

# Massachusetts Interscholastic Athletic Association

# BUILDING THE FUTURE

...one student at a time.



WINTER  
2007  
EDITION

www.miaa.net  
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## STUDENT SERVICES

Coaches' Education

Community Service

Sportsmanship

Student Leadership

Wellness

## Summit Nets Largest MIAA Crowd Ever

### Sportsmanship

Investments Clubhouse – West and drawing the highest attendance ever at a MIAA-sponsored conference. New England Patriots Owner Robert Kraft



New England Patriots owner Robert Kraft speaks to the crowd.

More than 1,000 people attended the 13th Annual Sportsmanship Summit, filling Gillette Stadium's Fidelity Investments Clubhouse – West and drawing the highest attendance ever at a MIAA-sponsored conference. New England Patriots Owner Robert Kraft spoke to the crowd, relating how the most successful people he knows are not the individuals who have never failed, but the individuals who have persevered.

“One of the accomplishments I’m most proud of has been the ability of the team to overcome tempo-



From left, Natick High Football Coach Tom Lamb, Doug Flutie, MIAA Deputy Director William Gainie and Steve Burton pose during the presentation of the MIAA/Ron Burton Community Service Award won by Flutie at the 13th Annual Sportsmanship Summit at Gillette Stadium.

rary setbacks,” he said. “Losing is very humbling, but humility is an important virtue. Learning to overcome losses is a skill that will serve you in any workplace or industry. Be sure to apply the same

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## Leadership Training Celebrates 20 Years

### Wellness

A record 32 participants attended the January Leadership Training Institute, joining a membership of over 600 graduates from a program rich with a 20-year history.

This year’s group represented teachers, coaches, athletic directors, principals, and school nurses, as well as professionals from organizations interested in prevention. Attendees of the Jan. 22-26 program learned how they could 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 covered the cost of rooming at a local hotel, meals, materials and professional development. Completion of the Institute results in the attainment of 40 PDPs. Three graduate credits can also be earned through Endicott College for the price of \$150.

Martha Harding of Harding and Associates in Minnesota and Kevin Ringhofer of the Minnesota Institute of Public Health/Health Promotion Resources returned as facilitators of the long-run-



Members of the Leadership Training Class of 2007.

ning program, which both say is highly unique. Other states have offered similar leadership programs in the past, but Massachusetts remains the only one that has maintained it.

“Massachusetts is a leader in the country with what they’re doing in Student Services,” said Harding. “Their unflinching, steady commitment is exemplary.”

While learning how to present effective pre-season meetings, coaches’ workshops and captains’ workshops have always been important components of the Leadership Training curriculum, new elements were added over the years to build upon the original themes, including discussion on hazing, sexual harassment, good choices, nutrition and sportsmanship.

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## UPCOMING MIAA EVENTS

**March 12, 8:30 a.m.** – ADL Respect Workshop, MIAA Office

**March 30, 9 a.m.** – Wellness Workshop Series, Internet Safety, MIAA Office

**April 12** – Massachusetts Student-Athlete Citizenship Day @Northeastern University

**April 27** – Massachusetts Student-Athlete Citizenship Day @Basketball Hall of Fame

**May 10, 8:30 a.m.** – Wellness Summit, Sheraton Milford Hotel

**June 1, 9 a.m.** – Wellness Workshop Series, Nutrition, MIAA Office

## Nominations Sought For Annual Service Awards

### Wellness

If you know a hard-working Wellness Coordinator and/or people at your school that are stellar examples of community service, then the MIAA Student Services

Department wants to hear about it.

The MIAA will present the Wellness Coordinator of the Year Award and the Student Community Service Awards at the Wellness Summit on May 10 at the Sheraton Milford Hotel.

The Wellness Coordinator of the Year Award is given to a deserving Wellness Coordinator that goes out of his or her way to help young people make healthy life choices in the school and community. Last year's winner was Cindy Knight, R.N., school nurse at Bishop Feehan High School in Attleboro. If the students in your school have benefited as a result of the Wellness Coordinator's efforts to keep students healthy and substance-free, then he or she deserves to be nominated. To nominate an individual, school principals should write a letter of recommendation highlighting the Wellness Coordinator's achievements and send it to the below address by April 25.

