



Upcoming Events

March 20

Wellness Coordinators Meeting
"Designer Drugs / Ecstasy"

May 10

Wellness Summit

June 25

Wellness Golf Tourney

July 13-15

Student Leadership Conference
Indianapolis

Student Leadership Teams Wanted For National Conference

The MIAA seeks participants for a Student Leadership Conference sponsored by the National Federation of State High School Associations. The event will be held July 13 to 15 at the downtown Marriott Hotel in Indianapolis, home of the National Federation and the NCAA.

Titled "Leading Together," the conference will feature large and small group instruction, a city-wide community service project, speakers and recreational activities. Topics include respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyle and self-evaluation. Counselors will interact with students all weekend as friends and mentors.

The conference is open to high school students entering eleventh and twelfth grades. Adult advisors, teachers and coaches will oversee student delegates from their state.

The MIAA plans to participate by accepting four teams of four students, each accompanied by an adult from the school district. In 2001-2002, the student leaders will form a MIAA Student Wellness Advisory Committee.

Anyone interested in applying or in obtaining information should contact the MIAA by March 1 at 508-541-7997.

Coordinators Invited To Ecstasy Meeting

Designer drugs and Ecstasy will be the topics of the March 20 Wellness Coordinators meeting. All Wellness Coordinators are invited to the informative session, which will be held at 9:30 a.m. at the MIAA office in Franklin. Tina Murphy of the Drug Enforcement Administration will be the guest speaker.

The recent advent of so-called "club drugs" or "designer drugs" has impacted the responsibilities of local, state and federal law enforcement, emergency services, schools and the medical community. Use by youth has gained popularity due to a false perception that these compounds are not as harmful or addictive as heroin or cocaine. Club drugs include Ecstasy, GHB, DXM and Ketamine.

The Wellness Coordinators meeting will aim to raise awareness about these types of drugs and to provide resources for participants. Invitations will be sent out shortly to all Wellness Coordinators on the MIAA mailing list. If you do not receive one and would like to attend, contact Stacy at 508-541-7997.

Here are some comments from the October Wellness Coordinators meeting:

"Well organized, good overview." • "Great intro for start of year with resources to choose from." • "As a new Wellness Coordinator, this was very helpful to me." • "Keep up the good work." • "This was the best Coordinators meeting yet. Good useful information."

The Wellness Department looks forward to seeing you on March 20.

Wellness Summit Slated For May 10

Principals and Wellness Coordinators should be on the lookout for a brochure advertising the Fifth Annual Statewide Wellness Summit. The event will be held May 10 from 8:30 a.m. to 3 p.m. at the Radisson Hotel in Milford.

The conference is designed to help MIAA schools provide a comprehensive approach to wellness. Teams of two participants are invited to consider new directions, build on the perspectives of the guest speakers, and create an action plan to fight tobacco, alcohol, drug abuse and other issues that impact young people. Suggested participants include the principal and Wellness Coordinator, but teams may be expanded at any school's request.

Large and small group sessions will give each district team the encouragement, tools and resources needed to continue local efforts. Registration for each team member includes continental breakfast, lunch and conference materials.

Further information will be forthcoming in a mailing to schools. If you would like to make sure that you are on the mailing list, call Stacy at 508-541-7997 or e-mail miaawellness@mail.com.

DESIGNER DRUGS

The MIAA will sponsor two upcoming conferences on designer drugs.

"What Police, Prosecutors and School Officials Should Know About Designer Drugs" will be held March 26 from 9 a.m. to 4 p.m. at the Best Western Royal Plaza Hotel and Trade Center in Marlborough.

The program will be presented by the MIAA, the New England Narcotic Enforcement Officers' Association, the Drug Enforcement Administration and the New England State Police Information Network.

The conference will respond to the growing concern about designer drugs, rave parties and nightclub incidents. The interactive session is intended to allow participants to share their own experiences and perspectives regarding this issue.

On March 28, the MIAA will sponsor the **"Western Massachusetts Forum on Designer Drugs"** at West Springfield High School.

