

Interscholastic

ChalkTalk



Cooperative Spring Athletes

April 13, 2017 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.

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>
<u>Basketball</u>			<u>Skiing</u>		
AA Boys	Portland	So. Portland	<u>Nordic</u>		
AA Girls	Gorham	Oxford Hills	A Boys	Mt. Blue	Falmouth
A Boys	Greely	Messalonskee	A Girls	Mt. Blue	Deering
A Girls	Messalonskee	Brunswick	<u>Alpine</u>		
B Boys	MDI	Wells	A Boys	Falmouth	Cape Elizabeth
B Girls	Gray-N/G	Houlton	A Girls	Camden	Greely
C Boys	George Stevens	Winthrop	<u>Nordic</u>		
C Girls	Monmouth	Dexter	B Boys	Maranacook	Freeport
D Boys	Machias	Greenville	B Girls	Maranacook	Yarmouth
D Girls	Vinalhaven	Shead	<u>Alpine</u>		
<u>Cheerleading</u>			B Boys	Fort Kent	Mtn. Valley
A	Lewiston	Brewer	B Girls	Spruce Mtn.	Yarmouth
B	Hermon	Ellsworth	<u>Nordic</u>		
C	Lisbon	Central	C Boys	ME Coast Waldorf	Fort Kent
D	Central Aroostook	Penobscot	C Girls	ME Coast Waldorf	Orono
<u>Boys' Ice Hockey</u>			<u>Swim</u>		
A	Lewiston	Falmouth	A Boys	Cheverus	Bangor
B	Waterville	York	A Girls	Cony	Brunswick
<u>Girls' Ice Hockey</u>			B Boys	Old Town	Ellsworth
E/W	St. Dominic	Falmouth	B Girls	Cape Elizabeth	Morse
<u>Indoor Track</u>			<u>Wrestling</u>		
A Boys	Scarborough	Westbrook	A	Marshwood	Noble
A Girls	Scarborough	Cheverus	B	Wells	Ellsworth
B Boys	MDI	Greely			
B Girls	Greely	MDI			

Notes and Updates

Upcoming SAT and ACT Test Dates—SAT: May 6 and June 3. ACT: June 10. **Please note that June 3 is a conflict with the state track meet.**

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**—Norwell High School, Norwell, MA, June 10, 2017.

* **Golf**—Bretwood Golf Club, Keene NH, June 21, 2017 and Practice Round (afternoon), June 20, 2017.

NFHS Pole Vault Course—It is a requirement that any school offering pole vault as an event have coaches view the NFHS *Teaching Pole Vault* video that is available at no charge at www.nfhslearn.com.

Outdoor Track Championship Sites—The following sites will host the 2017 Outdoor Track Championships on Saturday, June 3, 2017: Class A - Massabesic High School, Waterboro; Class B - Yarmouth 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 2017 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 2017 MPA Outdoor Track Bulletin.

MPA Lightning Policy—A reminder that the individual bulletin for those activities that take place outdoors has a copy

(Continued on Page 2)

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!!!

Anyone Can Save A Life

Anyone Can Save A Life is a first-of-its-kind emergency action program for after-school practices and events. It is designed to save lives from emergencies, including sudden cardiac arrest (SCA), a leading cause of death among adults and student athletes nationwide.

This website provides the steps to implement the *Anyone Can Save A Life* program in your school. By implementing the program—and specifically creating Student Response Teams—your school is empowering students to be part of the coordinated response necessary to ensure the best possible outcome to every emergency.

The goal is to save lives by immediately responding to life-threatening emergencies with a simple protocol that includes: 1) Calling 911 to alert the Emergency Medical System (EMS); 2) Early cardiopulmonary resuscitation (CPR); 3) Early use of an automated external defibrillator (AED); and 4) Early transition to EMS.

Emergencies go hand-in-hand with after-school participation, so it is not a matter of if one will happen; it's a matter of when. By having an Emergency Action Plan (EAP) in place for life-threatening events, you are preparing your school community to respond immediately to get the help that is needed.

Upcoming National Conferences

NFHS Summer Meeting—June 28-July 2, 2016, Providence, RI. **NFHS/NIAAA National Athletic Directors Conference**—December 8-12, 2017, Hyatt Regency Phoenix and Sheraton Phoenix Downtown, Phoenix, AZ.

