

Interscholastic

ChalkTalk



MPA Hall of Excellence

Nominations are now being accepted for the 2017 class of inductees into the *MPA Hall of Excellence*. If you have had a student, an athlete, a coach, or an administrator that has had a significant impact on high school activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

Click [HERE](#) to access the *MPA Hall of Excellence* materials.

8th Annual Larry LaBrie Award

The MPA is calling for nominations for this prestigious award. The deadline is December 16, 2016. Last year's recipients were Don Atkinson, Portland; Ernie Clark, Bangor Daily News; and Chris Sementelli, MaineGeneral Sports Medicine, Augusta.

Please contact Dick Durost for further information. Click [HERE](#) for the nomination form.

Notes and Updates

Eighth Graders and High School Practices—Schools are reminded that eighth graders are not permitted to practice with high school teams. This is true for the individual sports (wrestling, indoor track, etc.) as well as team sports (basketball, ice hockey, etc.). The only exception to this policy is for schools with fewer than 60 boys or 60 girls. In these schools, eighth graders may practice and play with the high school team in the team sports of field hockey, football, soccer, volleyball, basketball, ice hockey, baseball, softball, and lacrosse. Under no circumstances may eighth graders practice or compete on high school cross country, golf, skiing, swimming, wrestling, tennis, or indoor or outdoor track teams.

Individuals Competing with a Cooperative Team—Schools are reminded that a minimal number of individuals may compete along side another school in the sports of skiing, swimming, indoor track, and wrestling. Principals of both the participating schools must approve the arrangement by filing the Cooperative Individual Form with the Maine Principals' Association's executive director before the start of the winter season on December 9, 2016. The school where the individual is enrolled (sending school) is responsible for registering the athlete's eligibility on the appropriate online form. The sending school is also responsible for putting the receiving school's coach on its coaches' eligibility list. The sending school is not required to submit a schedule.

The school receiving the individual on its team is responsible for filing the team's schedule. Individuals must practice and attend meets with their cooperative teams.

Ice Hockey—Ice hockey schools hosting a varsity contest must have the athletic director, administrator, or designee attend all home ice hockey games. The school's representative must notify the arena management and officials who the school's representative is prior to the contest.

Transfer Waivers—Schools are reminded that a transfer waiver is required for all students who transfer into a school without a corresponding change of address for both the student and parent. This includes students on

MPA Salutes Fall Champions

Class	Champion	Runner-up	Class	Champion	Runner-up
Cross Country			B	1. Eric Dugas, MCI	
A Boys	Falmouth	Deering		2. Tyler Worcester, Fryeburg	
A Girls	Bonny Eagle	Falmouth	C	1. Logan Thompson,	
B Boys	Greely	Wells		Mattanawcook	
B Girls	Greely	Yarmouth		2. Mitchell Tarrio, Kents Hill	
C Boys	Orono	Waldorf	Individual Schoolgirl		
C Girls	George Stevens	Orono		1. Bailey Plourde, Lincoln	
Field Hockey				1. Erin Holmes, Greely	
A	Skowhegan	Massabesic		2. Jordan Laplume, Thornton	
B	York	Belfast	Soccer		
C	Oak Hill	MCI	A Boys	Bangor	Gorham
Football			A Girls	Camden Hills	Gorham
A	Bonny Eagle	Portland	B Boys	Yarmouth	Winslow
B	Brunswick	Kennebunk	B Girls	Yarmouth	Waterville
C	Wells	MDI	C Boys	Washington	Monmouth
D	MCI	Lisbon	C Girls	Orono	Waynflete
Golf (Team)			D Boys	Bangor Christian	Greenville
A	Gorham	Mt. Ararat	D Girls	Ashland	Richmond
B	Erskine	Cape Elizabeth	Girls' Volleyball		
C	Mattanawcook	St. Dominic	A	Greely	Scarborough
Individual Schoolboy			B	Calais	Washington
A	1. Cole Anderson, Camden				
	2. Lucas Roop, Gorham				

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Volleyball - Official's Platform Clarification

The NFHS staff has received numerous inquiries regarding a "rule change" that is to require all official's platforms to be adjustable as needed between matches. I have responded individually to these inquiries but wanted to be certain you were up to speed both from an informational standpoint as well as should this question be presented to you for a response.