Information on both events will be mailed out in the near future.



Massachusetts Interscholastic Athletic Association

LEADERSHIP & WELLNESS

**WINTER
2001
EDITION**

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Educators Learn To Be Leaders



CLASS OF 2001 - After a week of hard work, the Leadership Training Institute participants gather for a time of celebration. Front from left: Caitlin Bradford Murphy, Meredith Laban, Russell MacDonald, Robert Gular do, Carol Fleming; second row, Stacy Iba, Bill Gaine, Marty Harding, Kevin Ringhofer, Mike Kane, Karen Maguire; third row, Colleen Robillard, Gary Gilardi, Doreen Martel, Karen Fortin, Mayrene Earle, Karen Lindsay, Lynelle Smith; back, Debbie Hirtle, Andy Mather, Stu Fyfe, Timothy Morris, Darren Doane, Richard Drorbaugh, Mitch Lyons, Mitch Finnegan, Lynn Penna, Terry Moran and Jill McCarter.

School activities staff and their students have a special relationship. They share common interests, victories and defeats. They respect one another for their abilities. Students may develop a rapport with an advisor or coach that they don't share with other adults.

Twenty-six educators learned to take advantage of that important interaction during the 14th annual Leadership Training Institute, a five-day residency workshop sponsored by the MIAA. Over the years, more than 400 health educators, coaches, teachers, school nurses and parents have undergone the intensive training, earning the title of Wellness Coordinator and gathering valuable information for their districts.

Authors and health promotion experts Kevin Ringhofer and Martha Harding facilitated the program, which took place January 22-26 at the MIAA office in Franklin. Active with the Minnesota Institute of Public Health, Marty and Kevin have also worked with the National Federation of State High School Associations to develop national satellite teleconferences.

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MIAA, Norfolk County DA Team Up For Kids' Health

The Massachusetts Interscholastic Athletic Association and Norfolk District Attorney William R. Keating have established a wellness partnership aimed at helping young people to make healthier choices.

William Keating and MIAA Deputy Director Bill Gaine made the announcement during a January 5th forum at the Norwood Elks Club, which donated the use of their hall. More than 70 athletic directors, wellness coordinators, and law enforcement officials attended the session and enjoyed a breakfast sponsored by Lions International.



Continued on Page 3

NEW PARTNERS - Norfolk County District Attorney William R. Keating, left, and MIAA Deputy Director Bill Gaine discuss plans for the new wellness partnership between the organizations.



BREAKING THE ICE - Students play a little ball during a warm-up session of the Dec. 8 "You Lead" conference at Holy Cross College in Worcester

Turn to Page 2 for story.

**Building
the Future
through
Athletics**





Students Taking The Lead Against Drugs

Since graduating high school, Holy Cross sophomore Erin Sorey-Gregory has carved out a new identity for herself. She plays soccer, studies psychology, belongs to a peer leadership group, and lives in a substance-free dorm. But when she returned home on break, her old friends hadn't changed. Erin found that they still got drunk and smoked pot, just as they had in high school.

During the Dec. 8 "You Lead" Conference at Holy Cross College in Worcester, Erin told a group of high school students how she had handled the situation. Students and advisors from Leominster High School, Quaboag Regional High School and Chapel Hill-Chauncey Hall attended the MIAA-sponsored event.

"These kids had nothing new to offer me, no new experiences," Erin said. "I don't choose to spend my time with them because I know they'll be behind a building, smoking pot, not out having fun."

Developed by independent consulting firm Addiction Prevention Inc. in partnership with the MIAA, the "You Lead" program connects young people who have chosen a substance-free lifestyle. Six regional conferences were scheduled for the 2000-2001 school year.

The MIAA assumed administrative and programmatic responsibilities for the five-year-old-"You Lead" (Youth Leading Everywhere Abstaining from Drugs) campaign last fall. Through games, presentations, informal discussions, and action plans, the conferences aim to reinforce decision-making skills and to help develop a safe, supportive network. Advisers join in the student activities, then meet separately and brainstorm ideas.