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

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 are 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 13, Region One: Caribou High School; Region Two—Piscataquis Community High School; Region Three—Cony High School; Region Four—Lewiston High School; and Region Five—Falmouth High School. May 26—Round of 48 Prelims and Round of 32 at Colby College; May 27—Round of 16 and Quarter Finals at Colby College; and May 29—Singles Semifinals/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!



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Wheelchair Athletes

Below are the wheelchair standards for 2017. For a complete set of guidelines please visit 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.

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.

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. 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.

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 25, 2017. 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 July 31 through August 13, 2017.

Spring Championship Dates/Sites

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

Sport	Regional	North	South	State	Location
Baseball	June 13	Class B - Mansfield Class D - Mansfield	Class B - St. Joseph's Class D - St. Joseph's	June 17	Class D - St. Joseph's Class B - St. Joseph's
	June 14	Class A - Morton Class C - Mansfield	Class A - St. Joseph's Class C - St. Joseph's		Class A - Morton Class C - Mansfield
Lacrosse	June 14	Higher Seed	Higher Seed	June 17	Fitzpatrick Stadium
Outdoor Track	N/A	N/A	N/A	June 3	Class A - Massabesic Class B - Yarmouth Class C - Foxcroft
Softball	June 13	Class D - Brewer Class B - Brewer	Class D - St. Joseph's Class B - St. Joseph's	June 17	Class B - St. Joseph's Class D - St. Joseph's
	June 14	Class C - Brewer Class A - Cony	Class C - St. Joseph's Class A - St. Joseph's		Class C - Brewer Class A - Cony
Tennis (Team)	June 6	Colby College	June 8 - Bates	June 10	Colby College

MPA Drone Policy

This policy, which was voted on at the 2016 MPA Spring Conference Interscholastic Business Meeting, was 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."



Umpiring Softball Course Released on NFHS Learning Center

The NFHS Learning Center has added another online officiating course with the release of "Umpiring Softball" at www.NFHSLearn.com. The "Umpiring Softball" course is part of the original series of sport-specific officiating courses planned for the 2016-17 school year, joining previous courses for volleyball and basketball.

"This is part of our intentional effort to increase professional development opportunities for high school officials," said Dan Schuster, NFHS director of educational services.

In partnership with USA Softball, "Umpiring Softball" focuses on how to officiate with professionalism and addresses two common issues – interference and obstruction.

"State association administrators recognized these as issues of interest to umpires; therefore, the online course offers a series of scenarios giving umpires the opportunity to identify occurrences of interference and obstruction," said Sandy Searcy, NFHS director of sports and liaison to the Softball Rules Committee.

Cost of the course is \$20, but members of the NFHS Officials Association can take the course for \$10.

With this addition of the third sport-specific officiating course, www.NFHSLearn.com now offers 49 online education courses. The NFHS plans to offer four additional sport-specific officiating courses for the 2017-18 school year.

Inside Those Gym Walls

Inside those gym walls

Inside those gym walls, there is confidence

That if bottled could sell for millions

There's no question of "if" or "maybe" or "not sure"

But it's "when" and "of course" and "I know"

Smiles come easy in the basketball hours

With emotions swelling high from within

Shared enthusiasm tugs at hearts and showcases hope

Waiting on moments of perseverance and glimmers of
brilliance

Inside those gym walls, there is dedication to carry on

Scrapping and digging for each and every achievement

Knowing that a miss is not a fail but a reminder

Those accomplishments aren't always easy

Without a try, there can be no success

And one shot is simply not enough

Expectations of triumph weigh on all shoulders

But pride and determination are strong enough to hold it all

Inside those gym walls, there are lessons

Lessons that can't be taught – but are learned

Tenacity, willpower, and bravery

Endurance, strength, and resolve

Recklessness, courage, and happiness

Sportsmanship, integrity, and honor

All exist inside those gym walls

~ Kathleen "Kit" Potelle

Marching Bands: Keeping Them Healthy and Safe

With the weather getting warmer, it is important to remember that high school marching bands will be practicing in the same environments as many other interscholastic activities. These marching band members are just as susceptible to the effects of heat illness as those participating in interscholastic athletics.