The current NFHS Volleyball rules do not require an equipment change to mandate that the official's platform be adjustable. Likewise, no rule proposal has been submitted to the Volleyball Rules

Committee to consider at the upcoming January meeting. The rule remains the same as it has been for numerous years.

"3-1-6: A safe, stable platform, which elevates the first referee's head to between 2 and 3 feet above the top of the net, is required. It is recommended the top of the platform be at least 18 inches long by 12 inches wide, and that steps up to the platform be provided."

Certainly, if an equipment manufacturer develops an easily adjustable platform that is secure and can be changed with efficiency between matches, the rules permit.

Indoor Track Championships

The Class B Indoor Track Championships will be held at Bates College on Saturday, February 18 beginning at 12:00 p.m.

The Class A Indoor Track Championships will be held at the University of Southern Maine on Monday, February 20 and will also begin at 12:00 p.m.

Cheer Music

A reminder to all cheer schools that prior to the regional championships the "Copyright Release Form" MUST be submitted to the MPA office.

Please click [HERE](#) for a copy of the form.

National A.D.'s Conference

Gaylord Opryland Resort and Convention Center in Nashville, Tennessee on December 9-14, 2016 will be the site of the 47th National Athletic Directors Conference.

The National Athletic Directors Conference, sponsored by the National Federation of State High School Associations (NFHS) and the National Interscholastic Athletic Administrators Association (NIAAA), is the single premier conference that provides an outstanding educational in-service program for athletic administrators. This first class conference features professional speakers and an exhibit show with more than 200 exhibitors, as well as authoritative athletic administrators who willingly share their experience and expertise on a variety of topics. Leadership training courses are also offered.

For more information visit:

<http://www.niaaa.org/about-the-niaaa/niaaa-conference/>

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

superintendents' agreements and those placed when the Commissioner of Education overruled the superintendents' denial.

Updating Bulletins—Athletic administrators and coaches should be aware that athletic bulletins may be updated right up to the championships of each sport season. Therefore, to make sure that you have the latest version, please download the bulletins immediately before the appropriate season and again prior to the championship.



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2017 MPA Winter Championships

Sport	Regional Date	North Location	South Location	State Date	Location
Cheering	01/28/17	Bangor Cross Center Class B-C ~~~~~ Class D - North and South	Augusta Civic Center Class B - C Class A - North and South	02/11/17	Augusta Civic Center
Girls' Ice Hockey	02/15/17	Androscoggin Bank Colisee	Androscoggin Bank Colisee	02/18/17	Androscoggin Bank Colisee
Basketball	02/15/17- 2/25/17	Augusta Civic Center Class AA and A ~~~~~ Cross Insurance Center, Bangor Classes B, C, and D	Portland Expo and Cross Insurance Arena, Portland Classes AA, A, and B ~~~~~ Augusta Civic Center Classes C and D	03/04/17 03/03/17 (B) 03/04/17 (A and AA)	Cross Insurance Center, Bangor Classes C and D ~~~~~ Augusta Civic Center Classes A, B and AA
Swim	N/A	N/A	N/A	02/18/17 02/20/17	University of Maine Class B - Boys ~~~~~ University of Maine Class B - Girls
Swim	N/A	N/A	N/A	02/20/17 02/21/17	Bowdoin College Class A - Boys ~~~~~ Bowdoin College Class A - Girls
Ski	N/A	N/A	N/A	Alpine - 2/21-22, 2017 ~~~~~ Nordic - 2/23-24, 2017 ~~~~~	Class A Alpine— Mt. Abram ~~~~~ Class B Alpine— Black Mountain ~~~~~ Class A and C Nordic— Quarry Road ~~~~~ Class B Nordic— Sugarloaf
Wrestling	02/11/17	Class AN - Nokimis ~~~~~ Class BN - Caribous	Class AS - Marshwood ~~~~~ Class BS - Wells	02/18/17	Class A - Camden Class B - Bucksport
Indoor Track	N/A	N/A	N/A	02/18/17 02/20/17	Class B - Bates College ~~~~~ Class A - USM
Boys' Ice Hockey	03/07/17	Class BN - University of Maine	Class A North and Class A South - Androscoggin Bank Colisee		
Boys' Ice Hockey	03/08/17	N/A	Class B - Androscoggin Bank Colisee	03/11/17	Class A and B - Androscoggin Bank Colisee