The MIAA Student Community Service Awards will be presented in each of the following categories:

1. Individual - One person performing a community service project
2. Athletic team or program - A specific team or entire athletic program performing one or many service projects
3. School class, club or organization - A class, club or organization performing one or more service projects

## Bullying Workshop To Be Held March 12 At MIAA

The MIAA and the Anti-Defamation League's A World of Difference Institute will offer their 9th Annual Interactive Anti-Bias workshop March 12 from 8:30 a.m. to 1 p.m. at the MIAA office. Titled "Becoming an Ally: Interrupting Name Calling, Bullying and Harassment," the workshop is designed for middle and high school administrators, teachers, athletic directors, health and wellness educators, counselors and coaches. Registration fee is \$30 per person, which includes a continental breakfast and light lunch.

Last year's winners were Margaret Regan, principal of Martha's Vineyard Regional High School, for the individual category; East Boston High School Boys' Ice Hockey Team for the athletic team/program category; and Peabody Veterans' Memorial High School Captains Council for the school class/club/organization category. To make nominations for this award, visit <http://www.miaa.net/student-services/communityservicenomination.pdf> for an official nomination form and return it by April 13.

Nominations for both the Wellness Coordinator of the Year Award and the Student Community Service Awards should be addressed to: MIAA Student Services, Attn. Mike Kane, 33 Forge Parkway, Franklin MA 02038. They can also be faxed to 508-541-9888, Attn. Mike Kane.

## 11th Wellness Summit Promises Full Program

Save the date for the 11th Annual Wellness Summit, scheduled for May 10 at the Sheraton Milford Hotel (formerly the Radisson) in Milford. MIAA Partners in Prevention will coordinate the event, which will feature a keynote speaker, student panel, and a series of topics dealing with prevention.

Awards will also be presented for the Wellness Partner of the Year, Wellness Coordinator of the Year, and Community Service. Adults are encouraged to bring student leaders, MIAA Student Ambassadors, and/or students that serve on school councils. Details on cost and programming will be forthcoming. Visit <http://www.miaa.net> and click on the Student Services web site link for updates.

Participants will examine the nature of hateful behavior, as well as develop and practice strategies to cope with the problem. Individuals who attend the workshop and complete a four-hour follow-up action plan will receive 10 PDPs.

Forms are available by contacting the Student Services Department, or can be downloaded on-line at <http://www.miaa.net/becoming-an-ally.pdf>, on the calendar section of the Student Services web page.

## Applications Requested For Ambassador Program

Registrations are still being accepted for the MIAA Student Ambassador Program, and the MIAA encourages schools to submit the names of a junior and senior ASAP to take advantage of the benefits.

As a special part of the program, the MIAA will escort six Student Ambassadors to the National Federation of State High School

## YOU LEAD Workshops Seeking Host Venues

Nearly 100 students and advisors from Norfolk County participated in a YOU LEAD workshop held Dec. 5 at the Dana Hall School in Wellesley. The Norfolk County District Attorney's Office and the MIAA co-sponsored the event, which drew attendees from Bellingham, Braintree, Foxboro, Franklin, and Stoughton. Presenters were John Suby and Steve Maguire.



*Students gather for an activity at the December YOU LEAD workshop.*

The MIAA Student Services Department invites other athletic leagues, counties and school districts to follow suit and set up a workshop for their area.

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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. Through games, presentations, informal discussions and action plans, the regional conferences aim to reinforce decision-making skills and to help develop a safe supportive network. When one school hosts a YOU LEAD event, schools in surrounding communities are invited to participate, which enhances the effectiveness of the program.

Steve Maguire of Maguire Productions, one of the nation's top experts in the fields of education and summer camp, will facilitate future workshops.

Steve has been teaching, counseling, and working with schools and camps for over 15 years, and has consulted for such organizations as the American Camp Association, National Parks and Recreation Association, MADD and SADD.

Any school interested in sponsoring a YOU LEAD workshop is encouraged to call the Student Services Department at 508-541-7997 for details.

Associations' annual student leadership conference in July. Any interested Student Ambassadors will be invited to submit an application letter and undergo the interview process.

In addition to the trip opportunity, Student Ambassadors receive regular e-mails and newsletters from the MIAA inviting them to participate in electronic surveys regarding rule change proposals, wellness issues, evaluation of the Ambassador program and other topics. They are also invited to serve on panels at events such as the MIAA Annual Meeting, the Wellness Summit and Massachusetts-Student Athlete Day. Other opportunities include presenting trophies at state championship events and being invited to a leadership conference in the works for September 2007.