At Holy Cross, "You Lead" Facilitator John Suby worked with the participants in both large and small groups. During the college panel, students Erin Sorey-Gregory, Mairead Sullivan and Chris Themistos spoke frankly about their experiences with drugs and alcohol and gave the high schoolers a taste of college life. They explained that against popular opinion, many young people drink Coke at parties rather than beer. The panel also discussed the advantages of substance-free dorms, how to handle a roommate who drinks or smokes, and the importance of responsible drinking.

Chris told the group that limiting alcohol intake and staying away from drugs are not difficult choices. "It's not only admirable, it's smart," he said. "It helps you to be more responsible and productive, and it helps you to succeed."

Students also made posters and discussed ways to handle a friend with a substance abuse problem. Advisers discussed problems such as parents who allow their children to host keg parties, and the lack of community activities for teenagers.

Three additional "You Lead" conferences will be held in Franklin, Bourne and Dudley later this school year. Although its philosophy makes the program ideal for SADD members, peer leaders and athletes/captains, the MIAA recommends that advisers choose students carefully as not all athletes or academic club participants follow a drug-free lifestyle. The best method is to identify one or

two students known to be substance-free and ask them to provide the names of others with the same values.

The MIAA suggests that each school or organization send a team of nine students and an adult adviser, but a group can register for more or less places as needed.

Participants can use their new insight any way that they desire. Some attendees form a substance-free group that meets monthly as a support network and takes no further action. Others make posters to hang in the corridor or write articles for the school newspaper. In the past, the most active attendees have developed school-wide substance-free events.

John Suby told the Holy Cross participants that the "You Lead" campaign is all about thinking and talking. "The purpose of the conference is to support the choice," he said.

The fee includes snacks and lunch. For information or a brochure, contact Cindy Lauer at 508-541-7997.

Action Plan Ideas

- Ghost Day (Every 34 minutes a person dies from alcohol...)
- After-Prom/Graduation Party • Health Fair • Poster Campaign
- Pizza Party/Dance • Substance-Free Tailgate Party
- Athletic Policies/Pre-Season Meetings • Guest Speakers
- SADD Dance - Cards with Phone IDs • Reward Program
- Catchy Name for Substance-Free Group • Peer Education

Upcoming "You Lead" Dates

March 9Middle LevelFranklin
March 30High SchoolBourne
April 6High SchoolDudley

What "You Lead" Students Are Saying

Question: *Please list some things that you think would be really nice to have for you and your friends to feel supported in your choice not to use drugs or alcohol?*

Answers: • *More after-school activities and places to go on weekends.* • *The ability to help others do the same* • *Groups and conferences* • *This type of conference with all schools* • *More things to help people not feel alone* • *Have kids run the meetings, not teachers* • *Clubs, Dances* • *Party without alcohol and drugs* • *A place to go for fun and hang out* • *Acceptance* • *Lots of money to create more alternative things to do.*



MIAA Web Site! www.miaawellness.net

The "You Lead" program can now be found at the MIAA Wellness web site. This section is full of information for substance-free youth and the adults who support them. Topics include upcoming middle and high school conferences, history of the "You Lead" campaign and program development ideas.

Class of 2001 Leadership Training Graduates

- Darren Doane**Easton Jr. High
- Richard Drorbaugh**Go the Extra Mile/MIAA
- Mayrene Earle**Provincetown High School
- Mitch Finnegan**Lexington High School
- Carol Fleming**Saint Peter-Marian High School
- Karen Fortin**Ashburnham-Westminster School District
- Stu Fyfe**Nauset Regional High School
- Gary Gilardi**O'Donnell Middle School
- Robert Gulardo**Haverhill High School
- Debbie Hirtle**South Shore Christian Academy
- Stacy Juba**MIAA
- Mike Kane**MIAA
- Meredith Laban**A World of Difference
- Karen Lindsay**Westboro High Athletic Boosters
- Mitch Lyons**Get Psyched Sports
- Russell MacDonald**Martha's Vineyard Regional High School
- Karen Maguire**Natick Public Schools
- Doreen Martel**Franklin Lions Club
- Andy Mather**Plymouth South High School
- Jill McCarter**Avon Public Schools
- Terry Moran**Worcester Public Schools
- Timothy Morris**Melrose High School
- Caitlin Bradford Murphy** ..Norwood Public Schools
- Lynn Penna**Mt. Greylock Regional High School
- Colleen Robillard**Joseph Case Jr. High School
- Lynelle Smith**Old Colony Regional Voc. Tech High School