Fan Behavior in the Bleachers

Student sections in the bleachers where everyone stands during an entire game can become an issue unless schools carefully plan ahead of time. Often high school students will remain standing during an entire game causing difficulty because they are often blocking the view of other

fans who wish to remain seated unless responding to an exceptional play on the court or field.

Another issue, which game supervisors must deal with, is the proclivity of students

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Postponement or Rescheduling of Athletic Contests

It is inevitable that during a season one will have to cancel or postpone an event. **Communication and Advanced Planning** are the greatest assets for facilitating change. Each school / league should have a pre developed checklist for administering reschedules.

Cancellations / Postponements could be caused by:

- Weather conditions (facilities or travel conditions)
- School functions requiring a change
- Any safety concerns
- Local, state or national crisis
- A death involving personnel associated with the team and or school
- An epidemic
- Spread of communicable disease impacting individuals

The Maine Principals' Association policy states "Schools will utilize the next mutually available date for the purposes of making up the postponement."

School administrators should consider the following before rescheduling:

- Make decisions in a timely manner
- Contact opponents to understand all possible conflicts / adjustments necessary before rescheduling.
- Communicate with facilities management and transportation departments.
- Check with assignor for official availability.
- Have a postponement / cancellation checklist that includes the following:

(Timers, scorers, ticket takers, game management, security, boosters, etc...)

- Use of technology a must (e-mail, website, electronic messages)

MPA Tournament Events:

- All MPA Tournament events are listed in the sport specific MPA Bulletins. Each bulletin will describe the policy / procedures for rescheduling if necessary. (On line – mpa.cc)
- Call committee Chair.
- Call assignor if necessary.

Possible Solutions

- Change times (earlier / later)
- Change sites (Home / Away / Neutral)
- Head Coach can't be present (use assistant coaches or appoint a person)
- Know area facilities (turf fields, lights)
- Consider indoors if applicable - Tennis
- In sports where you can – play double headers
- Eliminate sub-varsity to get varsity contests in
- Utilize sub-varsity players to complete a varsity roster for a contest
- Consult colleagues
- Always schedule within the next 24 hours!
- In an event (wrestling) that may have a dual, tri quad or greater number of schools competing, know that one can not add schools at the last minute due to the change.

2016-2017 Unified Basketball

SOUTHEAST

Bonny Eagle	Sacopec Valley
Cape Elizabeth	Thornton
Deering/Portland	Wells
Fryeburg	Westbrook
Kennebunk	Windham
Marshwood/Noble	York
Massabesic	

NORTHEAST

Brewer	Hampden
Bucksport	Hermon
Dexter	MDI
Ellsworth	Nokomis
Foxcroft	Orono

SOUTHWEST

Brunswick	Lisbon
Edward Little	Lewiston
Freeport	Oak Hill
Gray-New Gloucester	Oxford Hills
Greely	Poland
Leavitt	Yarmouth

NORTHWEST

Boothbay	Mt. View
Carrabec	Oceanside
Cony	Skowhegan
Hall Dale	Waterville
Messalonskee	Winslow
Mt. Blue	Winthrop

Ski Sites

The following sites have been confirmed for the 2017 Ski Championships:

Class "A" Alpine, February 21-22, Mt. Abram and Class "B" Alpine, February 21-22, Black Mountain.

Classes "A" and "C" Nordic, February 23-24, Quarry Road, Class "B" Nordic, February 23-24, Sugarloaf Outdoor Center.

Risk Minimization Addressed in High School Boys Lacrosse Rules Changes

In an effort to minimize the risk of injury, the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Committee recommended six rules changes, including only allowing the goalkeeper to be located in the crease.

