

Interscholastic



Notes and Updates

Eighth Graders and High School Practices—Schools are reminded that eighth grade student/athletes 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 enrollment 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.

Eligibility Committee—The final meeting of the MPA Eligibility Committee is scheduled for March 7, 2017.

Fundraising—A reminder that the use of athletes in any fundraising activity outside of the sport season is a violation of the Sport Season Policy. Boosters, along with coaches, may participate in fundraisers throughout the school year.

Athletes Competing As Cooperative Individuals—Schools are reminded that a minimal number of individuals may compete with another school in the sports of tennis and outdoor track. Principals of both the participating schools must approve the arrangement by filing the Cooperative Individual Form with the Maine Principals' Association's Executive Director prior to the start of the season. 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/matches with their cooperative teams.

Ice Hockey—All ice hockey schools hosting a varsity contest must have the athletic director, administrator, or designee in attendance at 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.

New England Championship Dates—Indoor Track, March 4, 2017, Reggie Lewis Center, Boston, MA; Wrestling, March 3-4, 2017, PTCA, Providence RI; and Cheerleading, March 18, 2017, PTCA, Providence RI.

2017 Ski Dates—The dates and sites for the 2017 ski championships have now been established:

Class A Alpine—Tuesday, February 21 and Wednesday, February 22, Mt. Abram Ski Resort, Greenwood;

Classes A and C Nordic—Thursday, February 23 and Friday, February 24, Quarry Road Trails, Waterville;

Class B Alpine—Tuesday, February 21 and Wednesday, February 22, Black Mountain, Rumford; and

Class B Nordic—Thursday, February 23 and Friday, February 24, Sugarloaf Outdoor Center, Carrabassett Valley.

Swim Meet Results—All regular season results need to be e-mailed to the statistician. Send both boys' and girls' results to Ritchie Palmer via e-mail (sunseekr@myfairpoint.net). The HY-TEK Meet Manager is required for reporting all regular season meet results. The host team will be responsible for e-mailing a Meet Manager back-up to the statistician

8th Annual Larry LaBrie Award

The MPA is calling for nominations for this prestigious award. The deadline is January 16, 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.

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.

Sportsmanship Voting

The following dates have been established for voting for sportsmanship this winter. Schools are encouraged to involve student athletes in the process of determining the recipients of their sportsmanship vote.

Cheering—1/30 - 2/3

Wrestling—2/6 - 2/17

Girls' Ice Hockey—2/6 - 2/13

Indoor Track—2/13 - 2/17

Basketball—2/13 - 2/17

Skiing—2/13 - 2/17

Swim—2/13 - 2/17

Boys' Ice Hockey—2/26 - 3/3

Unified Basketball—3/10-17

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Private School Student Participation

A reminder that a student fully enrolled in an MDOE recognized instruction program in a private school, or in an MDOE approved instruction program in a private school with 60 or fewer students combined in grades 9-12 (but only if the approved private school does not offer the same activity), is eligible to participate in co-curricular, interscholastic, and extracurricular activities at the local public

high school to which the student would otherwise attend based on the student's and parent/guardian's legal residency. The principal of the public high school may withhold approval of participation under certain circumstances such as lack of capacity. The student must agree to meet established behavioral, disciplinary, and other rules applicable to regularly enrolled students.

Alpine/Nordic Ski Forms

There has been a recent change to the MPA Ski Forms that must be submitted. The ski forms have now been separated into two different forms; one for Alpine Ski and another form for Nordic Ski. Unfortunately, in making the change from one form to two, we were not able to carry over the eligibility rosters that were

submitted in December. We are asking schools to please resubmit their eligibility rosters again, this time separating the athletes between Alpine and Nordic. At the end of the season the entry forms will also be separate forms. Thank you for your understanding as we transition ski into two different sports.

Basketball Practices at Regional Sites

No practice may occur at the tournament sites during the basketball season where the team will be competing. For the state final championship games, all visiting teams will be permitted the opportunity to have one practice.

Send Us Your Photos

The MPA is looking for great action shots that you may have of one of your teams. If you have a great shot, or an outstanding display of sportsmanship, we would like to use it in our newsletter, on our website, or displayed at the MPA office. Please email your photos to Tammy McNear (tmcnear@mpa.cc).

