

## Interscholastic



# MPA Congratulates Winter Sports Champs, Runners-up

The Maine Principals' Association sponsored state tournaments in seven sports in February and March. Following is a list of the winners and runners-up.

<u>Class</u>	<u>Champion</u>	<u>Runner-up</u>	<u>Class</u>	<u>Champion</u>	<u>Runner-up</u>
<b><u>Basketball</u></b>			<b><u>Skiing</u></b>		
AA Boys	Portland	So. Portland	<u>Nordic</u>		
AA Girls	Gorham	Edward Little	A Boys	Mt. Blue	Leavitt
A Boys	Falmouth	Oceanside	A Girls	Mt. Blue	Falmouth
A Girls	York	Lawrence	<u>Alpine</u>		
B Boys	Lake Region	Ellsworth	A Boys	Edward Little	Mt. Blue
B Girls	Houlton	Gray-N/G	A Girls	Falmouth	Cape Elizabeth
C Boys	George Stevens	Waynflete	<u>Nordic</u>		
C Girls	Narraguagus	Boothbay	B Boys	Freeport	Caribou
D Boys	Valley	Easton	B Girls	Yarmouth	Maranacook
D Girls	Rangeley	Shead	<u>Alpine</u>		
<b><u>Cheerleading</u></b>			B Boys	Fort Kent	Mtn. Valley
A	Lewiston	Bangor	B Girls	Fort Kent	Maranacook
B	Old Town	Ellsworth	<u>Nordic</u>		
C	Orono	Dirigo	C Boys	ME Coast Waldorf	Fort Kent
D	Central Aroostook	Penobscot	C Girls	ME Coast Waldorf	Madawaska and Kents Hill
<b><u>Boys' Ice Hockey</u></b>			<b><u>Swim</u></b>		
A	Lewiston	Scarborough	A Boys	Cheverus	Brunswick
B	Waterville	Yarmouth	A Girls	Brunswick	Scarborough
<b><u>Girls' Ice Hockey</u></b>			B Boys	Ellsworth	Cape Elizabeth
E/W	St. Dominic	Scarborough	B Girls	Greely	Cape Elizabeth
<b><u>Indoor Track</u></b>			<b><u>Wrestling</u></b>		
A Boys	Scarborough	Falmouth	A	Skowhegan	Marshwood
A Girls	Edward Little	Bonny Eagle	B	Foxcroft	Dirigo
B Boys	York	Foxcroft			
B Girls	Orono	Greely			

## Notes and Updates

**Upcoming SAT and ACT Test Dates**—SAT: May 7 and June 4. ACT: June 11.

**Bona Fide Team Rule**—A reminder that the Bona Fide Team Rule prohibits team members from missing team practices and games in order to participate on an outside team (may not necessarily be in the same sport) without a waiver from the school principal.

**New England Championship Dates**—The following are the sites and dates for the spring New England Championships:

\* **Outdoor Track**—Willowbrook Park, New Britain, CT, June 11, 2016.

\* **Golf**—Bretwood Golf Club, Keene NH, June 22, 2016 and Practice Round (afternoon), June 21, 2016.

**NFHS Pole Vault Course**—It is a requirement that any school offering pole vault as an event have coaches view the NFHS *Teach-*

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## MPA Hall of Excellence

The Maine Principals' Association is pleased to announce the third class of inductees into the MPA Hall of Excellence.

The following individuals will be recognized at a banquet on Thursday, May 26 at the Augusta Civic Center:

*Rachel Bouchard  
Browne Family  
Phyllis Deringis  
Nate Dingle  
Frank Keenan  
Larry LaBrie  
Keith Lancaster  
Scott Morrison  
Diann Perkins  
John Wolfgram*

*Thanks to those individuals that submitted nominations!*

## Anyone Can Save A Life

Please click on the link below to watch a YouTube video called "Anyone Can Save A Life."

[https://www.youtube.com/watch?v=0PgkSnM1sdg&feature=em-share\\_video\\_user](https://www.youtube.com/watch?v=0PgkSnM1sdg&feature=em-share_video_user)

### Notes and Updates . . . (Continued from page 1)

ing Pole Vault video that is available at no charge at [www.nfhslearn.com](http://www.nfhslearn.com).

**Outdoor Track Championship Sites**—The following sites will host the 2016 Outdoor Track Championships on Saturday, June 4, 2016: Class A - Hampden Academy; Class B - Mount Desert Island High School; and; Class C - Foxcroft Academy.

**Outdoor Track Rules Exam**—In lieu of a mandatory rules' exam, all outdoor track coaches are required to complete the rules exam. The exam, as well as the answers to the exam, have been provided to the athletic administrator at each school.

**Outdoor Track Qualifying Standards**—The MPA track and field qualifying standards for 2016 have been updated. Qualifying marks are adjusted based on the average of regional marks from previous years. A complete list of adjusted standards may be found in the 2016 MPA Outdoor Track Bulletin.