PROGRAM SITES WANTED

Leadership Training Facilitators Kevin Ringhofer and Marty Harding will return to the MIAA the week of May 1-4 for a special mentoring program.

Marty and Kevin will "go on the road" to present Leadership Training workshops for middle and high school students. They will also mentor past Leadership Training Institute graduates who will help facilitate the workshops and learn to work with the MIAA on future programs.

Any league interested in hosting a leadership workshop for captains, coaches or school leaders should call MIAA Wellness Coordinator Mike Kane at 508-541-7997.

Class Notes

"When I walked in here, I didn't know anybody and I was scared ... I just want to thank the group for taking me in so openly."

Mayrene Earle, Provincetown High School

"I want to thank you for recharging my batteries as an educator and coach. In 25 years, I have never been surrounded by a tighter group than we are."

Stu Fyfe, Nauset Regional High School

"This group is phenomenal. I'm just proud to be part of it."

Andy Mather, Plymouth South High School

"I don't look at this as goodbye. To quote another part of this week, it's just a New Beginning."

Gary Gilardi, O'Donnell Middle School

"This has been a wonderful week for me. I count you as my friends ... you've changed my life."

Marty Harding, Facilitator



FRIENDLY HANDSHAKE - Mayrene Earle of Provincetown High School laughs during an icebreaker game at the MIAA Leadership Training Institute.



GRADUATION TIME - Leadership Training participants applaud as classmates receive certificates on the final day of the conference.



SAYING GOODBYE - Marty Harding looks on as co-facilitator Kevin Ringhofer accepts a hug from a Leadership Training graduate.



Hazing Consequences Are Crystal Clear

Hazing takes many forms. It can be humiliation, such as young people embarrassing themselves publicly, eating disgusting things or being shoved into a locker. More serious cases can involve alcohol and illegal drugs. But the most dangerous incidents can haunt a person for life - or cut it short.

Sexual harassment, playing high-speed car games, vandalizing property, and jumping off a bridge. All have happened in the past as a result of hazing - and these horror stories could be occurring in your school. Some suggest that hazing incidents still occur in Massachusetts high schools in spite of existing state law.

Alfred University has released its national report on "Initiation Rites in American High Schools," and the findings are grim. The study found that 48 percent of students who belong to groups were subjected to hazing activities.

Every high school organization, except newspaper and yearbook staffs, had significantly high hazing levels. Most incidents came from sports, music, art, theater, church and peer groups. According to the study, more than one third of the new players for sports and cheerleading were hazed.

Both boys and girls reported hazing, although males are at higher risk. A lower grade point average also increases risk.

Most students reported participating in hazing as it was "fun and exciting." Other reasons given were "We felt closer as a group," "I got to prove myself," "I just went along with it," "I was scared to say no," "I wanted revenge," and "I didn't know what was happening."

For a copy of the report, call the MIAA at 508-541-7997.

Negative Consequences From Hazing

Nearly three-quarters of the high school students who reported they were hazed said they had one or more negative consequences.

<i>Consequences</i>	<i>Percent of Students</i>
Got into fight24 %
Was injured23 %
Fought with parents22 %
Did poorly on school work21 %
Missed school or activity19 %
Hurt someone else20 %
Trouble eating, sleeping18 %
Committed a crime16 %
Considered suicide15 %
Got sick12 %
Quit going out with friends11 %
Got in trouble with police10 %
Was convicted of a crime4 %
One or more negative consequences71 %

Source: Alfred University Hazing Report



Sports and Sun A Dangerous Mix

Spring sports loom on the horizon and so does skin cancer danger. As the warm weather heats up, young people will spend more time on the playing fields under the sun's strong glare. Many students will flock



to tanning booths and sunlamps for that perfect prom bronze.