Two Policy Interpretations

High School/Middle School Scrimmages—A high school that has difficulty filling a subvarsity schedule may apply to the MPA office for a waiver that would allow the school to schedule a scrimmage with the middle school in their district in order to fill the subvarsity schedule. This waiver is not intended to give those talented middle school teams an opportunity to play better competition.

Sport Season Policy—It is now acceptable for coaches to be present at public facilities where athletes may also be present. Coaches may not be working with or coaching the athletes at these facilities.

NCAA Eligibility Requirement

With schools moving to a standards-based system of technology, learning, promotion, and graduation, it is crucial that schools have an understanding of the NCAA Eligibility Requirements for their student athletes. While schools continue to develop personalized-learning pathways that may include learning experiences outside of the traditional classroom it is of utmost importance that the 10 "Core Courses" must be completed prior to the start of the 7th semester. These courses must appear on the school's list of NCAA Courses on the NCAA Eligibility Center website (www.eligibilitycenter.org).

Click [HERE](#) for a quick reference for NCAA Eligibility requirements.

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within 72 hours of the meet.

Sunday Competitions—A reminder that the MPA policy prohibits the scheduling of any countable contest on Sunday. The scheduling of practices on Sunday is a local decision.

Updating Bulletins—Athletic administrators and coaches should be aware that athletic bulletins may be updated right up to the championships of each sport season.



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Unified Basketball

We are excited to announce that we currently have 48 teams, with 52 different schools, participating in the Unified Basketball season that is set to get under way next week.

The mandatory coaches' meeting has been rescheduled to Wednesday, January 11 at 6:00 p.m. Tandberg sites will be announced soon.

Striped Garment for Scorers

A reminder that by NFHS rule, the official scorer in the sport of basketball is required to wear a black and white striped garment. This could be an official's shirt or a pinnie pullover. The players, coaches, and officials need to be able to quickly and easily identify the official scorer.

Recruiting New Officials

Coaches and athletic administrators are encouraged to recommend former players to consider becoming sports officials. All sports are experiencing a shortage of new officials and with the majority of high school athletes not playing at the collegiate level this is a great way to stay involved in a sport while earning some spending money doing something that they enjoy.

2017 Maine Drama Festival Site Assignments

Final as of 12/21/2016

Bonny Eagle HS (9/5/4)		Lawrence HS (9/4/5)		Oceanside HS (9/4/5)	
Bonny Eagle HS	A	Deering HS	A	Cape Elizabeth HS	A
Marshwood HS	A	Lawrence HS	A	Erskine Academy	A
Massabesic HS	A	Portland HS	A	Lewiston HS	A
Noble HS	A	Presque Isle HS	A	Oceanside HS	A
York HS	A	Central HS	B	Boothbay Region HS	B
Casco Bay HS	B	Ellsworth HS	B	North Haven Community School	B
Freeport HS	B	Hermion HS	B	Searsport HS	B
Old Orchard Beach HS	B	Monmouth Academy	B	Vinalhaven School	B
Traip Academy	B	Winthrop HS	B	Wiscasset HS	B

Camden Hills Regional HS (9/4/5)		Morse HS (9/5/4)		Oxford Hills Comprehensive HS (9/4/5)	
Camden Hills Regional HS	A	Morse HS	A	Fryeburg Academy	A
Medomak Valley HS	A	Scarborough HS	A	Gorham HS	A
Thornton Academy	A	South Portland HS	A	Oxford Hills Comprehensive HS	A
Waterville Senior HS	A	Westbrook HS	A	Falmouth HS	A
Bucksport HS	B	Windham HS	A	Gray New Gloucester HS	B
George Stevens Academy	B	Baxter Academy	B	Lisbon HS	B
Lincoln Academy	B	Cheverus HS	B	Maine Coast Waldorf School	B
Mount View HS	B	Maine Girls' Academy	B	Oak Hill HS	B
Winslow HS	B	Waynflete School	B	Poland Regional HS	B

