

Massachusetts Interscholastic Athletic Association

BUILDING THE FUTURE

...one student at a time.



**SPRING
2007
EDITION**

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STUDENT SERVICES

Coaches'
Education

Community
Service

Sportsmanship

Student
Leadership

Wellness

11th MIAA Wellness Summit Slated For Sept. 28

The 11th Annual MIAA Wellness Summit has been rescheduled for Sept. 28 from 8:30 a.m. - 2 p.m. at the Sheraton Hotel in Milford. The special event is being sponsored by members of the MIAA's Partners in Prevention program.

The following organizations will lead concurrent



Shonda Schilling, a melanoma survivor, will receive an award at the Wellness Summit.

workshop sessions: New Beginnings Programs; Outside the Classroom; SADD; Anti-Defamation League; radKIDS, Inc.; Brain Injury Association of Massachusetts; MADD; MEDA, Inc.; Massachusetts Department of Education School Nutrition and Health; and the Massachusetts Council on Compulsive Gambling.



The MADD Multimedia Assembly Show "Take Two" will also highlight the program. In addition, a new Partners in Prevention "Making a Difference Award" will be presented at the Summit. This year's recipient is Shonda Schilling of the SHADE Foundation. This award will accompany the traditional MIAA awards that are presented at each Wellness Summit, including the Wellness Coordinator of the Year, Wellness Partner of the Year, and Community Service Awards.

A registration fee of \$200 has been designed for a

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Six Students Will Attend NFHS Leadership Conference

Student Leadership

This summer, members of the MIAA Student Services staff will escort six Student Ambassadors to the 2007 NFHS National

Student Leadership Conference in Indianapolis. There, the young people will join more than 300 students from across the country whom have demonstrated a commitment to leadership through inter-

scholastic athletics and fine arts activity programs.

The Massachusetts delegates, all juniors, are: **Michael Rivera**, 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.

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Schools To Receive Free Anti-Drug DVD

Wellness

Blake Works, Inc., a member of MIAA Partners in Prevention, and founded by MIAA Wellness Advisory

Committee Member Jeanne Blake, has developed another set of complimentary educational materials for use in schools.

The new DVD, "Drugs: True Stories" and the booklet "Words Can Work: When Talking About Drugs," focus on the impact of substance abuse and are intended to initiate discussions with students, parents and other caregivers. These materials will be sent to MIAA Wellness Coordinators free-of-charge

in the coming weeks.

The DVD and booklet were debuted at an educational forum hosted by Blake Works which was held at the State House in March. This successful forum was attended by more than 300 policymakers, educators, public health and law enforcement officials, and others who work with youth.



Blake Works founder and MIAA Wellness Advisory Committee member Jeanne Blake.

A similar educational forum regarding steroid abuse

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How To Protect Children From On-line Dangers

Wellness

- Teenagers posting their names, addresses and pictures on MySpace, risking the attention of a pedophile.
- A young girl running away in the middle of the night to meet her 16-year-old on-line boyfriend, who turns out to be a 55-year-old sex offender.
- Children having direct contact with drug dealers in Internet chat rooms.

These are just a few of the dangers that face young people in today's Internet-driven world. Trooper David McSweeney, who heads up the Computer Forensics Unit of the Norfolk County District Attorney's State Police Investigative unit, and Daniel J. Feeney, Director of Juvenile Programs for the Norfolk County District Attorney's office, presented a workshop on Internet safety March 30 as part of the MIAA Wellness Workshop Series. The pair conducts workshops across Norfolk County for students and parents on the dangers of the World Wide Web. They have found the workshop most effective for upper middle school/lower high school students, as children that age are more likely to listen.

The Norfolk County DA's office advises parents to regularly check the computer for signs of their child's on-line activities. For example, by viewing the History, parents can monitor what sites

their children have visited. Another important feature is the Temporary Internet File folder. Every time a web page is opened, the computer saves a copy of that site's files and graphics in this folder.



A student explores MySpace, but parents need to beware of dangers.

"Parents should know these things exist and that if kids are deleting and clearing these spots, they're probably going to places they shouldn't be going," said Feeney.