Coaches, physical education teachers and health educators may want to give their students an important lesson. Once considered a disease of middle or older age, skin cancer has increased among young people, primarily due to sun exposure.

About 75 percent of all skin cancers are basal cell, which usually develops on the face and ears. Although this is the least serious type, one third of patients will develop a new tumor within three to five years, according to the American Cancer Society.

Squamous cell cancers account for 20 percent of cases and are more likely to spread. Melanoma, the most dangerous type, frequently appears on the trunk in men and on the lower leg in women.

Fair-skinned people, especially those with red or blond hair, are more likely to develop skin cancer. Research shows that their skin cells have less melanin, the pigment that helps prevent burning. People who work outside and those who go boating, play outdoor sports or sunbathe also have higher risk.

Melanoma may develop anywhere from the mid-teens and onward. Individuals who suffered severe, blistering sunburns in childhood are more apt to suffer melanoma later. Young people who work indoors all week and then catch up on their tans by exposing themselves to hours of sunlight are also at increased risk.

Ultraviolet rays are most intense from 10 a.m. to 4 p.m. The American Cancer Society recommends choosing clothing that protects as much skin as possible, wearing a wide-brimmed hat and sunglasses, and applying sunscreen lotion with a Sun Protection Factor of 15 or higher. Sunscreen should be used even when swimming, and re-applied afterwards.

Anyone who would like additional information about skin cancer can call the American Cancer Society at 1-800-ACS-2345. The MIAA also has pamphlets available in the Resource Center. For a brochure, call the MIAA at 508-541-7997.

MIAA RESOURCE CENTER

- **Wellness Video Library**
- **Free Pamphlets**
- **Posters**
- **Conference Information**
- **Quiet Place to Work**

Need information to bring back to your class? Visit your MIAA Resource Center. Walk in and browse, or call Stacy to request a video list. 508-541-7997

Caring Can Make a Difference

Most people take cough syrup for a cold. Teenager Chuck Manning drank two bottles to get high.

He'll never forget the look on his mother's face when she came home and discovered him, confused and sick. "She didn't know what was going on," said Chuck, now 17. "I wasn't her son. I was a monster."

Chuck, a recovering substance abuser, told his emotional story to a spellbound audience of Leadership Training Institute participants. He described how he wanted to look cool and fit in at the expense of his own welfare. At one point, he even tried selling cocaine to an 11-year-old neighbor. "I wasn't little Chucky anymore," he said. "I was Chuck. *That* kid. I made myself into a tough guy."

Alcohol/drug adjustment counselor Bill Phillips, who gives statewide motivational workshops for the MIAA, introduced Chuck along with Matt Maguire, 17, another teen fighting an addiction.

Chuck recalled how his mother, Janice, had contacted Bill Phillips for help when she had nowhere else to turn. Chuck wouldn't accept treatment and his actions had thrust the rest of the family into turmoil.

"Billy said five words to me," Chuck told the audience. "He said, 'Sit down and shut up.' It scared me because nobody ever thought about talking to Chuck Manning like that. He said, 'Tell me if you're proud' . . . I didn't know what proud was. He made me think."

Matt Maguire related how he had started smoking marijuana in seventh grade. He soon moved on to acid, mushrooms, opium and heroin. Since entering recovery, Matt has suffered flashbacks four times per day - and he finds the experiences getting worse, not better.

"The first three nights I was clean, whenever I went to bed, I'd shake and sweat, even though I was cold," Matt said. "I had a real steep slope in my depression. Thoughts of suicide came back to me and scared the hell out of me."

