

Interscholastic



Workshop for New Athletic Administrators/LTC 502

A **required** workshop for all new high school athletic administrators will be offered on Tuesday, August 1, 2017 from 8:30 a.m. to 3:00 p.m. at the MPA Conference Center in Augusta. This workshop will focus on important MPA policies and procedures as they relate to athletics as well as incorporating leadership.

"LTC 502: Athletic Administration: Principles, Strategies, and Methods." This program is offered in conjunction with the Maine Interscholastic Athletic Administrators Association and taught by MPA staff as well as highly experienced athletic administrators. The entire presentation will assist new administrators in learning about the intricacies of athletic administration.

Application to Apply to a Higher Classification

Any school wishing to play in a classification higher than their assigned class must submit the appropriate paperwork. All applications will be for a two-year period and will coincide with the classification cycle. Please click [HERE](#) to access the application.

2017 NFHS Summer Meeting



The 2017 NFHS Summer Meeting will be held June 28 – July 2 in Providence, Rhode Island.

Notes and Updates

Middle School Participation—Please note that allowing middle school students to participate with high school summer programs is a local decision and not a violation of the MPA Policy, but careful consideration must be given to allowing 12- and 13-year old students to complete with 17- and 18-year olds.

Five Exhibition Play Dates—The maximum number of exhibition dates for all sports remains at five, with one additional date granted to those teams qualifying for post-season play. Any unused date in the preseason may be carried over to the postseason.

End of Spring Sport Season 2017—The spring sport season for our current school year ends on Saturday, June 10. Summer basketball, football, conditioning programs, etc. may begin on Sunday, June 11.

Foreign Exchange Students and Foreign Students—A reminder that foreign exchange students must be placed by an approved CSIET foreign exchange program and must have a J-1 visa limited to one academic year. A foreign student must have an F-1 visa and would pay tuition to a school. Both foreign exchange students and foreign students must meet all eligibility requirements and require a transfer waiver form.

New England Spring Championships—Golf: Wednesday, June 21, 2017 at Bretwood Golf Course in Keene, NH at 8:00 a.m. (players may practice and register on Tuesday, June 20 (in the afternoon).

Outdoor Track: Saturday, June 10, 2017 at Norwell High School, Norwell, MA, at 10:00 a.m. All participants are reminded that there is a \$20 registration fee payable when they register.

Superintendents' Agreements—A reminder that students transferring schools with a first time Superintendents' Agreement still require a Transfer Waiver Form.

Volunteer Coaches' Eligibility Requirements—All coaches working with athletes from the school must be listed on the coaches' eligibility form. This includes both compensated (paid) and volunteer

MPA Golf Tournament Belgrade Lakes Golf Course September 17, 2017



The MPA is sponsoring the annual golf tournament with the proceeds earmarked for the newly-envisioned MPA Foundation. These funds will be used to expand the scholarship program at the MPA Senior Honors Luncheon. Previously, the MPA awarded five \$1,000 scholarships to high school seniors attending the luncheon. The MPA Student Advisory group, founded in 2011 to bring student voice to the Interscholastic Division, will also be funded through golf tournament proceeds.

The 2016 tournament was a huge success and we are looking forward to having an even larger field of participants. Two students were both awarded a \$1,000 scholarship from the golf tournament. Three students were also awarded a \$1,000 scholarship due to the partnership with Berlin City Auto's "Drive for Education". In all, we presented an additional five \$1,000 scholarships for a grand total of 10 one thousand dollar scholarships. Many thanks for your participation and support.

[Golf Tournament Sponsorship Form](#) ~ [Golf Tournament Entry Form](#)

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Cooperative Team Policy

With the 2017-2018 school year beginning a new classification cycle, all cooperative teams must submit an application to complete for the next two-year cycle.

These applications must be submitted three months prior to the start of the season. **All cooperative team applications may now be submitted electronically.**

To access the application, please click **HERE**.

Notes and Updates . . . (from page 1)

(unpaid) coaches.

Concussion Law—Schools are reminded that each school must have a Concussion Management Policy in place at their school. For more information, including a sample policy, please visit the DOE website—<http://www.maine.gov/doe/concussion/>.