They said parents should know whether their children have installed File-Sharing Programs, which allow many different users to access the same file at the same time. These programs are often used to illegally download music and software.

"It's kind of like an open door," said Feeney. "You have an area on your computer where friends can go into this open portal and view music or pictures. It raises safety concerns of what else are people looking at when they're in your computer. They might also be 'dropping things off,' like child pornography. If the door is open, law enforcement can get into it as well."

Feeney said that law enforcement agencies use search programs to hunt for illegal files on computers. He stressed that having child pornography on the computer is a crime, and that if a teenager forwards it to friends as a joke, this compounds the crime even further.

Students have also been known to create e-mail "Hit Lists," which can land them into big trouble even if they mean no harm. E-mails can be traced, and deleting something from the computer doesn't necessarily make it gone for police purposes.

"They should not type anything on the computer they wouldn't feel comfortable saying face-to-face, or that they wouldn't want in a transcript sent to the police and their parents," said Feeney. "Students need to realize that what they're doing on-line, even if they think it's kidding around, can have serious consequences."

Social Networking?

In another trend, teens and young adults have flocked to social-networking sites like MySpace and Facebook, to the extent that kids who don't have an on-line profile are becoming the exception. These sites give children the opportunity to share stories, pic-

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Glossary of Internet Lingo

- POS - Parent Over Shoulder
- PIR - Parent In Room
- P911 - Parent Alert
- PAW - Parents Are Watching
- PAL - Parents Are Listening
- KPC - Keeping Parents Clueless
- NIFOC - Nude In Front Of The Computer
- LMIRL - Let's Meet In Real Life
- TAW- Teachers Are Watching
- TDTM - Talk Dirty To Me
- WUF - Where Are You From?
- WTGP - Want To Go Private?
- WYRN - What's Your Real Name?
- #-) -Wiped out, partied all night
- %*} - Inebriated
- %\ - Hangover

Sexual Predators Scan MySpace For Future Victims

Continued From Page 2

tures, videos, and other files with friends, acquaintances and whoever else is lurking.

“We try to remind the students that their friends know all this stuff – they know your taste in music and that you hate history class,” said Feeney. “The only people who don’t know are the strangers you don’t want to know. No one should know your birth date, town or school.”

He reminds parents that sexual predators probe these sites, hunting for victims in certain geographic areas. Yet that threat doesn’t stop some teenage girls from posting provocative photos of themselves. Other students post innocent family pictures, yet Feeney said that photos of younger siblings could spark the attention of child molesters. Party photos are often displayed on-line as well – some taken with cell phones, without permission, of teenagers drunk and in various stages of undress.

A less dangerous, but still damaging, threat associated with social networking sites is that potential colleges and employers have been known to check whether their applicants have an on-line profile and eliminate candidates based on their page’s content.

21st Annual Leadership Week Set For January '08

Wellness

The MIAA Student Services Department announces that the 21st Annual Leadership Training Institute will be held from Jan. 28 through Feb. 1.

The institute includes principals, physical education teachers, athletic directors, health teachers, nurses, guidance counselors, coaches, police officers and substance abuse specialists among its over 600 graduates.

Attendees 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. 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 \$150.

Information will be available on the MIAA web site, <http://www.miaa.net>, in the fall. Anyone who wishes to make sure they receive a brochure should call the Student Services Department at 508-541-7997 or e-mail psmith@miaa.net.

Feeney recommends that parents open a fictitious MySpace account where they can monitor what their child’s friends are posting. He said that parents should also talk to their children about Instant Messaging. According to the Norfolk County DA’s office, 1 in 5 youths received a sexual approach or solicitation over the Internet in the past year.

“Kids need to know that when they get these pop-ups, if they don’t know the person’s name, it’s like a stranger walking up to them at the bus stop,” said Feeney. “They need to tell a parent.”

He showed a video called “Julie’s Journey,” to the MIAA group, chronicling a young girl who left home with a convicted murderer she had developed a relationship with on-line. According to Feeney, Julie spent three to six hours per day Instant Messaging the man, which he said is way too much time for a child to spend unmonitored on the computer.