**MPA Lightning Policy** – A reminder that the individual bulletin for those activities that take place outdoors has a copy of the MPA Lightning Policy. Schools should review this policy prior to the start of the season. Athletic administrators are also encouraged to obtain some type of a lightning detector that may be helpful during the season. A number of these detectors are now available as an app for a cell phone at little or no charge.

**Sportsmanship Awards**—Again this spring sportsmanship banners will now be presented in baseball, softball, lacrosse, outdoor track, and tennis. Schools are asked to please involve the coaches and the athletes in the process of sportsmanship voting.

**Tennis**—Regional Singles Qualifying Round—May 14, Region One: Caribou High School; Region Two—Bangor High School; Region Three—TBD (Boys) and Mt. Ararat High School (Girls); Region Four – Lewiston High School; and Region Five—Waynflete (Boys), and Deering High School (Girls). May 27—Round of 48 Prelims and Round of 32 at Lewiston High School; May 28—Round of 16 and Quarter Finals at Lewiston High School; and May 30—Singles Semi-finals/Finals at Bates College.

**Tandberg Sites**—A huge thank you to those athletic administrators that hosted mandatory rules clinics at their school through the use of the Tandberg equipment!

*The following poem was written by a Unified Basketball coach at Winslow High School.*

## How Does A Heart Grow?

*How a heart does grow?*

It might have been the first practice we had  
Those nervous smiles edged with uncertainty  
Turning genuine when unclear became clear  
That realization of what this was about

Perhaps it was the warm-up circle  
That night before the first game  
Seeing many become one  
Shouts of "I believe" ringing in the gym

Maybe it was the first basket that was scored  
Just seconds into our start  
Taking some of the anxious butterflies away  
Giving a hint of excitement to come

Possibly it was the pointing to the crowd  
The airplanes down the court  
The fist bumps and high fives  
Or the celebrations for any score

Was it the fans that came in?  
Wondering what the buzz was all for  
The community praising that "new team"  
Sharing joy and cheers with all there

I wonder if it was the off court stuff?  
The recognitions in the hall  
The standing ovations at assemblies  
When the names weren't known before

I think it was the confidence  
That could be seen growing among them all  
Heads held a little higher  
Standing taller than before

So when words escape me  
And I try to explain what this did for me  
All I can think of is this and much more  
And realize... It's not hard to explain how a heart grows

*~ Kathleen "Kit" Potelle*

## Cooperative Spring Athletes

April 14, 2016 is the deadline for the submission of an application for student athletes who wish to participate cooperatively with another school in the spring sports of outdoor track and tennis. The application may be found on the MPA website and must be submitted to the MPA and approved by the executive director. Cooperative athletes must attend all practices and meets/matches with their cooperative teams, but during competitions they score for their own schools. It should be noted that in order to enter the singles tennis tournament, an athlete from a school that does not field a tennis team must be attached to another school by a cooperative individual agreement.

## Wheelchair Athletes

The wheelchair standards have been updated and a complete set of guidelines may be found on the MPA Outdoor Track webpage.

- **100 Meter Dash:** Boys—30 seconds; Girls—40 seconds;
- **400 Meter Dash:** Boys—2:00 minutes; Girls—2:30 minutes;
- **800 Meter Run:** Boys—3:30 minutes; Girls—4:00 minutes;
- **1600 Meter Run:** Boys—6:00 minutes; Girls—7:00 minutes;
- **Discuss:** Boys—23'0"; Girls—22'0"
- **Shot Put:** Boys—9'0"; Girls—7'0"

Track standards do not apply to cinder tracks.

## Upcoming National Conferences

**NFHS Summer Meeting**—June 28-July 2, 2016, Reno, NV. **NFHS/NIAAA National Athletic Directors Conference**—December 10-13, 2016, Gaylord Opryland Hotel, Nashville, TN. **Winter Meeting**—January 3-6, 2017, Bonita Springs, FL.

## Appreciation to Sport Committees and Sites

The MPA thanks every person that served on a sport committee or assisted in hosting MPA championships this past year. Without the work and dedication of administrators throughout the state we would not be able to run the high quality championships that we are able to offer. A huge thank you for your help!!!

## Interscholastic Business Meeting

A reminder that athletic administrators may now represent their high school at the Interscholastic Business Meeting without a letter from the principal at the high school giving them permission to represent the school. This year the meeting will take place at 8:00 a.m. on Thursday, April 28 in the Knox County Ball Room at The Samoset in Rockport. A number of important issues will be discussed at this meeting and each school is encouraged to have representation at the meeting.

