



# MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

33 FORGE PARKWAY • FRANKLIN, MASSACHUSETTS 02038 • TEL: (508) 541-7997  
FAX: (508) 541-9888 • E-MAIL: [miaa@miaa.net](mailto:miaa@miaa.net) • <http://www.miaa.net>

## Board of Directors

**Mr. Barry Haley, President**  
Athletic Director  
Concord-Carlisle High School

**Mr. John Brucato, Vice President**  
Principal  
Milford High School

**Ms. Donna Brickley**  
Athletic Director  
Notre Dame Academy (Hingham)

**Dr. Keith Crowley**  
Assistant Principal  
Xaverian Brothers H.S. (Westwood)

**Ms. Roberta Doering**  
School Committee  
Agawam

**Mr. Sean Gilreln**  
Superintendent  
Dudley-Charlton Reg. School District

**Mr. David King**  
Athletic Director  
Athol High School

**Mr. Karl Lord**  
School Committee  
Tri-County Reg. Voc. Tech (Franklin)

**Mrs. Ruth A. Lynch**  
Principal  
Pembroke High School

**Mr. Charles Lyons**  
Superintendent-Director  
Shawsheen Valley Tech. HS (Billerica)

**Mr. Brian McCann**  
Principal  
Case High School (Swansea)

**Mr. Leslie Murray**  
Principal  
Amesbury High School

**Mr. Timothy Payne**  
Principal  
Mt. Greylock Reg. HS (Williamstown)

**Mr. James Peters**  
Principal  
Monson High School

**Mr. Michael Rubin**  
Principal  
East Boston High School

**Mr. Stephen Sangster**  
Principal  
Rockland High School

**Ms. Marilyn Slattery**  
Assistant Principal  
Malden High School

**Mr. Michael Sullivan**  
Athletic Director  
Lowell Catholic High School

**Mr. Francis Whlten**  
Athletic Director  
Algonquin Reg. HS (Northborough)

## WELLNESS INITIATIVES 2009-2010

Wellness is a condition of physical, mental, and emotional well-being of the fully-functioning individual. Promoting health and wellness for all students is the shared responsibility of families, schools, communities, and the students themselves. To that end, the Wellness effort of the MIAA strives to help schools create programs and educational strategies for all constituencies to address any matter that might enhance or improve the well being of the student on a regular basis. The following is a brief overview.

### Committees

- **Wellness Advisory Committee** - The Wellness Advisory Committee is a broad-based committee that supports wellness initiatives through both the MIAA and the MSSAA. Committee members include health care professionals, member school principals, athletic directors, wellness coordinators, and other members of the helping and prevention professions.
- **Massachusetts Partners in Prevention** - This MIAA initiative seeks to collaborate with other helping professionals toward 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." The mission of the Massachusetts Partners in Prevention is "to serve as a clearing house and a conduit to offer opportunities for improved information dissemination and service delivery. We are committed to providing mechanisms and structures that support improved services to youth. We strive to celebrate youth who make positive lifestyle choices."
- **Student Advisory Committee** - This committee is comprised of twelve students who attended the NFHS National Student Leadership Conference. Student Advisory Committee members attend seasonal meetings with the Wellness Advisory Committee and help facilitate student and captains leadership workshops throughout the school year. In addition, these students are asked to participate in various association activities and provide continual feedback from the perspective of students on how to improve the Student Services offerings of the MIAA.
- **MIAA Student Ambassadors Program** - This initiative seeks to provide student-athletes from each MIAA member school with the opportunity to become involved and educated in the Association structure. MIAA member schools are asked to appoint or elect one junior and one senior student to serve as their school's ambassadors. Regular communication regarding Association news, policies and events is sent to the ambassadors. In addition, these students are asked for their feedback to help the Association improve the services offered.