All 2017 boys lacrosse rules changes recommended by the committee at its July 18-20, 2016 meeting in Indianapolis were subsequently approved by the NFHS Board of Directors.

With the addition of Article 4 to Rule 4-18, no defensive player, other than a properly equipped goalkeeper, can enter his own crease with the intent of blocking a shot or acting as a goalkeeper. If another defensive player enters the crease, officials will stop play as soon as they notice the situation; however, if a shot is already in flight when this is noticed, the shot will be allowed to come to its normal conclusion before the whistle blows to stop the play.

In another change directed at risk minimization, the failure of a player to wear the required mouthpiece now will be a technical foul (30-second penalty or change of possession) rather than a non-releasable foul.

"The hope with this rule change is better enforcement of proper mouthpiece usage, and to reduce the risk of injury," said James Weaver, NFHS director of performing arts and sports and staff liaison for boys lacrosse.

The rules committee also made a change in Rule 6-10-3 regarding play in the last two minutes of a contest. Stalling rules now are in effect in the last two minutes only if the score differential is four goals or less.

Weaver said the previous "automatic stall warning" in the last two minutes created a dangerous situation in that a team that was essentially out of the game was given more opportunity to "punish" the team that was ahead since that team was forced to "keep it in."

Since ground anchors are not typically used on grass fields, the committee altered Rule 1-3-2a to allow, but not require, the use of ground anchors if a flat-iron goal is used on a grass field.

Rule 4-3-3 previously called for tape to be applied to the handle of the crosse for any player taking a faceoff. With new handle materials now available that are more durable than tape, the committee revised the rule to allow for use of new materials.

The final rules change addresses faceoffs. Previously, if a player or team committed a foul before or during any faceoff, the ball was awarded to the offended team in its offensive side of the field at the center. The rules committee removed "or during" from Rule 4-3-1 (Exception 2) in order to be consistent with Rule 4-4-2, which calls for a restart from "the spot where the ball was when play was suspended."

A complete listing of the boys lacrosse rules changes will be available later this week on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Lacrosse-Boys."

According to the 2015-16 NFHS High School Athletics Participation Survey, there are 109,522 boys participating in lacrosse in 2,752 high schools across the country.

MPA Approves Baseball Pitch Count Rule

At the November 17, 2016 Interscholastic Business Meeting, the following "Pitch Count" proposal was unanimously approved.

Varsity Pitchers—Maximum pitches one day – 110:

- 1-20 pitches – 0 days rest
- 21-39 pitches – 1 day rest
- 40-65 pitches – 2 days rest
- 66-95 pitches – 3 days rest
- 96-110 pitches – 4 days rest

Sub-varsity Pitchers—Maximum pitches one day – 90:

- 1-15 pitches – 0 days rest
- 16-35 pitches – 1 day rest
- 36-55 pitches – 2 days rest
- 56-74 pitches – 3 days rest
- 75-90 pitches – 4 days rest

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Fan Behavior in the Bleachers . . . (Continued from Page 4)

to storm the court or field after a big win, whether it is in a regular season or a tournament game. It is crucial that administrators have a plan to deal with the consequences of such fan behavior.

School administrators may want to consider assigning student fans to a particular section of the bleachers where, if they choose to stand, they won't interfere with other (usually older) fans who wish to sit. In addition, guidelines concerning fan behavior should be developed and publicized so that all fans know what the expectations are. The expectations should be posted in the admissions area and on the walls of the gym by the bleachers and publicized by the public address announcer periodically during the game. In addition to ensuring that fans stay off from the floor or field after the game, administrators should have adequate security so that difficult situations may be handled professionally.

Softball Rules Changes Focus on Uniforms, Equipment

The National Federation of State High School Associations (NFHS) Softball Rules Committee approved four additions to Rule 3 regarding uniforms, equipment and substitutions at its June 13-15 meeting in Indianapolis. These changes approved by the committee, along with one in Rule 1, were subsequently approved by the NFHS Board of Directors.

Rule 3-2-15 states that all equipment shall be inspected by the umpire, and is to be placed outside the dugout/bench prior to the start of the game. The rules committee agreed that placing all equipment in one location at one time is a more efficient method to conduct this inspection.