Thunder/Lightning Policy—As we enter into the late spring/early summer, please be prepared for dealing with thunder and lightning. Make sure that everyone involved understands the guidelines that are in place should severe weather occur. All coaches must review the plan with team members, including the appropriate nearby safe area, should the need to evacuate arise. It is also important to note that once lightning is observed, or thunder is heard, there is a minimum 30-minute wait before resuming play or practice.

First Fall Scrimmages—Soccer: Following a fifth day of practice after 3 p.m., August 18; **Field Hockey:** After five days of practice, August 19; and **Football:** After a five-day acclimatization, Saturday, August 19. Whenever an athlete goes out for a team, whether on the first day of practice or after school starts, he or she must have practiced five days prior to participating in a game or scrimmage against another school.

Uniform Waiver—With many schools now sponsoring teams in which uniform waivers must be granted, the MPA has developed an electronic form that allows schools to request a uniform waiver by submitting the form.

New England Student Leadership Adult Delegates

We are currently looking for two or three adult delegates that would be willing to attend the New England Student Leadership Conference at Worcester State University, Worcester, MA. The conference will take place July 25-28. Please contact Tammy McNear at tmcnear@mpa.cc if you, and/or a member of your coaching staff, are interested in attending this outstanding conference.

NE Student Leadership Conference

We are pleased to announce that once again state associations from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont will be hosting a New England Student Leadership Conference July 25-28, 2017. The New England state associations of the National Federation of State High School Associations (NFHS) want to be the leaders in training talented, committed young people to become better citizens who will be positive, contributing adults and role models for youth. This conference is a four-day, residential leadership event for over 250 student and adult leaders who participate in interscholastic athletics and activity programs through their state high school athletic/activities associations.

The curriculum for the conference will focus on respect, positive values, perspective, sportsmanship, teamwork, healthy lifestyles, community service, and self-evaluation. These components will be presented in large and small group sessions, led by outstanding adult and college facilitators specifically chosen for their involvement in athletics at the high school and collegiate levels, and will address contemporary issues that impact a young person being a leader and role model. In addition to group discussion, special guest speakers will share inspirational messages, stories of overcoming adversity and the power of positive influence.

Registration materials were e-mailed to all schools in the state. The material may also be obtained by contacting Tammy at tmcnear@mpa.cc or 622-0217 (Ext. 122). Registrants will be contacted by the MPA with further information upon receipt of the materials.

Sportsmanship Banners

The MPA Sportsmanship Committee is proud to continue the implementation of sportsmanship banners into all activities. Spring sportsmanship banners are awarded in boys' and girls' outdoor track, baseball, softball, boys' and girls' tennis, and boys' and girls' lacrosse.

There is one vote per school, cast by either the athletic administrator or coach. Please include athletes in the process. You **MUST** vote for schools that are on your schedule. Schools may not vote for themselves.

Any coach or player disqualified from a contest will result in that school being ineligible. **Schools that don't vote will not receive the banner.**

Athletic administrators/coaches who have access to the MPA website online forms section will be able to vote. Winning schools will be notified by an MPA committee member.

Summer "Hands-Off" Period

The dates for this year's "hands-off" period are from Monday, July 31, 2017 through Sunday, August 13, 2017. Fall practices are slated to begin on Monday, August 14, 2017. All of the rules prohibiting out-of-season contact between coaches and players in all MPA-sponsored sports will be in effect during this period.

Schools whose coaches work with summer American Legion baseball, ASA softball, USATF track, or any other spring sport season activity which may overlap with the hands-off period, need to request a waiver. Fall or winter sports are not eligible for these waivers. Requests must be filed with the executive director by July 24.

High school fields, gymnasiums, or classrooms may not be used for athletic activities during the hands-off period. This prohibition includes the use of clinics even if sponsored by a non-school entity. Third persons or boosters may not pay coaches to run clinics, nor may volunteer coaches work such clinics for high school athletes.

The only exception for coach-player contact during the hands-off period is the one allowable preseason team meeting, assuming that preseason meeting was not held in the spring. The one allowable meeting may be used as an organizational meeting and/or to issue equipment.

