

Interscholastic



Eligibility Committee

The next and final meeting for the Eligibility Committee will be on Monday, March 13, 2017. Any school wishing to request a waiver for a student for spring sports should call Patty Newman at the MPA immediately to schedule a hearing on that date.

Cooperative Individuals Participating At Regional/State Championships

Schools with athletes participating as cooperative individuals (sending schools) at other schools (receiving schools) that compete in different classes are asked to verify where their athletes will be competing at the upcoming regional and state championships. This information may be found on the bottom portion of the Cooperative Individual Agreement that was submitted to the MPA office prior to the start of the season.

If an athlete from the sending school is competing at the same venue as that of the receiving school, then the coach from that school may serve as the athlete's coach at the championship. If the athlete is competing at a different venue, the sending school is reminded that the athlete must be accompanied by an eligible coach at the regional or state championship. If a school has a question about where an athlete is competing, contact the MPA office.

Recognition Counts

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 March 1, 2017. 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

Cooperative Team Policy — Schools with **individual students** wishing to participate as individuals with another school in the spring sports of tennis and outdoor track must apply on a form that can be found by clicking [HERE](#) and must be filed prior to the first countable contest (April 13, 2017). Participation is defined as attending practices and contests with the school team. Schools with **cooperative teams** in sports such as football and ice hockey are reminded that these teams are approved for no more than a two-year period. Schools may reapply for the continuation of the cooperative team. Schools wishing to start **cooperative teams** must apply six months in advance of the starting date of the applicable sport season. **The deadline for applying for a cooperative team in the fall is March 5, 2017.** Regulations for cooperative individuals or cooperative teams may be found on page 27 of the MPA handbook.

Team Benches — As tournament time arrives for winter sports, schools are reminded that there are restrictions as to who can sit on team benches or, in the case of wrestling, swimming, skiing, and indoor track, who can be in the areas restricted to teams. Only certified coaches who are on a school's certified coaching list may be on the bench or in the team area. In addition, managers or other non-playing student personnel must be high school students.

Middle School/High School Competition — A reminder to schools (with the exception of those with 60 or fewer students per gender) that middle school students are not allowed to practice with or compete against high school teams. This would include freshman and JV teams. A school may request a waiver in order to fill a sub-varsity schedule and to schedule a game with the middle school within the district.

Performing Arts Students Develop Skills Needed for Life and Work

By Treva Dayton on December 21, 2015

Participation in education-based high school activities helps students develop important life skills such as dedication, perseverance, commitment, teamwork, and a sense of fair play. Performing arts activities provide students opportunities to develop skills needed to be successful both in life and at work. Music, theatre, and speech and debate activities are ideal for developing what has been called the Four Cs of 21st century skills—critical thinking, communication, collaboration, and creativity.

The National Association of Colleges and Employers (NACE), a non-profit group that links college career placement offices with employers, conducted a survey in 2014 asking hiring managers to prioritize skills they consider important when recruiting new employees. Those at the top of their list included leadership, along with the ability to work in a team structure, to make decisions and solve problems, to communicate effectively with people inside and outside the organization, and to plan, organize, and prioritize work.

Being a team player in a performing arts group means students must accept different roles for different situations. At times, a student may be a cheerleader to help and encourage those who are frustrated and struggling to master their part. It could

require mentoring of new members who are learning the culture of the group. Sometimes it means becoming a peacemaker when tensions flare between members. And other times it means stepping up and becoming a leader, even if they have not been given that title. Group projects do not end with high school, and the ability to work with diverse people in a variety of circumstances is a skill that will serve these students well.

It is not surprising, of course, that students in performing arts become better communicators, but not just from the self-confidence and fluency they gain through performance or public speaking. Successful performers are good listeners as well. They don't just hear, but learn to listen to nuances, to silences, to choice of words as part of the message. Effective communication is a two-way process, and learning to truly listen is essential.

Franklin D. Roosevelt once said, "We cannot always build the future for our youth, but we can build our youth for the future." Offering opportunities for students to participate in performing arts activities is an excellent way to do so.