“We have National Honor Society, straight A, model students who completely shut off their cerebellums when on-line and will march off into the middle of the night to meet someone just because they hear what they want to hear,” he said. “Way too often, the kids disengage all their internal safety bells. When they’re on-line, they need to be reminded to keep their normal critical thinking skills and a healthy skepticism.”

The DA’s Office recommends that families place computers in a common area like a den or family room, rather than in a child’s bedroom. Unfortunately, Feeney and McSweeney have spoken to students as young as fifth grade and discovered that one-third to one-half of the kids typically have Internet access in their bedroom.

“Parents need to become familiar with the computer, familiar with what their kids are doing, and come up with a reasonable use policy for the house and expectations for their kids’ behavior,” said Feeney.

Other rules might include requiring students to keep at least two weeks worth of History, follow a computer curfew, and stay away from certain sites. Feeney said that parents shouldn’t feel guilty about violating their child’s privacy as Internet safety is too important.

“As a general rule, if the kid is allowed to have this stuff password-protected and the parents can’t get into it, there’s going to be problems,” he said. “Parents need to view the computer as a privilege that adults choose to bestow and that adults can take away.”

For more information, visit the following web sites:

<http://www.netsmartz.org>
<http://www.missingkids.com>
<http://www.safekids.com>
<http://www.getnetwise.org>

Pellet Guns + Students = Lethal Combination

Wellness

State authorities are warning parents, teachers and students of a hidden danger associated with pellet guns – these realistic toys increase a teenager’s risk of getting shot and killed by a police officer.

Daniel J. Feeney, Director of Juvenile Programs for the Norfolk County District Attorney’s office, told MIAA Wellness Coordinators about the dangers of these “toys” at a recent Internet safety workshop. Prized for their realistic design, some guns resemble Glock, Smith & Wesson, Magnum and Beretta handguns and Kalashnikov assault rifles.

Pellet guns are easily accessible over the Internet and some parents buy these guns for their children as gifts. Students use the guns for a variety of purposes, including target practice or to play a military-style game called airsoft, which is similar to paintball but cheaper and less messy because the weapons fire plastic pellets instead of paint capsules that burst on impact. Teenagers have also been reported to use the guns for intimidation at school.

Toy guns, airsoft guns included, are required under federal law to have a bright orange tip to distinguish them from real weapons, but some people remove or blacken the tips. That was the case in Seminole County, Fla., where a 15-year-old boy was shot to death by a SWAT officer while brandishing an airsoft pistol at a school.

Feeney said that at a distance, it is extremely difficult for police officers to distinguish whether a gun is real or a toy.

“We have had very, very close calls with police officers drawing on kids,” he said. “It’s only a matter of time before we have a tragedy.”



Police say that pellet guns, like the one above, aren’t child’s play as they can look too real.

Although Massachusetts has laws that limit the use of pellet guns by minors who are not accompanied by an adult, holding a sporting or hunting license, or holding a permit from the chief of police, young people still take the guns out in public.

“Kids who have these types of airguns and pellet guns are really increasing their chance of being shot,” said Feeney. “These things look too real.”

Bullying Workshop Recommends Written Policy

Forty-six educators representing 33 schools attended the 9th Annual Interactive Anti-Bias workshop sponsored by the MIAA and the Anti-Defamation League’s A World of Difference Institute.

Titled “Becoming an Ally: Interrupting Name Calling, Bullying and Harassment,” the March 12 workshop was designed for middle and high school administrators, teachers, athletic directors, health and wellness educators, counselors and coaches.

Participants examined the nature of hateful behavior, as well as developed and practiced strategies to cope with the problem. Those who complete a four-hour follow-up action plan will receive 10 Professional Development Points.

Diversity training specialists Rob Jones and Jessica Greenstone co-facilitated the workshop, emphasizing the importance of having a written school policy on bullying and harassment which is disseminated to all school teachers, staff, administrators and students. They stressed that all parties should be familiar with the policy so that it can be consistently applied when needed.