The evening also featured heartfelt talks by Jack Westcott, former MIAA Statewide Wellness Coordinator, and his daughter, Julie Westcott. Father and daughter shared their battles with alcohol and its impact on their family. All the speakers indicated that teachers and family members shouldn't give up when dealing with an alcoholic or drug addict, even if the effort seems hopeless.

"All we really want is for somebody to care," Chuck said, "no matter how far away we shove you."



SUPPORTING EACH OTHER - Bill Phillips, right, gives a supportive hand as Chuck Manning, 17, tells his emotional story.

Successful Year

Continued from Page 1

Workshop participants stayed overnight at the Radisson Hotel in Milford. Through a grant from the Department of Education, the MIAA covered the cost of professional development, hotel, meals and materials.

Among the topics were setting a positive example, enforcing rules, responding to problems, training staff members and conducting pre-season meetings. Through small group activities, the participants learned practical strategies for working with coaches, students and parents to promote sportsmanship and wellness themes. Highlights of the week included an alumni reunion of past Leadership graduates and a workshop with student leaders.

MIAA Deputy Director Bill Gaine welcomed the 2001 Leadership class to the MIAA home and expressed his admiration for their efforts. "We really have the greatest respect for what you're doing," he said. "It is a tremendous symbol of the type of people you are and what you're trying to do for kids."

Applications for the 2002 Leadership Training Institute will be mailed in the fall. Anyone interested in receiving one should call Stacy at 508-541-7997 to be placed on the list.



LEADER AMONG LEADERS - Facilitator Marty Harding enjoys a light moment during the MIAA Leadership Training Institute.

Students, Adults Pick Each Other's Brains

How would you respond to the following statements?

1. Violence in sports is just part of the game. There is nothing we can do to stop it.
2. Coaches and athletes should forget about winning and losing, and concentrate on developing lifelong skills and values.



A MATTER OF TRUST - Andy Mather, a participant in the Leadership Training Institute, and two students share what they expect of one another as leaders.

More than 60 young people gave opinions on these thought-provoking issues and more during Student Leadership Day, part of the 14th Annual Leadership Training Institute. Students interacted with adult Leadership Training participants to learn ways they can make a significant difference in their schools.

Through small group activities, students discussed strategies for influencing their peers and handling difficult situations. Students and adults gave their expectations of one another and brainstormed on how they can better communicate.

The MIAA wishes to thank the following schools for participating: **Ashland High School, Lexington High School, Nauset Regional High School, Old Colony Regional Vocational Technical High School, St. Peter-Marian Central Catholic Jr.-Sr. High School, Sabis International Charter School and Shepherd Hill Regional High School.**

"I'll probably be thinking about most of these questions tonight," said Old Colony student Joshua Souto.

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Team Meetings Make Everyone A Winner

Coaches set the tone for whether players show good sportsmanship and act as role models. Participants in the 2001 Leadership Training Institute learned that laying the groundwork for positive behavior can take many avenues, ranging from pre-season meetings to codes of ethics for coaches and athletes.

A successful pre-season meeting can provide a valuable forum for parents, students and staff to discuss rules, expectations and healthy choices. Leadership Training facilitators Marty Harding and Kevin Ringhofer suggested that schools make the meeting mandatory and videotape it for parents who cannot attend. Using soft words like "invited" or "welcomed" will dramatically decrease parental attendance. Offering a meal, fun activity and baby-sitting services can help to make the session as "barrier-free" as possible.

In a private meeting, coaches can ask the team to develop a code of ethics. Leadership Training participants brainstormed in small groups and came up with ideas such as assigning a player to direct opposing teams to the locker rooms, hanging posters to welcome rivals, applauding

good plays, rewarding a "Sportsman of the Week," and refraining from "trash talk." Players can reason out why they agree or disagree with a particular item, giving them a sense of ownership in the decisions.

Athletic directors can hold a similar meeting with coaching staff to outline a list of expectations. Among the ideas from Leadership Training members were that coaches order non-alcoholic beverages in town restaurants, select captains based on sportsmanship rather than playing ability, never criticize other teams or coaches, and show good sportsmanship at all school athletic events.