Ball Contracts

2018 will be the last year of the current five year ball contracts. This fall an MPA Ball Adoption Committee, comprised of the chair of each sport committee that currently has a ball contract, will meet and review proposals from all companies that have submitted a proposal in each sport for the next five year contract. Information about each ball contract will be available to schools prior to the next budget cycle.

Officials' Fees

The MPA Officials' Fees Committee is currently negotiating with all officials groups for the next four year contract. Once these negotiations have been completed, and the new fees established, information will be provided to all schools.

Eligibility Waivers

Below are some guidelines for schools to follow when bringing student/athlete eligibility waiver requests before the Eligibility Committee.

- Consult the MPA handbook (pages 14-16) for a definition of eligibility and for procedures to follow when requesting a waiver.

- Contact the MPA executive director who can advise you on the process and schedule your hearing.

- Provide documentation of the student's grades, credits, transcripts, attendance record, and any letters or other documents that support the waiver requested.

- Provide a list of all sports in which the student/athlete has participated in high school, including the dates of participation.

- Be clear which eligibility provision you are asking to be waived: Eight Semester Rule, Transfer Rule, Twenty Year Old Rule, or other.

- Be prepared to document the reasons for the waiver request (doctor's notes, affidavits, etc.)

- A school administrator must attend the hearing. The student/athlete should attend when possible. Parents and others who may attest to the reasons for the waiver request may also attend.

- In order to be considered for a waiver, the student must be a full-time student in your high school in good standing and must meet all other eligibility and residency guidelines.

- All written supporting materials must be submitted to the MPA office prior to the hearing.

Schools that follow these guidelines and consult with the executive director will ensure that their students get full and fair hearings.



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NFHS/NIAAA National Athletic Directors Conference

December 8-12, 2017
Phoenix Convention Center,
Phoenix, AZ

*Registration will open
September 1, 2017.*

Important Spring / Summer Dates

June 1	Application for fall cooperative teams due
June 10	End of spring season
June 11	Summer activities may begin
June 12	Student leadership applications due
July 24	Fall practices may begin in Aroostook County
July 31-Aug. 13	Hands-off period
August 1	New Athletic Administrators' Orientation
August 11	First countable game in Aroostook County
August 14	Fall practices may begin for remainder of the state
September 1	First countable game for the remainder of the state
September 1	Application for winter cooperative teams due
September 17	MPA Golf Tournament

**Please note that each individual sport bulletin lists dates associated with that sport and this list does not include due dates for individual forms.*

Field Hockey Rules Changes - 2017

1-2-4h: The Substitution Area marked as follows on the same side of the field as the official's table, 10-yard wide area, 5 yards on either side of the center line, for all players including goalkeepers.

4-2-2b: The game clock shall be stopped by the official's signal for a goalkeeper substitution.

4-4-7: Time is not stopped during substitution except for a goalkeeper.

8-1-1v, w (NEW): Fouls include rough and dangerous play and unnecessary delay of the game.

8-1-1 PENALTIES 2: For deliberate fouls by the defense inside the 25-yard line, but outside the circle, the official shall award a penalty corner.

8-2-1a, e, h: Misconduct includes any player or team action that an official deems to be unsportsmanlike including 1) disputing, appealing, protesting and/or reacting in a provocative or disapproving manner or an inappropriate way toward any decision made by an official; 2) entering the field of play for any reason without permission from the official; and 3) not respecting the 5-yard area off the sideline of the field outside of the designated team bench area and remaining behind a clearly marked restraining area.

8-2 PENALTIES 2, 3, 4: Removed the awarding of a penalty stroke when a red card is issued to a player(s).

Graduating Seniors: Future Officials?

Coaches and administrators agree, the best possible source for recruiting future athletic officials is the group of students graduating from your school this spring. Who better to learn to officiate the games they played and loved than those whose interscholastic playing careers are concluding. Please consider sitting down with your graduating senior athletes and actively encourage them to explore this possibility. If every coach would recruit one or two young people to begin officiating, there would be no statewide shortage.

What are the benefits of officiating: 1) Meeting and working with students and others who share interest in sports and in the educational development of young people; 2) Staying involved and giving back to favorite sport(s); 3) Learning to make fair and firm decisions; 4) Maintaining physical fitness and enthusiasm for sport; and 5) Earning extra money while in college or otherwise, and building valuable personal networks related to career interests.

