Leaders, led by Deb Hult.

Coaches' Clinics

Oct. 13, 5-9 p.m., Bishop Feehan HS

Nov. 4, 4-8 p.m., Lawrence HS

Nov. 7, 8 a.m.-12 p.m., Reading HS

Nov. 7, 8 a.m.-12 p.m., Groton-Dunstable H

Nov. 28, 8 a.m.-12 p.m., Reading HS

Course fee is \$95.

Register For Leadership Week

Registrations are still being accepted for the 23rd Annual Leadership Training Institute, scheduled for Jan. 25-29, 2009. 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. Completion of the Institute will result in the attainment of 40 PDPs. Three graduate credits can also be earned through Endicott College for the price of \$250.

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.

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



SPORTS NUTRITION CORNER

Nutrition Initiative

By Doreen Iovanna
Educational Specialist
Department of Elementary and Secondary Education

The partnership between the MIAA and the Massachusetts Department of Elementary and Secondary Education - Nutrition, Health and Safety seeks to promote healthy lifestyles through proper nutrition and balanced diet. This initiative will incorporate important health-related messages into workshops for student leaders, school administrators, coaches and parents. MIAA nutrition initiatives will take place throughout the school year.

Wellness Policy

According to Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004, Local Education Agencies (LEA's) participating in the National School Lunch and Breakfast Program are to implement a Wellness Policy. The purpose of this initiative is to help children to improve personal health and fitness by being physically active every day, eating a nutritious diet, and making healthy choices. The scope of the policy is to present healthy nutritional food and beverage choices to the student body in their environment. For additional information, please refer to your school department Wellness Policy.