George W. Stearns HS (8/0/8)		Mount Desert Island HS (9/4/5)		Skowhegan Area HS (9/4/5)	
Easton HS	B	Bangor HS	A	Edward Little HS	A
Fort Kent Community HS	B	Belfast Area HS	A	Leavitt Area HS	A
George W. Stearns HS	B	Brewer HS	A	Mount Blue HS	A
Houlton HS	B	Hampden Academy	A	Skowhegan Area HS	A
Lee Academy	B	Deer Isle-Stonington HS	B	Foxcroft Academy	B
Old Town HS	B	Mount Desert Island HS	B	Madison Area HS	B
Orono HS	B	Shed Memorial HS	B	Maine Central Institute	B
Wisdom HS	B	Sumner Memorial HS	B	Piscataquis Community HS	B
		Washington Academy	B	Spruce Mountain HS	B

Cheering Coaches' Responsibilities

NOTE: The following guidelines have been developed and reviewed to serve as a useful reminder of basic procedures for coaching cheering teams. No such review is a substitute; however, for an ongoing program of education about coaching and safety techniques, or for ongoing attention to the abilities and physical condition of each team member.

1. Spirit teams should be placed under the direction of a knowledgeable coach.
2. The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches must develop an emergency plan for dealing with injuries at practice, games, performances, and competitions. Participants must be made aware of these procedures.
3. Coaches should remain up-to-date on all new techniques, progressions and safety regulations by frequently attending conferences, clinics and rules meetings. The coach should also belong to appropriate professional spirit organizations.
4. Placement of spirit teams at athletic events:
 - a. Spirit coaches must coordinate the placement of the spirit team with the school administrator in charge.
 - b. Whenever possible, spirit teams should be at least 3-4 feet from any boundary line. When teams cheer:
 - (1) At a wrestling match, they should be ten feet from the edge of the wrestling mat unless the facility does not permit otherwise.
 - (2) At a volleyball match, they should not stand in any playable area unless the facility does not permit otherwise.
 - (3) Along the end line at a basketball game, they must not stand within the area of the free throw lane extended. (See 2-1-12)
 - c. Spirit teams should be aware of actions occurring within the contest and be prepared to move as play advances. They should be aware of the movement of game officials and not interfere with their game responsibilities.
 - d. No actions by the spirit team should be made to purposely distract the players.
5. Rules and eligibility requirements should be shared with every team member.
6. Coaches should conduct pre- and post-season meetings with parents.
7. The coach or other school approved adult representative must be in attendance and accessible at all practices, games, performances, competitions and other spirit activities.
8. The coach should establish a good line of communication with school administrators, the athletic director, coaches, and the band director.
9. All spirit activities should be held in a location suitable for spirit teams, free of obstructions, and away from excessive noise or distractions.
10. Warm up and stretching should precede all spirit team performance activities. Suggestions for stunting warm ups at a basketball game when an alternate area is not available may include:
 - a. Arrive early to warm up stunts before player warm ups begin.
 - b. The coach could enlist others to stand between player warm up and stunting warm ups on the sidelines to deflect balls or individuals.
 - c. Warm up stunts when players return to dressing room after their warm ups.
 - d. Stunting might have to be delayed until after half-time of the first game if halftime is the first time an appropriate warm up area is available.
11. Coaches should recognize a team's particular ability level and limit its activities accordingly. "Ability level" refers to the team's talents as a whole, and to individuals who should not be pressed to perform specific activities nor be limited by the ability level of the team.
12. Coaches should not permit loose, slick, baggy clothes, nylon hose/tights which are not appropriate for the specific activity in which they are participating.
13. Coaches and participants should be trained in proper spotting techniques.
14. Proper progression, spotting techniques and when appropriate, matting should be used until stunts are mastered.
15. The coach should approve all cheers, chants, posters, signs, music, etc., and ensure good sportsmanship. All team activities should be approved by the coach.
16. The coach should inform the team that all new skills must first be reviewed and approved by the coach prior to performing them.
17. Coaches should be aware of how the demands placed on a spirit team member might impact the student athlete's academic achievement.
18. Travel arrangements for participants should be approved by the coach and/or the school administration.
19. When a team member is required to wear an insulin pump/pack or similar device during team activities, it shall be the responsibility of the coach to obtain competent medical advice concerning the protection and safety of that individual and other team members with whom she/he may be performing or stunting.