"The committee believes that expediting the inspection of all equipment will make the process more efficient and done in a timely fashion," said Sandy Searcy, NFHS director of sports and staff liaison for softball.

In Rule 3-2-1, the committee added inclement weather as an exception to the uniform rule for state associations.

The Softball Rules Committee also approved new language to Rule 3-2-7 to reinforce the solid color undergarments

requirements.

"We felt it was important to standardize the colors of the undergarments not only to reinforce the solid color requirements similar to other NFHS sport rules, but also because it can be a distraction and create a possible safety concern," Searcy said.

In Rule 3-6-7, which states that players and substitutes shall not enter the contest unreported, the penalty was revised to state that the head coach is restricted to the dugout/bench for the remainder of the game only for a second violation.

The committee also revised Rule 1-5-2c by eliminating the description of the taper's surface. This change brings the NFHS in line with other rules codes concerning the surface of the taper.

A complete listing of the softball rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Softball."

According to the 2015-16 NFHS High School Athletics Participation Survey, there are 364,103 girls participating in fast-pitch softball at 15,115 schools.

What Image Does Your P.A. Announcer Project?

"A P.A. announcer is not a cheerleader, or a circuit barker, or a hometown screecher. He's a reporter."

—Bob Sheppard, Stadium Announcer, New York Yankees, 1951-2007

All too often in high school gyms across the country we are hearing what Bob Sheppard described as "a cheerleader, or a circus barker, or a hometown screecher." Over the years it seems that the "call of the game" has taken on the role of glorifying the home team while ignoring or minimizing the effort of the away team. It seems that many announcers are attempting to call the attention to themselves rather than to the game being played on the court.

Rather than being "public address" announcers it is important for those in-

dividuals to recognize that they are part of the game's crew of officials, just like the play-clock operators and the official scorer. The focus should be on presenting the game in a positive, sportsmanlike manner, treating both teams with equal respect, reporting the facts of the game in an even-handed professional manner.

Athletics at the high school level is about sportsmanship, values, and respect and it is the job of the announcer to enhance the experience not entice or incite the crowd.

MPA Approves Baseball Pitch Count Rule . . . (Continued from Page 5)

Recommendations for Middle Level Pitchers—Maximum pitches one day—85

- 1-15 pitches – 0 days rest
- 16-30 pitches – 1 day rest
- 31-50 pitches – 2 days rest
- 51-70 pitches – 3 days rest
- 71-85 pitches – 4 days rest

- The Pitch Count is based on the number of pitches thrown in a game. This includes balls, strikes, foul balls, and outs. A pitch thrown with a balk is called and shall not count as a pitch.
- If a pitcher reaches the pitch count limit at any point while facing a batter, the pitcher may continue to pitch until 1) the batter reaches base; 2) the batter is put out; or 3) the third out is made to complete the inning.
- Each team must maintain a pitch count for their team, as well as a count for the opponent. Pitch counts will be confirmed after each half-inning. If there is a discrepancy it shall be reported to the umpire. The records of the home team shall be used as the official record. At the varsity level it is recommended that the person keeping the pitch count be an adult.
- At the conclusion of the game each head coach will sign the MPA Pitching Chart Form. Each school must retain a copy of the Pitch Chart Form and make it available to the MPA upon request. Violation of the Pitch Count Rule shall constitute the use of an ineligible player and will result in forfeiture of the game.
- It is recommended that an athlete avoid playing catcher while not pitching.
- Doubleheader Rule:
 - * A pitcher must follow the pitch count rule that is in effect for that day, allowing them to throw up to 110 pitches total between the games.
 - * Coaches must be aware that when there is significant time between pitching assignments (weather delay, multiple games in a day, etc.) that a pitcher returning to the mound must have sufficient warm-up and that they must be aware of arm fatigue.

Addressing Mental-Health Issues in Student-Athletes

By Justin McCoy, February 08, 2016

Through countless surveys over many years, it has been proven that participation in high school activity programs improves the classroom performance of high school students. Recently, researchers have started to look at how participation in these programs – particularly participation in sports – affects mental health.