## Spring Championship Dates/Sites

The following dates and sites have been established for the spring season:

Sport	Regional	North	South	State	Location
Baseball	June 14	Class A - Morton Class C - Mansfield	Class A - St. Joseph's Class C - St. Joseph's	June 18	Class A - St. Joseph's Class C - St. Joseph's
	June 15	Class B - Mansfield Class D - Mansfield	Class B - St. Joseph's Class D - St. Joseph's		Class B - Mansfield Class D - Mansfield
Lacrosse	June 15	Higher Seed	Higher Seed	June 18	Fitzpatrick Stadium
Outdoor Track	N/A	N/A	N/A	June 4	Class A - Hampden Class B - MDI Class C - Foxcroft
Softball	June 14	Class C - Brewer Class A - Cony	Class A - St. Joseph's Class C - St. Joseph's	June 18	Class C - St. Joseph's Class A - St. Joseph's
	June 15	Class B - Brewer Class D - Brewer	Class B - St. Joseph's Class D - St. Joseph's		Class D - Brewer Class B - Brewer
Tennis (Team)	June 7	UMO	June 9 - Bates	June 11	Lewiston High School

## MPA Soccer Cumulative Card Policy

The following proposal, supported by the MPA Soccer Committee, will be presented at the 2016 MPA Spring Conference Interscholastic Business Meeting. This proposal would replace the current 10-minute sit-out rule that has been in place for a number of years. Schools and/or leagues may choose to continue to use the 10-minute sit-out if they wish.

Indirect yellow cards that are assessed to a coach for an illegal equipment violation (mouth guard, shin guard, and uniform) will not count toward the cumulative total for the coach. Any card given to an athlete for such a violation, which occurs after the first card has been given to the coach, will count toward the total.

Cards received during the preseason will not count toward the cumulative total. Any athlete or coach that receives three yellow cards or one red card during the preseason will be suspended for the remainder of the preseason as well as the first regular season contest. Any red card given during the season, including the playoffs, suspends the athlete or the coach for the next game at the same level where the card was given. All red cards will count as one card in the cumulative card policy. It is important to note that any athlete that receives a yellow card must, by NFHS rule, be removed from the game. The length of time that the athlete is held from the game is now a local decision.

Below are the guidelines that will be in place during the regular season and the playoffs:

- 3 Total Cards (Yellow or Red) 1 game suspension
- 4 Total Cards (Yellow or Red) 3 game suspension
- 5 Total Cards (Yellow or Red) Suspension for the remainder of the season

The suspended athlete/coach may not participate at other levels of play until the suspension has been served at the level that the card was given. Any athlete or coach that was suspended beyond the last game of the season must sit out the first countable contest in which they compete.

A card reporting system will be developed by the Maine Association of Soccer Officials (MASO) where an email notification will automatically be sent to the athletic administrator once it has been entered into the system. Each school will also be provided with a unique password that allows them to review all cards given throughout the season. It is the responsibility of each school to monitor the number of cards given to athletes and coaches and to follow the guidelines that have been developed.

### NFHS Sudden Cardiac Arrest Video

Starting in the fall of 2016 all MPA eligible coaches must view the NFHS *Sudden Cardiac Arrest* video that is available at [www.nfhslearn.com](http://www.nfhslearn.com). Coaches need only view the video once to meet eligibility requirements but should the course be updated coaches must view the updated video.

### NFHS Concussion Video

The NFHS *Concussion* Video, currently a requirement of coaches eligibility, has now been updated. We would ask that all coaches please view the updated video at [www.nfhslearn.com](http://www.nfhslearn.com).

## Waivers of the Hands-off Period

This is a reminder that schools whose coaches work with summer American Legion baseball, ASA softball, USATF track, or any other spring sport season activity which may occur or continue after the start of the two-weeks hands-off period, need to request a waiver.

For example, a high school coach who coaches an American Legion team that wins the Maine championship and goes on to the New England championships which occur during the hands-off period would need a waiver. The request must be submitted no later than July 22, 2016. The same situation could be true of teams competing in the ASA softball tournament or for a coach working with incoming freshmen who will be competing in the state USATF championships.

This year the hands-off period extends from August 1 through August 14, 2016.

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## MPA Drone Policy

This policy, which will be voted on at the 2016 MPA Spring Conference Interscholastic Business Meeting, is designed to address safety concerns for athletes and spectators, as well as providing for competitive equity by all participating schools. This policy shall be in effect at all events hosted by the MPA. Districts are encouraged to develop a local policy for regular season, including scrimmages, exhibition games and practices.

"The use of Unmanned Aerial Vehicles (UAV, aka Drones) is prohibited during any MPA sanctioned activity. Tournament management will remove any individual attempting to use a UAV and/or confiscate the device until the event has been completed. Upon timely request to the MPA office, an exception to this policy may be granted on a case-by-case basis for MPA broadcast partners in conjunction with any host school/facility local policy."

### MPA/MIAAA Public Service Announcements

A number of schools have requested copies of the public service announcements that may be heard on radio stations throughout Maine. Please contact Patty Newman (pnewman@mpa.cc) to request an e-mail of the PSA's.