Organizing an Effective Practice Schedule

All safety rules must be adhered to at every spirit activity including practice. A key element in any spirit program is effective use of practice time in preparation for games, pep rallies and other team appearances.

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Cheering Coaches' Responsibilities ... (Continued from page 4)

1. The coach or other school-approved adult representative must be in attendance and accessible at all practices, games, performances, competitions and other spirit activities.
2. Team members must realize that practice is just that - a time for the team to practice and prepare for upcoming events.
3. When appropriate, begin practices by critiquing the last performance and/or game situation. Discuss things that need improvement, were successful or need to be eliminated.
4. A portion of most sessions will include perfection of material for upcoming events. This segment of the practice schedule may be spent reviewing all of the traditional material that the team uses at every game (cheers, chants, dances and especially the material that has an incorporation of any jumps, tumbling, stunts and pyramids). Some of this time may be used to work on new material for crowd involvement.
5. The last segment of practice time might focus on improving individual skills, tumbling, dance, or in whatever area the team needs improvement.

Strength and Conditioning

The following is a recommended list of activities that will help participants reach their athletic potential for the demands of the activity.

WARM UP - Warm up should include general activities that warm the body, and are independent of specific skills. Walking, jogging and stretching are examples of warm up activities. A thorough stretching program should follow the general warm up. The stretch should be an organized routine covering all parts of the body.

SPECIFIC ACTIVITIES - The squad should include specific activities during practice which include flexibility, endurance and muscle strengthening. Flexibility exercises incorporated in the practice are used to decrease the possibilities of pulled muscles. Endurance training is essential for increasing the efficiency and capacity of the cardiopulmonary system to maintain a high level of performance throughout spirit activities. Participants who incorporate exercises for muscle strengthening in their practices will be less injury prone.

As spirit activities develop more and more into a physical and athletic activity, the participants need to develop as well. As the physical strength of the team members increase, so too must the technical skills of the coach. These are the directions in which the spirit program should be moving.

For questions or concerns regarding specific health and/or medical/orthopedic issues, please refer to the most recent edition of the NFHS Sports Medicine Handbook.

Spotting

The active spotter is an integral part of the safety of a program. The spotter is a person who assists in the building of, or dismounting from, a partner stunt or pyramid. The primary responsibility

of a spotter is to watch for safety hazards and be in a position to minimize the potential of injury with special emphasis on the head, neck and shoulder areas. Spotters shall not provide primary support for others in the performance of a stunt.

Characteristics of an Effective Spotter

1. CONSTANT ATTENTION
 - Concentrates on the top person
 - Has a positive attitude of responsibility
2. KNOWLEDGE
 - Understands the capabilities of team members
 - Recognizes positioning for effective safety

Safety Tips for Spotters

1. Primarily focuses on the top person's head.
2. Reach upward to assist the descent of the top person keeping the top person's weight as near the spotter as possible.
3. Listen for cues from the designated person.
4. It is better to come down safely from a poorly built stunt than to force it to stay up.

Progressions

As with any athletic activity, it is the coach's responsibility to ensure that team members demonstrate proficiency with lower level skills before progressing to more advanced skill. Just as the prudent football, field hockey or volleyball coach does not allow a player to take the field without adequate skills and preparation, the prudent spirit coach will not allow his/her participants to perform skills for which they are not adequately trained.

These progressions are general in nature, and do not attempt to list every skill. All spirit stunts should be learned according to accepted progressions which means from lower to higher and from easy to more complex.

Partner Stunt Progression

1. Step-up drills
2. Double-base thigh stand
3. Double-base shoulder stand
4. Single-base shoulder stand
5. Extension prep, step-off dismount
6. Cradle drills
7. Extension prep, cradle dismount
8. Press extension, return to shoulders, cradle dismount
9. Press extension, cradle dismount
10. Full extension Step-up Liberty
11. Ground-up Liberty
12. Braced liberty tick-tock
13. Skills to cradles (i.e., toe touches and twists)
14. Basket toss drills ("rides")
15. Basket toss skill execution (i.e., toe touches and twists)

Note: No partner stunt should be attempted until each individual skill in the progression is mastered.