There are multiple studies suggesting that sports participation improves overall mental health by reducing depression and suicidal thoughts. Another area that has received significant attention lately has been the focus of single-sport, year-round athletic participation and the associated burnout. These two areas have significant overlap, particularly in the high school setting.

It is important to recognize that depression is a real illness and can affect athletes in the same way it does non-athletes. Studies show a decrease in the rate of depression in student-athletes as compared to non-athletes. However, a meta-analysis of these studies shows no significant difference in the rates of suicide attempts between athletes and non-athletes. This raises the question of why would the risk of depression fall in student-athletes, but not the suicide risk. The study's authors suggested that this relatively higher risk of suicide in athletes is more related to acute, sudden events or changes that are specific to an athlete (i.e., failing to make a team or get a starting spot, or perceived rejection by a coach) than to depression.

Another finding is that male athletes who are "highly involved" in sports, are up to five times more successful in completing a suicide attempt than non-athletes or less involved athlete peers. While any mention of suicidal ideation in this age group deserves aggressive intervention, possessing this knowledge compels teachers, school counselors, coaches and others involved with this sub-group of male student-athletes to immediately take action if there is even a hint of suicide ideation.

In 2014, the American Medical Society for Sports Medicine published a position

statement entitled "Overuse Injuries and Burnout in Youth Sports." This report outlined the disadvantages of participating in sports year-round and identified different signs of burnout, many of which are very similar to the signs and symptoms of depression. One of the key challenges in treating burnout is getting parents and coaches to accept the idea that sometimes "less is more" when it comes to sports participation.

Involvement in sports can have a very positive effect on the mental health of high school students. Unfortunately, depression and risk of suicide still exist in this group of student-athletes, and, therefore, it is important to act when someone appears to be struggling. Do not think that just because a student is an athlete that he or she is immune to mental health issues? Take a stand, step in and be the difference in a student's life.

Quick Facts:

- 1) Student-athletes can and do get depressed, although at a lower rate as compared to non-athletes.
- 2) Due to sudden or unexpected changes (not making the team, etc.), student-athletes are just as likely to attempt suicide and up to five times as likely to succeed at committing suicide as their non-athlete peers.
- 3) Burnout can play a considerable role in the mental health of a student-athlete and should be considered and understood by both parents and coaches.
- 4) Training should be provided to non-healthcare professionals to help them become aware of how to identify depression and how to get mental health providers involved as soon as possible.

Sources:

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2563797/>
- http://www.amssm.org/Content/pdf%20files/2014_OverUse_Injuries-Burnout.pdf
- [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(96\)91616-5/abstract?cc=y=](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(96)91616-5/abstract?cc=y=)

Coaches vs. Cancer Games

The start of the winter sports is right around the corner, so please consider hosting a "Coaches vs. Cancer" game this season. The American Cancer Society is a community based, volunteer driven health organization and we rely heavily on folks in the community like yourselves to help us deliver on our mission of preventing cancer and saving lives! Funds raised through the "Coaches vs. Cancer" program not only support the life-saving cancer research but they also fund local services in our community like *Road to Recover* which offers free rides to treatment to folks who cannot transport themselves and our *Hope Lodge* which provides free housing when extensive travel is required in order to receive the best possible cancer treatment.

Hosting a "Coaches vs. Cancer" game is very easy to do. Brian Casalinova, Community Manager, Special Events, American Cancer Society will support your efforts with ideas, supplies and posters to help you promote your event. He will walk you through the entire process and can also work directly with a volunteer or team parent on the coordination of the game so participation will not create additional work for you or your coaches. The "Coaches vs. Cancer" program is a great way to teach your student athletes the importance of community and is also great experience to put on a resume or college applications. Give Brian Casalinova a call at 373-3718 or email him at brian.casalinova@cancer.org to schedule your "Coaches vs. Cancer" game this winter. Brian looks forward to working with you and your coaches this coming season and thanks you in advance for your support!