Sportsmanship Awards

One of the mandates that the Maine Principals' Association's Sportsmanship Committee received when it was formed five years ago was to find ways to improve sportsmanship in MPA sponsored activities. It seems that incidents of poor sportsmanship have increased nationwide and that these incidents get a lot of publicity in the local and national press. In order to combat this trend, the Sportsmanship Committee sponsors sportsmanship awards for Maine students. The awards will honor up to four students, or groups of students, for an outstanding display of sportsmanship during the 2016-17 school year and will be awarded in June to the winners. MPA member schools may nominate their own student(s) or a student(s) of any opponent. The deadline for nominations is May 9, 2017. The award's criteria and a nomination form may be found at www.mpa.cc/id_sportsmanshipaward.html. The Sportsmanship Committee will choose the winners from among the nominees in late May, and the awards will be made by a member of the Sportsmanship Committee at the spring banquet or class day ceremonies at the winner's school. Member schools are encouraged to help the MPA improve the level of sportsmanship throughout the state by nominating worthy students. Questions concerning this program may be directed to Gerry Durgin at the MPA office (622-0217, Ext 41).

Coaches— Recruit Officials!

Coaches are encouraged to recommend former players to consider becoming basketball officials. While a select few may have an opportunity for advanced play, MOST high school players do not continue BUT remain keenly interested in the game. With an increasing shortage of competent and conscientious officials anticipated, the assistance of coaches in identifying and encouraging personable, knowledgeable, and competitive individuals to "get involved" would be helpful.

—KSHSAA Activities Association
October 2016, p. 12



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NEW ENGLAND HIGH SCHOOL TOURNAMENTS SITES AND DATES FOR 2017

EVENT	DATE	SITE
INDOOR TRACK Directors: RICHARD KATES & MIKE MEAGHER	SAT. MAR. 4, 2017 10:30 AM	REGGIE LEWIS CENTER 1350 Tremont Street Roxbury Crossing, MA 02120
WRESTLING Director: RICHARD MAGARIAN	FRI. MAR. 3, 2017 SAT. MAR. 4, 2017 5:00 PM & 9:00 AM	PROVIDENCE CAREER AND TECHNICAL ACADEMY 41 Fricker Street Providence, RI 02903
DANCE Director: KATHY SWILLINGER	SAT. MAR. 4, 2017 12:00 PM	ENFIELD HIGH SCHOOL 1264 Enfield Street Enfield, CT 06082
GYMNASTICS Director: KASEY & ROBIN FILLMORE	SAT. MAR. 11, 2017 10:00 AM	WOODSTOCK ACADEMY 57 Academy Road Woodstock, CT 06281
SPIRIT Director: DEBORA VALENTE	SAT. MAR. 18, 2017 10:30 AM	PROVIDENCE CAREER AND TECHNICAL ACADEMY 41 Fricker Street Providence, RI 02903
OUTDOOR TRACK Director: FRANK MOONEY	SAT. JUNE 10, 2017 10:00 AM	NORWELL HIGH SCHOOL 18 South Street Norwell, MA 02061
GOLF Director: BOB MORSE	WED. JUNE 21, 2017 8 AM (TUES. JUNE 20, 2017 PRACTICE ROUNDS)	BRETWOOD GOLF COURSE 365 East Surry Road Keene, NH 03431

For complete details: www.cnesspa.com

NFHS Network

This winter the following championship games will be broadcast through the NFHS Network:

Cheering—State Championships, February 11

Basketball—Quarterfinal Games, February 15–25

Girls' Ice Hockey—State Championship, February 18

Wrestling—All Championship Matches, February 18

Swim—State Championships, February 18–21

Boys' Ice Hockey—State Championships, March 11

Undergrad Tournaments

This is a reminder that following the winter season (February 25), the Sport Season Policy does not allow an MPA member school's team or individuals to play or practice outside the sports season, use school equipment or facilities, be transported by the school or a school-affiliated organization, or use the school name.