Leadership Training attendees were reminded that participation in a sport or extracurricular activity doesn't guarantee a positive experience. Coaches should make special effort to encourage captains in taking a leadership role.

"Sometimes we really need to help these young people understand that they are role models and other kids are watching what they are saying and doing," said Leadership Trainer Kevin Ringhofer.

Alumni Offer Advice To New Crop of Leaders

Leadership Training Alumni attended Wednesday of the Leadership Training Institute for a day of celebrating, mentoring and sharing.

Over the past 14 years, the MIAA Leadership Training workshops have attracted coaches, athletic directors, health coordinators, school nurses and others in the education field. Under the philosophy, participants bring the knowledge back to their school system and implement changes.

This year's group had a unique opportunity to hear from seasoned Leadership graduates. The alumni described how they had put the workshop strategies to good use, discovering what worked and what didn't in their individual school districts.

Among the ideas were establishing drug-free weekend activities such as pizza parties and movie nights; sending letters to

parents that outline the season goals, then reviewing the goals at an end-of-the-year banquet; and coordinating a parent support group that meets periodically throughout the year. Leadership Training graduates have also developed homework clubs, captains' clubs and regular forums for high school students to speak with middle schoolers.

Alumni advised the current Leadership trainees to include school activity participants in pre-season meetings and to vary the format each year. They also recommended taking advantage of MIAA resources and guest speakers.

"I hope as alumni it encourages you to know that this effort continues and more people are following in your footsteps," said Facilitator Kevin Ringhofer.

Thanks to the following alumni who contributed to the day:



SHARING IDEAS - MIAA guest speaker Richard Drorbaugh, a participant in the 2001 Leadership Training class, holds up the pre-season meeting agenda brainstormed by his group.

Sample Pre-Season Meeting Agendas

Ideas Brainstormed by 2001 Leadership Trainees

Large Meeting for All Sports

- 5:30-6:30 p.m. Optional Food
- 6:30 Supervised games and activities for young children
- 6:30-6:40 AD introduces staff
- 6:40-6:50 Rules and policies
- 6:50-7:00 Athletic trainer shares preventive information
- 7-7:20 Athletes perform skits on sportsmanship, ATOD, "Say No" and diversity
- 7:20-8 Individual team sport meetings with coach
 - Invite press
 - Videotape event
 - Before meeting, mail letter/agenda or send home with athletes
 - Questionnaire

Annual Team and Family Cookout for Football

- Time & Place: School Playing Fields After Final Scrimmage (Morning)
- Purpose: Parent Involvement Share Information
 - Rules and Regulations
 - Chemical Health
 - Sportsmanship
 - Schedules and Expectations
 - Staff Presentation
 - Networking, i.e. parent carpools
 - Communication
- Agenda: Scrimmage Photo Session of Athletes in Uniform Quick Parent Meeting

Scott Biron, Bob Chrusz, Nicole Collette, Karen Costa, Pat Dupre, Donna Gildersleeve, Pete Kasarjian, Alice MacInnis, Susan McNamara, Cindy Neal, Jim O'Donoghue, Nancy O'Neil, Dennis Thibeault, Pat Thibeault, Frank Tricomi and Harry Weiser

Massachusetts Statewide Trends For Grades 9-12

- **51.8%** of students have used alcohol within the past month.
- **10%** have used cocaine in their lifetimes.
- **21%** have considered suicide within the past year.
- **12%** have been hurt physically or sexually by a date.
- **20%** have used "date rape drugs" such as Ecstasy and Special K.

1999 Massachusetts Youth Risk Behavior Study

District Attorney Partnership Continued from Page 1

As their first step, the MIAA and the District Attorney's office are reviewing plans for a two and a half-day conference that would train school and law enforcement personnel on how they can share resources and effect closer partnerships. Along with the Anti-Defamation League, the MIAA and the DA's office also sponsored a respect and racial diversity workshop in February.