Discussion focused on the four key roles relating to bullying and harassment: the bully, target, bystander and ally. Educators brought home many tips about handling a bias-motivated situation, including think before you act, consider options for inter-



Facilitators Jessica Greenstone, top center, and Rob Jones, kneeling to her right, with participants at the “Becoming an Ally: Interrupting Name Calling, Bullying and Harassment,” workshop held March 12 at the MIAA office.

vention, be clear about what you want to accomplish, engage in respectful dialogue, and be aware of and consistently apply school policies and procedures. Participants also received information on hate crimes and cyber-bullying.

For more information on anti-bias education, visit <http://www.adl.org>.

260 Honored On Student-Athlete Citizenship Days

Student Leadership

The MIAA and Northeastern University's Center for the Study of Sport in Society joined forces this spring to present the 11th Annual Massachusetts Student-Athlete Citizenship Awards.

Held in conjunction with National Student-Athlete Day, the awards were distributed at two separate events to allow better regional access for students across the state. High schools were invited to choose two males



From left, Mike Kane, MIAA Director of Student Services, and Roberta Doering, a member of the Agawam School Committee and the MIAA Board of Directors, present a certificate to Mike Walker from Monson High School.

and two females who demonstrated leadership through community service, athletic excellence and a minimum 3.0 grade point average.

Both ceremonies featured student panels discussing the power of leadership. The first event was held at Northeastern University's Blackman Auditorium on April 12 and was for Districts A, B, C, D, H, and select district E schools. The award ceremony honored 123 students from 32 schools.

Featured speakers included: Master of Ceremonies Ed Berliner, Peter Roby of the Center for the Study of Sport in Society, Peter Smith from the MIAA, and Daynia LaForce-Mann, head women's basketball coach at Northeastern.

The second ceremony was held April 27 at the Naismith Memorial Basketball Hall of Fame in Springfield for Districts F, G, and select district E schools. The event recognized 137 students from 35 schools.

Three individuals were also selected by students for making a difference in their school communities and supporting stu-



Teacher/coach Bill Daley from Westfield HS, center; one of the individuals selected by students for making a difference, is flanked by Joshua Blair and Angela Wojtowicz.

dents in their quest for excellence in the areas of academics, athletics and community service. These individuals were: Daniel Moynahan – Teacher/Coach, Hampshire Regional High School; Joseph Miller – Teacher/Coach, Lenox Memorial High School, and Bill Daley – Teacher/Coach, Westfield High School.

Guest speakers included: Kevin Kennedy, senior aide to Congressman Richard Neal, Wayne Soares, sportscaster/entertainer, and John Doleva, president and CEO, Naismith Memorial Basketball Hall of Fame.

Only Way To Win

The following individuals and teams received Only Way to Win awards for outstanding sportsmanship.

Nancy Larrabee
Nantucket HS Athletic Director

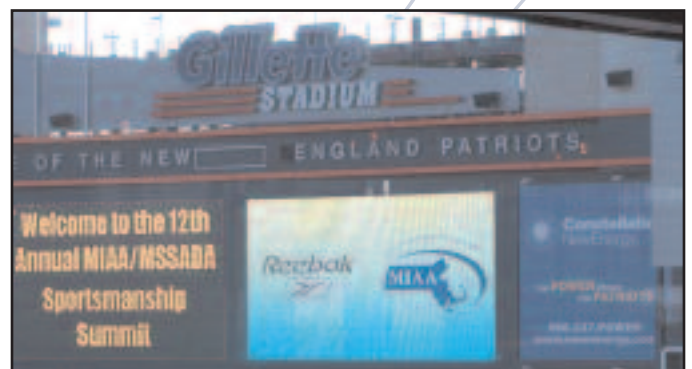
Varsity Basketball Teams
Keefe Technical High School

Brigid Rushe
Belmont High School Indoor Track

Through the Only Way to Win program, coaches, athletic directors, game officials and school administrators can notify the MIAA about acts of sportsmanship.