Madeline Nally, a student at Reading Memorial High School, was among 80 young people who attended a student workshop during the 20th Annual Leadership Training Institute. She joined the MIAA Student Advisory Committee during her sophomore year and has attended regular meetings ever since. Among her accomplishments, she served on a panel at Gillette Stadium as part of a past Sportsmanship Summit. She recommends that students take advantage of the Ambassador program so that they, too, can see what the MIAA has to offer.

"I love coming here," she said. "I really think it's important that people take a stand. We have a lot of influence on how the MIAA looks at students. We're kind of the voice of Massachusetts athletes. The MIAA listens very well and makes us think that they care. It helps to know that we're doing something good and it changes your perception to hear what's happening at other schools. I really think being involved with the MIAA has opened a lot of doors and helped on college resumes."

Ambassadors are being registered with the MIAA office in the same manner as the principal, athletic director and wellness coordinator. Student Ambassador registrations can be completed online at <http://www.miaa.net/Student-Ambassador-Reg-Form.htm>, faxed to 508-541-9888, or mailed to: MIAA Student Ambassador Program, 33 Forge Parkway, Franklin, MA 02038. Contact the Student Services Department at 508-541-7997 with any questions.

## Coaches' Ed Clinics

The following Coaches' Education clinics have been scheduled:

**March 10, 8 a.m. - 3 p.m.**, Lincoln-Sudbury Regional HS

**March 17, 8:30 a.m.- 4 p.m.**, Old Rochester Regional HS

All participants must register through the MIAA Office. Athletic directors and/or principals have application forms that are to be returned to the MIAA, or forms may also be downloaded at: <http://www.miaa.net>. Fee is \$105. Visit the web site for information on how to obtain college credit for participation.



# Annual Summit Advocates Style, Substance, Class



National Federation President William Reader was a special guest.

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principles you learn in sports to everything you do. You're also learning the value of teamwork. Putting team goals ahead of individual goals has been our modus operandi for years."

Kraft said that finding players and staff who are willing to work hard every day and subjugate their own egos has been critical to the team's success.

"It's amazing what can happen when nobody gets the credit," he said. "There's a saying that great players go to the Pro Bowl and great teams go to the Super Bowl."

Fan favorite quarterback Doug Flutie accepted the MIAA/Ron Burton Community Service Award, an honor presented annually at the Summit to an individual demonstrating a dedication and commitment to respect for others. CBS4 News Sports Anchor Steve Burton presented the award in honor of his late father. Tom Lamb, Flutie's football coach at Natick High School, introduced the former Heisman Trophy winner who is now an ESPN football analyst and the creator of a foundation dedicated to autism research.

Flutie candidly told students that witnessing acts of poor sportsmanship annoys him. "I'm sick of seeing the stuff that goes on out there. It's amazing to see people stomping on someone's head because his helmet fell off and it's an opportunity. I came from a school of thought where you knock the tar out of somebody on the football field, you reach down, pick them and go to the huddle. You can compete at the highest level without being a jerk. That's the bottom line. Sportsmanship has to come first."



Rene Rancourt, Boston Bruins National Anthem Vocalist, performs at the Sportsmanship Summit.

In another highlight of the day, participants were invited to attend one of three concurrent sessions. Dr. Grayson Kimball, education director of GetPsychedSports.org, and Gary Doherty, Framingham High School athletic director, presented "Teaching Sportsmanship While Improving Performance" to principals, athletic directors and coaches.

Dr. Kimball discussed the importance of teaching athletes to control their negative thoughts before their thoughts control them. He said this psy-



Dan Switchenko gives an energetic workshop to high school captains.

chology training not only builds sportsmanship by elevating self worth and bringing home the effects of negative body language and remarks, but also optimizes performance by helping athletes get into the "zone."

He recommends implementing a curriculum for coaches and athletes where they learn to recognize thoughts, categorize them and change them through techniques such as imagery, self talk and goal-setting. GetPsychedSports.org offers workshops, a curriculum and other services.

"People with good emotional health are in control of their thoughts, feelings and behaviors," said Dr. Kimball. "They feel good about themselves, have good relationships and can help keep problems in perspective. The hook for the kids is that they will actually play better. They need to understand that what you think about affects your performance."

Amy Baltzell, Ed.D., coordinator of the sport psychology specialization for the Boston University School of Education, and Stephen Durant, Ed.D., co-director of the MGH Sport Psychology Program, led the workshop "Good Character, Good Kids and Best Performance." Durant stressed that students need to know who they can go to for advice. He reminded participants that kids are not mini-adults and therefore adult standards shouldn't be applied

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

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## Essay Winners Set Positive Sportsmanship Example

This year's crop of Essay Contest winners set an inspiring tone for the 13th Annual Sportsmanship Summit. Sportscaster/entertainer Wayne Soares moderated a town-meeting style forum highlighting a panel of athletes and the insights from the award-winning essays.