According to William Keating's office, Norfolk County saw 1,718 juvenile matters processed in 1999, with property damage, violence, and drug and alcohol offenses topping the list. Many crimes occurred weekdays between 2:30 and 7:30 p.m., indicating that better after-school programs could make an impact. Suburbs may experience even more problems than cities as the young people have money to buy drugs.

The statistics make the MIAA/District Attorney partnership all the more crucial.

"I honestly think that together we can establish a day-to-day working relationship in this county that can spread to other counties as well," William Keating said. "This morning's turnout is a clear indication that we have that kind of support and interest."

Through its Wellness Program, the MIAA offers prevention and leadership guest speakers at no charge to its 349 member high schools. As a major focus, the MIAA has sponsored statewide workshops for superintendents, school committee representatives, principals, athletic directors, coaches, teachers, parents and police chiefs. The MIAA also offers high school leadership workshops, preparing students to mentor younger teammates.

"In those after-hours, we clearly have an educational focus, and our sole purpose is to help in the development of student-athletes so they can become better citizens and more effective human beings," said Bill Gaine. "On those fields, we are teaching life skills - responsibility, discipline, sacrifice, teamwork, sportsmanship."

The Norfolk County District Attorney's office provides programs on a variety of topics, including family and relationship violence, safe Internet use, child abuse and neglect, sexual assault and rape. The office has many partners, ranging from police and law enforcement agencies to courts and probation departments.

"This is more than a handshake," Bill Gaine said. "We need your resources, and together we're going to do a better job."

Be Prepared Is AHA Motto

Valentine's Day isn't the only time to think about hearts this winter. Since 1963, the American Heart Association has designated February as American Heart Month.



This year, the association will follow the theme: "Be Prepared for Cardiac Emergencies." Wellness Coordinators, athletic directors and coaches can prepare for these scary events in three steps.

First, know the signs of cardiac arrest. When the heart goes into cardiac arrest, its electrical impulses become chaotic. This irregular heart rhythm, called ventricular fibrillation, causes the heart to stop suddenly. A victim will lose consciousness, stop normal breathing and lose pulse and blood pressure. Several factors can cause cardiac arrest, including heart attack, electrocution, drowning or trauma, or it can have no known cause.

Second, immediately call 911 to access emergency services. Third, CPR can help keep the victim alive until emergency help arrives.

If you do not know CPR, contact your local American Heart Association office or call toll-free 1-877-AHA-4CPR to sign up for a course in your area.

Golf Tourney Swings Into Action

Golfers, get your clubs ready. Plans for the **Third Annual MIAA Wellness Golf Tournament** are now underway. The event will be held Monday, June 25 at 10 a.m. at Heritage Country Club in Charlton. The MIAA welcomes foursomes of principals, athletic directors, Wellness Coordinators, coaches, game officials, friends of education, and anyone else interested in playing. Cost is \$95/player or \$360/team of four.

The tournament will be held rain or shine, with trophies awarded to first, second and third place finishes, closest to the pin, and longest drive. Dinner will be served at the country club.

The MIAA also seeks tee/green sponsors and raffle donations. Sponsors will have their school or company name displayed on the tee or green of their choice. Raffle donors will be announced when prizes are claimed at the banquet.

Last year, more than 70 golfers participated in the event, helping the MIAA to raise approximately \$5,000. Proceeds from the tournament support the ongoing Wellness program, which includes guest speakers, conferences, publications and resource materials.

For more information on registering a foursome or sponsoring a tee, green, or raffle prize, call Stacy at 508-541-7997.

Third Annual Wellness Golf Tourney

June 25, 10 a.m., Shotgun Start

Heritage Country Club, Charlton, MA (Rt. 20)

18 Holes/Golf Cart/Dinner/Prizes • **\$95/Player • \$360/Team of Four**

Registrations must be accompanied by the fee. Coed teams are encouraged as well as players not in the education field. Please register before June 16.

Player One/Contact _____ Tel. _____

Player Two _____

Player Three _____

Player Four _____

Please make checks payable to the MIAA and return to Stacy Juba, MIAA, 33 Forge Parkway, Franklin, MA 02038.