---

**Programs**

---

- **Wellness Summit** – The MIAA has held this event for the past twelve years. The agenda features speakers and workshops on various wellness topics and current issues, a student leadership panel, and awards presentations for MIAA Wellness Partner and Wellness Coordinator of the Year. For the second consecutive year, the Summit will be held in partnership with members of the MIAA’s Partners in Prevention and includes concurrent workshop sessions conducted by these organizations as well as the presentation of the Partners in Prevention “Making a Difference” Award. 13th Annual Wellness Summit – October 2, 2009.
- **Leadership Training Institute** – The purpose of this one-week residential training workshop is to train participants to take advantage of opportunities within athletics and other school activities to promote positive sportsmanship, wellness and leadership. Workshop participants learn practical strategies for involving school activity staff members, health educators, student activity participants and their parents in these efforts. 23<sup>rd</sup> Annual Leadership Training Week – January 25-29, 2010.
- **Partnership for a Drug Free America Massachusetts Alliance** – As the Massachusetts Alliance organization, the MIAA is able to collaborate with the Partnership for a Drug Free America to develop public education communication campaigns that help promote the importance of living healthy, drug-free lifestyles. The Partnership provides expertise in ground-breaking public education campaigns, social marketing, and consumer attitude research. The combined efforts of both organizations seek to make a high-profile contribution to reducing substance abuse across the Commonwealth.
- **MIAA Nutrition Initiatives** – This partnership between the MIAA, Massachusetts Department of Education, and the School Nutrition Association of Massachusetts seeks to promote healthy lifestyles through proper nutrition and balanced diet. This new 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 Workshop Series** – This series of workshop sessions utilizes the expertise of the members of the Massachusetts Partners in Prevention and other prevention agencies. Principals, athletic directors, wellness coordinators, coaches or any individuals interested in learning more about prevention strategies and wellness related topics to be utilized in their schools can attend these workshops for a minimal fee. For more information, please visit: <http://www.miaa.net/student-services/wellnessworkshops.htm>. Wellness Workshop Series – October 26, December 18, February 3, March 1, March 31, April 6, May 3, June 4.
- **MIAA/Anti-Defamation League's "A World of Difference" Respect Workshop** – This workshop has been conducted in partnership with the Anti-Defamation League’s “A World of Difference Institute” for the past eleven years. The training focuses on the implication of respect, bias, racial diversity and integrity on athletic competition. Through case studies, the workshop explores specific strategies to improve the quality of the school and athletic climate. MIAA/ADL Respect Workshop - TBD
- **Massachusetts Student-Athlete Citizenship Day Program** – This annual event is sponsored by the MIAA and Northeastern University's Center for the Study of Sport in Society to honor and congratulate student-athletes from across the state for their achievements on the playing field, in the classroom and for their commitment to community service. Events of the day include panel discussions, keynote speeches, and award presentations. Two separate events are held at Northeastern University and the Naismith Memorial Basketball Hall of Fame. Massachusetts Student-Athlete Citizenship Days – April 2010.
- **YOU LEAD (Youth Leading Everywhere Abstaining from Drugs)** - The YOU LEAD program was created to support, connect and develop resources for students who have chosen a lifestyle free of alcohol, tobacco or other drug use. This program has provided conferences for substance free youth and their advisors at both the middle and high school levels throughout the state for over ten years. For more information please visit: <http://www.miaa.net/student-services/youlead.html>. YOU LEAD Workshops will be held throughout the 2009-10 school year. Please contact the MIAA Student Services Staff at 508-541-7997.

- **MIAA/Massachusetts Medical Society "What's Your Message?" Alcohol Awareness Contest** – The MIAA and the MMS Committee on Student Health and Sports Medicine developed this contest to promote awareness among youth about the use of alcohol. Students in grades 9-12 are encouraged to share their creative messages about the negative consequences of alcohol. Over 500 students submitted entries for the first year's contest, from which three winning entries and seven honorable mentions were chosen. Presentation of winning essays and recognition of achievement took place at the Annual Wellness Summit.
- **NFHS Student Leadership Conference** – Members of the MIAA Student Advisory Committee interact with over 300 students from across the United States, Canada and Israel at this four-day conference in Indianapolis. Students take part in large and small group sessions involving a citizenship-based curriculum. Components of the curriculum involve respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles, community service and self-evaluation. NFHS Student Leadership Conference – July 2010
- **Captain's Leadership Workshops** – A one-day workshop involving students interacting with adult Leadership Training participants to learn ways they can make a significant difference in their schools. Through small group activities, students discuss strategies for influencing their peers and handling difficult situations. Workshops are conducted regularly at the request of leagues or schools.

### Resources

---

- **"Building the Future" Student Services Newsletter** - This newsletter is printed seasonally and forwarded to all MIAA principals, athletic directors, wellness coordinators, school committees, superintendents and state legislators. "Building the Future" highlights Wellness, Sportsmanship, Coaches' Education, Student Leadership and Community Service initiatives. Current and past editions of this publication are available on the MIAA website: <http://www.miaa.net/student-services/newsletters.htm>.
- **"What's Your Message?" Alcohol Awareness Contest Winning Entries** - This anthology of top entries in the annual MIAA/Massachusetts Medical Society "What's Your Message?" Alcohol Awareness Contest is distributed at various functions throughout the year. The top three essays are presented at the annual MIAA Wellness Summit and are included in this publication along with the other honorable mention entries.
- **MIAA Video Library** - A wide variety of resource videos are available for lending purposes to member schools. Video topics include alcohol, drugs, tobacco, sportsmanship, leadership, safety, values, steroids, depression, and stress. For a complete list please visit <http://www.miaa.net/student-services/videolibrary.htm>.

### Policies

---

- **MIAA Chemical Health Rule** – “From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as ‘NA or near beer.’ It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This MIAA statewide minimum standard is not intended to render “guilt by association,” e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.” An administrators’ guide to interpreting this rule can be found at <http://www.miaa.net/chem-health-brochure.pdf>.
- **MIAA Taunting Policy** – This policy was adopted by the Board of Directors in November of 1994. Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others. Examples include “trash talk” and “in the face” confrontations. Officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending contestant or bench personnel from the contest. The offender may also be subject to existing MIAA expulsion rules. Spectators may be given one warning for taunting. Thereafter, spectators who taunt players, game officials or other spectators are subject to ejection. More information can be found at: <http://www.miaa.net/taunting-brochure.pdf>.