Essay contest award winners were: Charles Toomajian - Drury High School, Third Place; Tim LeClair - Saint Joseph Central High School, Second Place; and Gregory Baker - Minnechaug Regional High School, First Place.

Panelists were: Jay Heaps of the New England Revolution and a former Longmeadow High School student-athlete; Amy Baltzell, Ed.D, of the Boston University School of Education and a former United States Olympic rower; Peter Roby of the Northeastern Center for the Study of Sport in Society, a former collegiate basketball coach and student-athlete; and Paul Stewart of the Boston Bruins Foundation, a former NHL referee and player.

Charles Toomajian read from his essay, which focused on how he leads by example and serves as an exception to on-field brawls and courtside melees. "While some take pride in talking trash or hitting players after the whistle is blown, I'm also almost guaranteed to be talking to the other team or getting in their face after every play," he read. "The difference is that in my case, I'm saying, 'nice play' and extending a hand to help them up. Aside from the obvious leadership responsibilities that all captains on any team have, I've taken it upon myself to make sure that any games that I am involved in are as clean as possible."

Peter Roby commented on the essay, saying, "That's an example

of what leadership looks like. My sense is even though he's a captain now, he's been acting like a leader since he was a freshman in high school. You can lead from any seat of the bus. You can be the last player on the bench and still lead."

Tim LeClair also described his personal experiences as an athlete advocating sportsmanship, recalling how during his first race, a rival tripped on a root and lost his glasses. "I picked them up and handed them to him," read Tim. "My coach found out - I thought he would scold me for my costly stop - and praised my simple act of integrity. Sportsmanship begins at the smallest level, in the hearts, minds, and actions of the individual."

Paul Stewart agreed with his remarks, stressing that, "If you think that no one is watching, that's where you're wrong. There's always someone watching, even if it's you."

Gregory Baker related how practicing sportsmanship develops

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*New England Revolution player Jay Heaps, left, looks on as first place winner Gregory Baker reads his essay.*

## Building Character Essential For High School Sports

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to them. He also noted that fun and joy are the best predictors of long term-success, and that athletic talent develops well into the late teens.

"Sports don't build character, people do," he said.

Daniel Switchenko, a professor and coach at Eastern Connecticut State University, led a session for student-athletes, "The Role of the High School Captain." Denise Perks, Tricia Breault and Jeff Hill, students at Blackstone-Millville Regional High School, said they enjoyed his energetic presentation and will convey the messages to their teammates about being motivated to play hard while demonstrating traits such as dedication, respect, enthusiasm and sacrifice.

"It was really motivational," said Jeff Hill. "It sparks a change in my mind as the cross country team captain."

In a general session, Andre Tippet, director of player development for the New England Patriots and a former player, discussed the

importance of athletes participating in community service and suggested opportunities such as volunteering at blood drives, reading at elementary schools or visiting a children's hospital ward.

William Reader, president of the National Federation of State High School Associations and commissioner of the Colorado High School Activities Association, gave the keynote address and praised the MIAA for inspiring other state associations to follow its lead in promoting sportsmanship.

"Creating good sportsmanship is not an easy job, but it's a necessary job," he said. "Kids need expectations so they know what is appropriate. If someone does something inappropriate and you allow that to happen, you're condoning it. Nobody is perfect - every school has examples of poor sporting behavior at one time or another, but the important thing is how you recover from that, how you react and learn from that situation. Adults and educators should teach that everything you do in life should have style, substance and class."



## Reading High Has Unique Sportsmanship Strategy

If your school is seeking a way to improve sportsmanship among students and fans, try this strategy implemented by Philip Vaccaro, athletic director of Reading Memorial High School and chairman of the MIAA Sportsmanship Committee.

While making an introductory address at the MIAA/MSSADA Sportsmanship Summit, Vaccaro explained how he asked a local bank for \$2,000 over two years, and in return, promised advertising on the scoreboard for three years. With the money, he ordered items such as pens and T-shirts bearing the logo “RMHS Athletics: Sportsmanship the Winning Point.”