SAVE THE DATE

*14th Annual
Sportsmanship Summit
Gillette Stadium
November 16*





UPCOMING MIAA EVENTS

July 19-22 - NFHS National Student Leadership Conference, Indianapolis

July 31, 1 p.m. – MIAA Sportsmanship Golf Classic, Ballymeade Country Club, Falmouth

Sept. 28, 8:30 a.m. to 2 p.m. - 11th Annual Wellness Summit, Sheraton Hotel, Milford

Nov. 16, 8:30 a.m. to 3 p.m. - 14th Annual Sportsmanship Summit, Gillette Stadium, Foxboro

Jan.28-Feb. 1, 2008 – Leadership Training Institute, MIAA Office

Blake Works Distributes Educational Materials

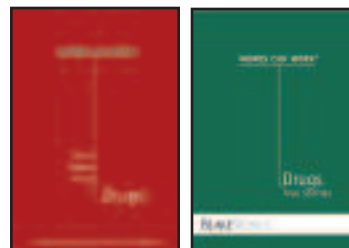
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was hosted by Blake Works at Fenway Park in 2006. Only schools that did not attend the State House Educational Forum will receive the complimentary DVD and booklet.

Blake Works was founded by Jeanne Blake, a medical reporter, author, advisor

to Mayor Menino on family communication issues, and a member of the MIAA Wellness Advisory Committee.

For more information about Blake Works materials, visit <http://www.wordscan-work.com> or contact them at info@wordscanwork.com or 978-282-1663.



Covers of the DVD "Drugs: True Stories" and the booklet "Words Can Work: When Talking About Drugs."

Many Resources Available Through Student Services

The MIAA Student Services Staff strives to help young people make healthy life choices and to provide policy, programming and recognition that supports these efforts. Below is a list of resources that may be beneficial to you or your school:

MIAA Student Services Website

<http://www.miaa.net/student-services>

This website provides links and information related to the five pillars that make up the MIAA Student Services Initiative - Wellness, Sportsmanship, Community Service, Coaches' Education, and Student Leadership.

Partners in Prevention Website

<http://www.miaa.net/student-services/partnersinprevention.htm>

This website provides links and information for each of the organization's members with the vision "That all agencies, organizations, professionals, and volunteers who work with youth in Massachusetts cooperate and collaborate with one another to promote the health and well-being of all children and young adults."

"Building the Future" Newsletter

<http://www.miaa.net/student-services/newsletters.htm>

This newsletter is published seasonally and highlights recent and upcoming MIAA Student Services events. Interviews, statistics, resource information and other beneficial information are provided in this publication.

Calendar of Events

<http://www.miaa.net/student-services/calendar.html>

This calendar lists events sponsored by members of the Partners in Prevention program. The calendar is updated regularly and provides direct links and contact information for registration and information.

Speakers List

<http://www.miaa.net/student-services/resourcelist.pdf>

This list provides a variety of information about speakers available to schools as recommended by MIAA member schools and Partners in Prevention member organizations. Contact information and topics are listed for each speaker.

Director of Student Services: Michael Kane
Student Services Contact: Peter Smith
Editor/Writer: Stacy Juba

Building the Future is published by the Massachusetts Interscholastic Athletic Association for its supporters throughout the state. For submissions or to report your e-mail address, write to:

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MIAA Endorses Special Olympics Unified Sports

The Massachusetts Interscholastic Athletic Association, Massachusetts Secondary School Administrators' Association and Massachusetts Secondary School Athletic Directors' Association will work together with Special Olympics Massachusetts to encourage and develop Unified Sports through school memberships in Massachusetts.

Unified Sports is a Special Olympics program that brings together equal numbers of Special Olympics athletes and athletes without intellectual disabilities (Partners) on sports teams for training and competition. Special Olympics offers over 20 sports to Unified Teams. Through this endorsement, MIAA, MSSAA and MSSADA hope to promote Unified Programs throughout its 371 member schools as well as create opportunities for students throughout Massachusetts to have increased opportunities for community service and leadership activities.

MIAA Director of Student Services Michael Kane said, "We are pleased to join with Special Olympics to encourage our principals, athletic directors, coaches and students to get involved and spon-

sor Unified Sports programs in their schools. This program will expand sport opportunities for athletes seeking new challenges and provide community service opportunities."