Marching bands typically spend hours in hot and humid conditions, rehearsing for pre-game, half-time performances and contests. Additionally, quick changes in weather conditions present threatening situations that affect all fall athletes. This may require band members to seek immediate shelter. School administrators and band directors must plan ahead, in collaboration with their athletic trainer or athletic department, in order to provide the safest environment and strategies for their students.

It is imperative that administrators and band directors develop and practice an Emergency Action Plan (EAP) specifically designed to address the marching band including the spaces in which they practice and rehearse. The EAP should address issues related to heat illness, sudden cardiac arrest, asthma, as well as lightning and thunder.

The personnel and equipment needed to deal with these emergency situations should be designated within the EAP. The location of the nearest AED, as well as who will retrieve it and who will be performing CPR should be clearly noted within the EAP. Equally important is who is to be designated to initiate the call to activate Emergency Medical Services (EMS). All faculty and staff associated with the marching band should be trained and certified in CPR and AED use. Band directors should be aware of any pre-existing health conditions that may affect individual band members.

Dealing with the heat is a major concern for band members. Band directors should provide for a slow and progressive period of acclimatization prior to the marching season. Once band camp begins, members should acclimatize by working outside for short then progressively longer periods of time during the first couple of weeks.

Students should be encouraged to wear light-colored, loose-fitting clothing. An area of shade should be available for rest periods with accessibility to water. Easy access to air conditioning as well as a cold immersion tank should be available in the event of a heat emergency. Band members should be taught the signs and symptoms of heat illness. They should be encouraged if not required to “speak up” when starting to feel the effects of exposure to the sun and heat. Band staff as well as parent volunteers should be educated as to the signs and symptoms of heat illness and the appropriate response to these situations.

Hydration is a key component even with marching bands. Hydration begins before band members arrive for practice and

continues during and after, using thirst as their guide. Unlimited supplies of water and sports drinks should be available during practices, dedicated for use by band members as opposed to relying on the ability to share with athletic teams.

It is common for high school students to skip breakfast prior to an early morning practice. Whether they are band members or athletes, they should be encouraged not to skip meals. Meals consisting of fresh fruits and vegetables, whole grains, and proteins should be consumed in order to fuel these musical athletes. If budgets allow, having fruits, vegetables, granola and protein bars available during rehearsal and practice breaks provide nutritious snacks for the students. Band members should be discouraged from using energy drinks, most of which contain high quantities of caffeine.

It is important that band directors and their staff are aware of thunder and lightning guidelines in the event of threatening weather. Many schools have a lightning detection system. Without hesitation, band members should seek shelter in appropriate safe areas when thunder or lightning is detected in the area. If the weather appears threatening, a staff member should be assigned to monitor the approaching conditions. If thunder is heard or lightning is observed, shelter should be sought immediately. The band director and supervisors should be well acquainted with the nearest areas of safe shelter for their students.

More information can be found on “Lightning and Thunder Safety” in the NFHS Sports Medicine Handbook which is sent to high schools throughout the country.

Since band members spend many hours in the sun, they should be encouraged to wear sunscreen, sunglasses and wide-brim hats in order to protect themselves from long periods of exposure to the sun. Band directors should inspect their practice areas inside and outside. Holes, debris or uneven ground on practice fields should be brought to the attention of the administration in order to reduce the risk of accidents, which may include sprains, strains and fractures. A first-aid kit should accompany the band to all practices, performances and contests. The school’s athletic trainer can be an excellent resource not only for equipping the first-aid kit, but recommendations on hydration, nutrition, conditioning and acclimatization as well.

Marching bands are an important component of the school community. As with interscholastic athletics, marching bands are seen as an extension of the classroom. Band members deserve the same concerns for their safety and well-being as all those participating in interscholastic athletic activities. The NFHS and the National Athletic Trainers’ Association have many helpful publications and guidelines that can assist administrators and band directors in their planning for the upcoming school year.

2017 Unified Championships / Good Sportsmanship Winners



Champion - Lisbon High School



Runner-up - Bucksport High School



*North Good Sportsmanship Winner
Hermon High School*



*South Good Sportsmanship Winner
Leavitt Area High School*