## Essays Stress Teamwork, Respect, Camaraderie

### Continued From Page 5

character, which carries over into other aspects of life. “Through participating in sports, I have acquired self-confidence, determination, competitiveness, and leadership,” he read. “Knowledge of my athletic abilities allows me to take on any challenge. Once athletes perfect their performances to the best of their respective potentials, they are likely to transfer training discipline to other areas, namely academics and extracurricular programs. By participating in sports, I have become a hard worker which has reflected positively in my academics and job.”

New England Revolution player Jay Heaps recalled how he had an opportunity to make an important shot in a playoff game, but was stopped by the goalie and has had trouble putting the incident out of his mind. He said that hearing the winning essays served as a

## Citizenship Days In April

The MIAA and Northeastern University’s Center for the Study of Sport in Society will once again team up to present the Massachusetts Student-Athlete Citizenship Awards. Held in conjunction with National Student-Athlete Day, these awards are handed out at two separate events to allow better regional access for students across the state.

The first event will take place at Northeastern University in Boston on April 12 and is for Districts A, B, C, D, H, and select district E schools.

The second ceremony will be held April 27 at the Naismith Memorial Basketball Hall of Fame in Springfield, for Districts F, G, and select district E schools.

High schools are invited to choose two males and two females who demonstrate leadership through community service, athletic excellence and a minimum 3.0 grade point average. The event will feature panel discussions with student athletes. Stay posted to <http://www.miaa.net> and <http://www.sportinsociety.org> for more information. You may also contact Peter Smith, MIAA Student Services, at 508-541-7997.

Whenever Vaccaro notices a fan in the stands exhibiting sportsmanship and model behavior, he approaches the individual and offers a pen.

Athletes demonstrating exemplary sportsmanship receive a T-shirt.

In addition, each varsity coach is given an opportunity to select a member on his/her team to be recognized at the sport banquet.

“I firmly believe good sportsmanship can and must be taught like any other strategy in sport,” said Vaccaro.

valuable reminder of what’s important. “You’ve brought me back to what the true nature of the game is,” he said.

Amy Baltzell said that attending the conference has also revitalized her hopes, as she has observed that athletes often tend to be out-of balance and focused on winning at all costs.

“I think that what we’re talking about here today is extraordinary and unusual,” she said. “In this room, it feels normal, but when you’re outside with your teammates, it’s extraordinary to do the right thing whether you want to or not. I want to thank everyone for what they’re doing and making me feel the future is bright.”

State Rep. Patricia A. Haddad, chair of the Joint Committee on Education and a member of the audience, also found the Sportsmanship Summit inspirational.

“There’s a message here that needs to be taken back to not only the kids, but to adults and families,” she commented. “Events like this make the kids feel empowered to go back with these messages and feel strong enough that there are other kids out there doing the same thing. These events are more important than anyone can possibly imagine.”

### District Awards

The following schools were honored for reflecting the ideals of sportsmanship, ethics and integrity.

- District A - Lowell High**
- District B - Reading Memorial High**
- District C - Dover-Sherborn High**
- District D - Bourne High**
- District E - Blackstone-Millville Reg. High**
- District F - Hampshire Reg. High**
- District G - Lenox Memorial High**
- District H - Boston College High**

## Participants Praise Leadership Training Institute

### Continued From Page 1

“The MIAA continually looks for new innovative ideas, in addition to maintaining the aspects that are working well,” said Ringhofer. “Bill Gaine (MIAA Deputy Director) has been a missionary and a leader among his peers at the national level about the importance of doing these programs, a philosophy that has been passed onto the staff here.”

Dawn Fontaine of the Attorney General’s Office had attended MIAA wellness meetings in the past and thought Leadership Training might assist her with her job. Her responsibilities include working with schools to develop peer leaders, peer mediation, and bullying/harassment/civil rights programs.

“It’s nice to know what struggles some of these programs are going through in the schools and to get a better idea of what obstacles are in their way to working with students,” she said. “Now when I speak to schools, I’ll have a bigger picture of how the office might be able to help them. It was also nice to make a connection with schools so they know the Attorney General’s office isn’t just here to reprimand or sue, but to assist them as a resource.”

She said that she found the role-playing scenarios and feedback extremely beneficial. For example in one discussion, participants



Patrick Lemieux (second from left), teacher/coach from Hopkins Academy, and Wayne Puglisi (third from left), teacher/coach from Andover High, talk with students during Leadership Training Week.

role-played an adult telling a troubled student that they cared. However, when the adult mentioned that the team was depending on the athlete, constructive criticism was that this statement might inadvertently create extra pressure.