Tumbling Skill Levels

Level 1—Basic rolls, bridges, handstands, cartwheel, round-off

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NFHS Partners with USTA for "Coaching Tennis" Course on NFHS Learning Center

By NFHS on August 02, 2016

In partnership with the United States Tennis Association (USTA), the National Federation of State High School Associations (NFHS) has launched the "Coaching Tennis" online course through the NFHS Learning Center at www.NFHSLearn.com.

The course provides information on tennis coaching philosophy and techniques, as well as managing the team and its practices. "Coaching Tennis" expands upon the USTA's teaching philosophy, and serves as a basis for coaches to develop their own individual coaching styles and techniques.

Units on warm-up (and cool-down) activities, skill acquisition, tactics, and positioning are included in the course, along with sections that focus on competition and match play. The course includes bonus resources like fun games that teach players skills and help to build team unity. Other resources illustrate static and dynamic stretches, doubles players' roles and responsibilities, and partner drills.

"Coaching Tennis" supports the USTA's goals of increasing participation in tennis and improving education for tennis coaches with a student-centered curriculum.

"Providing educational opportunities is essential to enhance the skills of high school coaches nationwide," said Glenn Arrington, Director, USTA High School Tennis. "Our partnership with NFHS allows us to make a positive impact in our sport by ensuring high school tennis coaches are provided valuable resources to help their players."

"We appreciate the work of the USTA in making this course

available for tennis coaches," said Dan Schuster, NFHS Director of Educational Services. "We are pleased to add tennis to our list of sport-specific courses since all of our states are involved in hosting championships in this highly popular sport. We believe this course will be very beneficial to many coaches throughout the country."

Tennis becomes the 15th sport with an online course through the NFHS Learning Center. After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the NFHS Coach Education Program, the NFHS Learning Center now offers 42 online courses – 18 of which are free – and has expanded its reach to contest officials, students and music adjudicators. Since the launch of www.NFHSLearn.com in 2007, the NFHS has delivered more than four million courses.

Tennis is the eighth-most popular sport for boys at the high school level and ranks No. 7 for girls with 157,240 and 182,876 participants, respectively, according to the 2014-15 NFHS Athletics Participation Survey.

The "Coaching Tennis" online course is the second initiative between the NFHS and USTA in the past three years. In 2013, the NFHS partnered with the USTA to support and promote the USTA's "no-cut" policy for high school tennis teams, which allows every student who wishes to play high school tennis to be a member of a team.

Cheering Coaches' Responsibilities ... (Continued from page 5)

handstand forward roll, back walkover, front walkover.

Level 2—Standing back handspring, round-off back handspring, standing back handspring series, aerial cartwheel.

Level 3—Round-off back handspring series, standing back tuck, round-off back tuck, round-off back handspring back tuck, layouts from round-off back handspring, whip backs, half twists, full twists.

Transitional Stunts

The area of transitional stunts is one of the fastest evolving and creative areas in modern spirit programs. These stunts involve the transition of one stunt to another. The coach and students must master the individual building block skills before attempting the transition from stunt to stunt. Most transitional stunts are considered advanced stunts and should only be performed by well trained, skillful teams that are taught and supervised by a well-qualified coach.

Section 6 permits a greater variety of transitional release stunts.

The torso of the top person is no longer required to remain upright, but the top person must not become inverted. The release must also be a continuous up-and-down movement with no pause at the top. The top person cannot lose contact with a bracer during the loss of contact with the base(s).

Training/Safety Equipment

As with other athletics, training aids may be made available to a spirit program. Training aids for spirit programs may include various types of matting, spotting belts, handspring trainers and spring-assisted equipment such as spring floors, mini-trampolines, and springboards. While some of these devices, such as spring-assisted apparatuses, may not be used for competition or performance, they may assist with the learning of a skill or allow for repetitive skill practice with less strain. Regardless of their use, it is the coach's responsibility to ensure that these aids are being used under properly trained supervision and that they are kept in proper condition.