Under the Sport Season Policy, coaches or advisors employed by the school system are prohibited from coaching or giving instruction about a sport to members of a school team individually or collectively outside of their normal sport season.

Coaches may be present at games in which athletes from their school are participating as long as it is taking place in a public facility and no coaching and/or instruction is taking place.

Spread the Word to End the Word Campaign



We are less than one month away from the annual *Spread the Word to End the Word (R-word) Campaign*. Now is the time to really put the gears in motion and plan a Spread the Word campaign in your school community. To help promote the Spread the Word awareness campaign, Special Olympics Maine would like to offer a Spread the Word Pledge Poster & Pledge Stickers to any school that is planning a campaign. There are other promotional items that can help provide more awareness for the Spread the Word Campaign that schools can purchase through Special Olympics Maine.

Special Olympics Maine highly recommends each Unified School to join in on the annual day of awareness by organizing signings, rallies, and other events. Our campaign asks people to pledge to stop saying the R-word as a starting point toward creating more accepting attitudes and communities for all people. Language affects attitudes and attitudes affect actions. For more information on the *Spread the Word Campaign* click [HERE](#).

For more information, please contact Ian Frank, Special Olympics Maine Unified Schools, Training & Camp Tall Pines Director
IanF@somaine.org ~ 207-879-0489 x 14

Private School Law

Those students that attend a recognized private school, or an approved private school with an enrollment of 60 or fewer students, and reside in your community may request approval to participate in co-curricular activities at your school. Denial to participate may occur if the school does not feel they have the "capacity" to provide the student with the opportunity to participate in the activity. If approval is withheld a written explanation must be provided to the student's parent or guardian stating the reason or reasons for the decision to withhold approval. For an updated list of approved and recognized private schools in Maine please click [HERE](#).



NFHS #MyReasonWhy Campaign

The National Federation of High School Associations (NFHS) recently launched a multi-media campaign to share the benefits of participating in high school sports and activities. Using #MyReasonWhy, students, parents, coaches, officials, and community members have the opportunity to share diverse stories, memories, and motivations for participating in high school sports and activities.

The NFHS, along with the 51 member associations, are teaming up to demonstrate how participation in sports and activities help to develop individual skills, a stronger sense of self, strong character traits, and all around stronger communities.

The NFHS and the MPA are eager to hear those stories and memories - it's why we do what we do. There are countless benefits to participation in high school sports and activities that extend beyond the walls of high school. Over 11 million students from across the country are involved in high school sports and activities for a wide variety of reasons.



Share your story today by logging on to www.nfhs.org/myreasonwhy and click on 'Submit Your Story'.

What Image Does Your P.A. Announcer Project?

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

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

Have you ever attended a game where the public address announcer sounded like what Bob Sheppard described as "a cheerleader, or a circus barker, or a hometown screecher"? What was your impression of the announcer and/or the home team and its administration?

Like many things athletic, the "call of the game" by some high school public address announcers in recent years has taken on more of the persona of an NBA or NFL sports arena or radio or television play-by-play announcer; glorifying the home team while ignoring or minimizing the effort of the visiting team; calling the attention to themselves rather than the game on the field or court, whether it be during the introduction of starters or the description of the action on the field or court.

Rather than "public address" announcers let's think of it as "professional approach" announcers. Announcers need to recognize they are part of the game's crew of officials, just like the game and play-clock operators or the official scorer. As such, their 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 manner.

The announcer needs to be conscious of the fact that athletics at this level is about sportsmanship, values, and respect. Set the tone with a scripted introduction to the contest. The announcer's job is to enhance the game experience, not entice or incite the crowd. Their job is to "highlight the play," but leave the play-by-play for the radio or television coverage.

Give only the necessary information! For example, in football, announce the ball carrier or passer and receiver, tackle by, yardage gained or lost, down, distance, and yard line. This should be completed before the offensive team leaves the huddle, so in most instances, less (words) is more.

Announcers need to know the rules of the game, especially any recent rule changes. A chart of officials' signals should be close at hand. Announcers shouldn't anticipate or guess what an official is calling. If a flag is thrown in football it is appropriate to announce "a flag on the play," but whether a thrown flag or a blown whistle, WAIT on the official's signal before announcing the call.