“It really gives you an awareness of words,” she said. “You might mean one thing, but to the perception of the student it might be different. It’s important to choose words carefully and use open-ended questions. It’s obvious that the people who attended want to be the best helpers for their students. They’re dedicated professionals who really care about their students.”

James O’Brien, director of adult education/student activities for Greater New Bedford Regional Vocational Technical High School, said one of his highlights was the Student Leadership Workshop, when 80 students (including 50 MIAA Student Ambassadors) from 27 high schools brainstormed and developed action plans with Leadership Trainers in small groups. His goal with the institute was to define more tools and better alternatives to helping kids, both the student-athlete and the student who isn’t in the spotlight.

“We learned techniques to listen, show we care, and help the students feel there is a solution to their problem,” he said. “The two presenters were very dedicated and committed to what they’re doing. It’s portrayed in their high energy. It’s not just a lecture, it’s role-playing and involvement with groups.”

Susan Maslowski, a physical education teacher and coach at Greater Lowell Technical High School, hopes she can motivate students to be leaders and take more action in the schools. She found networking to be one of the most valuable aspects of the program.

“We talked a lot about sportsmanship, alcohol, tobacco and drug abuse, and ways we could help influence the students not to use drugs,” she said. “It’s amazing how different school systems in the state handle different situations. Just learning from other people in the workshop, what they do and how they motivate their students, has been a great help. I think as many teachers as possible should come to something like this. It opens your eyes to new experiences you can bring back to your school system.”

### Leadership Training Graduates

Maribeth Ahearn.....	Plymouth South High School
Jim Asam.....	Milford High School
Stacey Backiel.....	Mystic Valley Regional Charter School
Lawrence Bell.....	Mt. Greylock Regional High School
Dominic Centorino.....	Marshfield High School
Jay Costa.....	Shrewsbury High School
Lori Cote.....	St. Joseph Central High School
Samuel DePina.....	Boston Public Schools
Jason Dunn.....	XL Sport Foundation
Charles Fahey.....	David Prouty High School
Judith Field.....	Norwell High School
Dawn Fontaine.....	Office of the Attorney General
Rosanne Franco.....	Greater New Bedford RVT High School
Matt Groppo.....	Marian High School
Martha Kristian.....	Hanover High School
Patrick Lemieux.....	Hopkins Academy
Eduardo MacDonald.....	Nauset Regional High School
Bill Martin.....	Shepherd Hill Regional High School
Timothy Martin.....	Greater New Bedford RVT High School
Susan Maslowski.....	Greater Lowell Technical High School
James O’Brien.....	Greater New Bedford RVT High School
Scott Paine.....	Norwell High School
Tim Payne.....	Mt. Greylock Regional High School
Wayne Puglisi.....	Andover High School
Barry Robinson.....	Boston English High School
Donna Rogers.....	Bishop Stang High School
Lori Ross.....	Kennedy Middle School
Robert Russo.....	Chelmsford High School
Marilyn Slattery.....	Weymouth High School
Ann Trytko.....	Hampshire Regional High School
Ryan Wagner.....	Marshfield High School
Kevin Welch.....	Wilmington Middle School



## SPORTS NUTRITION CORNER

### Power Breakfasts Jump Start Your Engine

While an athlete is sleeping, muscles are repairing and building more muscle. When he/she wakes up in the morning, their carbohydrate fuel tank is low, and the blood amino acids have been used. If an athlete does not eat breakfast, his or her body will think that the food supply is low and stop making new muscle. Eating breakfast refuels the body with energy and provides building blocks to continue muscle repair and growth. The following table lists carbohydrate and protein breakfast items that you can put together for on-the-go power breakfasts.

<b>Power Breakfasts</b>			
	<b>Calories</b>	<b>Grams of Protein</b>	<b>% Fat Calories</b>
Instant Breakfast w/skim milk (8 oz)	22	12	4
Low Fat Yogurt (8 oz)	250	1	8
Instant Oatmeal w/skim milk (6 oz)	168	10	11
Instant Cream of Wheat w/skim (6 oz)	168	9	0
Skim Milk (8 oz)	90	8	0
Non-fat Cereal w/skim milk (6 oz)	168	8	0
Bread or toast (one slice)	100	4	15
One large hard boiled egg (white only)	24	6	0
Bagel (plain)	187	7	8
Jam (1 tablespoon)	40	0	0
Fat-free cream cheese (2 tablespoons)	30	5	0
Orange juice (8 oz)	110	0	0