Fall 2016 Sportsmanship Banners

Golf

AN—Nokomis Regional High School
AS—South Portland High School
BN—Ellsworth High School
BS—Fryeburg Academy
CN—Greenville Consolidated School
CS—Telstar Regional High School

Volleyball

A—Yarmouth High School
B—Sumner Memorial High School

Cross Country (Boys)

AN—Mt. Blue High School
AS—Windham High School
BN—Caribou High School / Medomak Valley High School
BS—York High School
CN—Orono High School
CS—Boothbay Region High School

Cross Country (Girls)

AN—Mt. Blue High School
AS—Marshwood High School
BN—Medomak Valley High School
BS—York High School
CN—Orono High School
CS—Hall-Dale Middle/High School

Field Hockey

AN—Lewiston High School
AS—Scarborough High School
BN—Hermon High School
BS—Poland Regional High School
CN—Mount View High School
CS—Telstar Regional High School

Football

AN—Bangor High School
AS—Massabesic High School
BN—Mt. Blue High School
BS—Biddeford High School
CN—Mount Desert Island High School
CS—Fryeburg Academy
DN—Dexter Regional High School / Ellsworth High School / Sumner Memorial High School
DS—Medomak Valley High School

Soccer (Boys)

AN—Skowhegan Area High School
AS—Westbrook High School
BN—Foxcroft Academy
BS—Poland Region High School
CN—Dexter Regional High School
CS—Dirigo High School
DN—Easton Junior/Senior High School
DS—Temple Academy

Soccer (Girls)

AN—Skowhegan High School
AS—The Maine Girls' Academy
BN—Medomak Valley High School
BS—Wells High School
CN—George Stevens Academy
CS—Waynflete School
DN—Van Buren District Secondary School
DS—Highview Christian Academy

Volleyball Sportsmanship Winners



Volleyball - Class B ~ Sumner Memorial High School



Volleyball - Class A ~ Yarmouth High School





Class AS ~ Westbrook High School

**Soccer
Sportsmanship
Winners**



Class BN ~ Foxcroft Academy



Class DN ~ Easton Junior/Senior High School



Class BS ~ Poland Regional High School



Class AN ~ Skowhegan Area High School

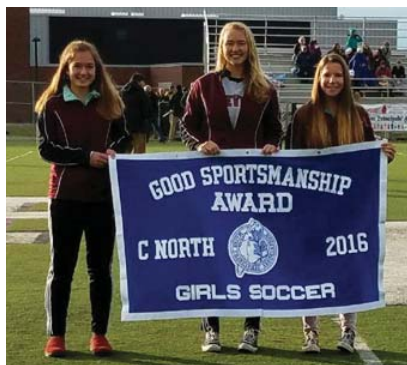


Class DS ~ Temple Academy



Class AS ~ The Maine Girls' Academy

**Soccer
Sportsmanship
Winners
Continued**



Class CN ~ George Stevens Academy



Class DN ~ Van Buren District Secondary School



Class BS ~ Wells High School

Class CS ~ Waynelete School



Class DS ~ Highview Christian Academy

2016 Fall Sportsmanship Banner Winners—Cross Country



Class BN ~ Caribou High School



Class BN ~ Medomak Valley High School



Class BS ~ York High School



Class CN ~ Orono High School



Class AN ~ Mt. Blue High School



Class BN ~ Medomak Valley High School



Class CN ~ Orono High School



Class BS ~ York High School



2016 Fall Sportsmanship Banner Winners—Football



Class AN ~ Bangor High School



Class BS ~ Biddeford High School



Class AS ~ Massabesic High School



Class CN ~ Mount Desert Island High School



Class CS ~ Fryeburg Academy



Class BN ~ Mt. Blue High School

2016 Fall Sportsmanship Banner Winners



Class DN ~ Dexter Regional High School, Ellsworth High School, and Sumner Memorial High School

Football



Class DS ~ Medomak Valley High School



Class AN ~ Lewiston High School



Class AS ~ Scarborough High School

2016 Fall Sportsmanship Banner Winners Field Hockey Continued . . .



Class BS ~ Poland Regional High School



Class BN ~ Hermon High School



Class CN ~ Mount View High School