While you hope you never have to use them, always be prepared for emergency situations and know inclement weather procedures. Know the appropriate evacuation routes, have them in writing, and be able to communicate them in a calm reassuring tone.

One means of helping your public announcer become the best possible representative of your school would be to enroll them in the *National Association of Sports Public Address Announcers*. Each member receives the quarterly copy of the NASPAA publication, *The Voice*. It is a great resource with useful, informative articles and tips. Membership information is available at www.naspaa.net or at NASPAA, 4424 NW Wildwood Drive, Gladstone, MO 64116.

Good luck on a great school, athletic year!

—Carol Swenson, Retired Athletic Director of McPherson High School and McPherson College in McPherson, KS, October 2016, p. 5

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"The nearly 7.9 million high school athletes in America, are students first and not all have financial resources to help prepare them for the next academic level of college. The NIAAA offers its support and thanks to eKnowledge for assisting students through the SAT/ACT Prep Project. Thousands have taken advantage of, and benefited from, the program provided through the generosity of so many."

Dr. Mike Blackburn, CMAA, Executive Director, National Interscholastic Athletic Administrators Association



"NFHS has supported the eKnowledge SAT/ACT Prep Project since 2005. We join with NIAAA urging all associations and schools to share this resource with families within your reach. It costs you nothing but provides a tremendous benefit" **Elliot Hopkins, MLD, CAA, NFHS Director of Sports, Sanctioning & Student Services**



The eKnowledge SAT/ACT Project enters its 12th year with the NIAAA and NFHS. The Project waives the complete \$350 course price for the SAT or ACT Prep Programs. The Programs are online, video based, 100+ hours of student participation time, and all instructors hold advanced degrees. The Program works on all devices and computers: iOS, Android, Google, Apple, and PC.

**There is a small student fee of \$14.99 for the cost of materials, student support, shipping, and streaming. All fees are reinvested to improve the program and reach more families. The Project does not create a profit.*

For further information, contact Cheryl Litras, 951-256-4076 Cheryl@eKnowledge.com



MAINE ENGINEERS WEEK EXPO 2017

A celebration of Engineers Week for students and their families, teachers and friends



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Dear Educators,

The Maine Engineering Promotional Council (MEPC) is excited to announce the biggest engineering educational outreach program in Maine, the 2017 Engineers Week EXPO. This year's event is going to be better than ever and we hope you'll bring your students, sons and daughters for an educational, eye-opening day!

Saturday, March 4, 2017 • 9 AM – 2 PM

University of Southern Maine, Gorham • Costello Field House

It's never too early to get kids fired-up about their future, and the Engineering EXPO provides the year's best opportunity for Maine kids to discover what engineering is all about. The 2016 Expo had a record-breaking 1,700 attendees, with more than 50 exhibits and activities to spark kids' curiosity about the exciting options in STEM careers.

During the EXPO, participants:

- meet real engineers and explore the work they do
- experience the application of math and science through hands-on explorations
- talk to people about careers in engineering and related fields
- learn how engineering and creativity can make a real difference in the world

Enclosed are posters to hang in visible locations throughout your school, especially in math, science and technology classrooms. Posters can also be downloaded at EngineeringME.com, where you'll find more details about the event.

Does your school need financial help to transport students to the EXPO? Thanks to our sponsors, MEPC is offering ten bus grants, up to \$500 per school, for participation in the event.

Apply by 2/3/17 for a bus grant online at EngineeringME.com/2017-Bus-Grant.

If you have engineering-related projects at your school, we will also provide you with a table to showcase your students' projects. Please let us know if you want to exhibit your project at the EXPO by contacting Jim Smith, 2017 EXPO Chair, at JwSmith@Maine.edu.

Please don't hesitate to contact me if we can provide further assistance. For more information, please go to EngineeringME.com. We look forward to seeing you soon!

Victoria Bermudez Wingo, Executive Director
Maine Engineering Promotional Council

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