Bob Johnson, President and CEO of Special Olympics Massachusetts added, "Unified Sports helps athletes with and without disabilities to better understand each other, build lasting friendships, and change perceptions about people with intellectual disabilities. We are proud to work with the MIAA, MSSAA and MSSADA to develop Unified Sports throughout Massachusetts as well as provide more community service opportunities to Massachusetts students."

To kick off the endorsement, an informational mini-conference will be offered this fall to school administrators, coaches, school athletes and other volunteer groups. The meeting will include education on Unified Sports and how to establish a program. The MIAA will also offer Professional Development Points to teachers, coaches, and others as a result of their participation. More information is available at <http://www.specialolympicsma.org>.

Students Looking Forward To National Conference

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Scheduled for July 19-22 at the Downtown Indianapolis Hilton, the conference will provide a unique forum to address the contemporary issues that impact a young person being a leader and role model. Curriculum will focus on respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles, community service and self-evaluation. These components will be discussed in small and large group sessions led by college and adult facilitators, as well as guest speakers sharing the stories of overcoming challenges, perseverance and celebrating their talents.

In addition, delegates will choose from a selection of workshops during a special personal development track on one day of the conference. These topics include careers in athletics, money management, communication for the next century, hazing, and how to

Wellness Summit Sept. 28

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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. Wellness Coordinators, health/physical education teachers, coaches and administrators are encouraged to attend this event with students from the school. The registration fee includes workshops, speakers, continental breakfast, lunch and resource table materials.

To register for this event, visit <http://www.miaa.net/wellness-summit.pdf>. Online registrations can be made, or the registration form can be downloaded and faxed to 508-541-9888. Contact the MIAA Student Services Staff at 508-541-7997 with any questions.

safely use social networking web sites. Another highlight will be a city-wide community serve project at local parks. The National Federation of State High School Associations (NHFS) serves more than 11 million students nationwide each year. Through a grant from T-Mobile USA, Inc., the conference registration fee, transportation to and from Indianapolis, housing and meals are provided free to all registered student delegates.

Student-athlete Lindley Bell of Mt. Greylock Regional High School says she welcomes the opportunity to further her leadership skills and motivate others at a higher level. "As I love being involved and watching people grow and improve, I would like to learn how to do that better," she said. "Taking the skills that I learn from this conference and applying them to all three sports teams that I am on, as well as Student Council and tutoring, would be a good investment of my time and energy this summer."

After the conference, the Massachusetts delegates will serve as the 2007-2008 MIAA Student Advisory Committee and as leaders of the MIAA Student Ambassador Program throughout the following school year. To be considered, students submitted an application form answering the following questions: What does developing citizenship through sports and activities mean to you, and how do you put your beliefs into practice in your school and community? Why should you be chosen to attend the conference?

"I see an awesome opportunity and possibility for personal growth that I do not want to miss," said Jeff Arena of Reading Memorial High School. "With the useful knowledge I will gain from the conference, I hope to further improve myself and contribute to my community as a whole."



SPORTS NUTRITION CORNER

Low-Fat Cooking Tips

Here are some low-fat cooking tips prepared by Doreen Iovanna, educational specialist for the Massachusetts Department of Education, Nutrition, Health and Safety.

- **Steam vegetables** instead of boiling them in water to avoid leeching the vitamins in the water. A microwave steamer may be a good alternative, as well.
- Use **non-stick cooking spray**.
- **Prepare side dishes** like Rice-a-Roni, stuffing, etc. with the low-fat version that can be found on most labels.
- **Bake or broil** most meats using herbs and spices to add flavor and taste instead of fat.
 - Bake with **applesauce** to replace vegetable oil with the same quantity. For instance, if a brownie recipe calls for one third of a cup of oil, replace it with one third of a cup of applesauce.
 - The best and easiest way to decrease fat in the diet of young people is to choose a **low-fat milk or milk product**. The only age group that needs whole milk is babies, one-year-old or less. There is no reason to have whole milk after this age unless suggested by a registered dietician or physician.
 - Low fat milk products like **skim evaporated milk** can replace creams when preparing sauces.
- **Instant breakfasts** or **energy bars** are good supplements if breakfast is on the go.