Volleyball Rules Changes 2017-18

5-5-3b(12): Outlines mechanics for the second referee to sound a warning whistle at 45 seconds or any other time when both teams take the court ready to play before the audio signal (horn) is sounded at 60 seconds. Clarifies all time-outs are officially ended with the audio signal (horn).

Rationale: The defining end of a time-out shall be the horn and the warning of the impending end of the time-out is the second referee's whistle at 45 seconds or at any other time when both teams take the court ready to play before the audio horn is sounded at 60 seconds.

5-4-3c(17): On a time-out, the first referee shall whistle the warning if the second referee is still checking the scoresheet.

Rationale: A procedure is needed for the sounding of the warning whistle should the second referee still be involved with checking the scoresheet.

5-8-3a: Outlines the new procedures for the timer to give the audio signal (horn) only to officially end a time-out and no longer for the warning at 45 seconds into the time-out.

Rationale: Clarifies that the audio signal (horn) shall only be sounded to indicate the official end of a time-out.

9-8-2 New: A replay, is considered, to be a part of a single play action. Therefore, once a replay has been called, by the first referee, no requests, e.g., time-out, service order, lineup, substitution, libero replacement, etc., may be recognized until after the rally is completed.

Rationale: A replay is a single action to repeat the start and completion of a rally that was interrupted under Rule 9-8-1. Clarifies when resuming play, all circumstances should be the same and no requests shall be recognized for, e.g. time-out, service order, lineup, substitution, libero replacement etc.

Standards-Based Eligibility

As many schools continue their work with proficiency-based work, the need to adopt an eligibility policy becomes necessary. The MPA, in cooperation with the Great Schools Partnership, has developed two draft policies to help schools adapt their academic eligibility policy.

To view the sample policies, please click [HERE](#).

Football Rules Changes - 2017

1-5-1b(3): Further clarifies that the jersey of the home team shall be a dark color clearly contrasting to the white jersey required for the visiting team.

Rationale: Home game jersey specifications were further revised to provide schools and manufacturers additional clarification regarding the current trend of utilizing lighter gray shades. The implementation date of 2021 affords schools and manufacturers the opportunity to ensure that newer dark jerseys will clearly contrast with white. The requirement for contrasting colors to white is not a new rule, and this new clarification will allow changes to be made during normal replacement cycles.

2-3-10 (NEW), 9-4-3n (NEW), 9-4 PENALTY: Added a new definition for a blindside block and specifies a penalty for an illegal blindside block.

2-16-2h: Clarified that illegal participation fouls by R occurring during the kick are now enforced under post-scrimmage kick fouls.

Rationale: Illegal participation fouls by R occurring during the kick are now enforced under post-scrimmage kick fouls. Illegal substitution and illegal participation fouls by R occurring at the snap continue to be enforced from the previous spot.

2-24-10 (NEW), 6-1-11 (NEW), 6-1 PENALTY: Added a new definition for a pop-up kick and specifies a penalty for a pop-up kick.

Rationale: Continuing with the committee's efforts to minimize risk, a pop-up kickoff has been defined. A pop-up kick is a free kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee. Such kicks will be penalized

as a dead-ball free-kick infraction.

2-32-16: Expands the definition of a defenseless player by incorporating specific examples.

Rationale: The committee adopted specific examples of a defenseless player. By adding these examples, the committee continues to focus on risk minimization and responded to requests on the annual NFHS football rules questionnaire from participating coaches, game officials and state association representatives.

3-4-7 (NEW): Added a new option to the offended team to start the clock on the snap for an accepted penalty inside the last two minutes of either half.

Rationale: The committee added an option for the offended team on an accepted penalty inside the last two minutes of either half. The referee continues to have the authority to start or stop the clock if a team attempts to conserve or consume time illegally.

4-2-21(NEW): Specifies that the ball is declared dead if a prosthetic limb comes completely off of the runner.

Rationale: With this change, the ball becomes dead when a prosthetic limb comes completely off of the runner.

7-1-6: Now stipulates that it is encroachment to strike the ball or the snapper's hand/arm prior to the snapper releasing the ball.

Rationale: Defensive players are restricted from contacting the ball or the snapper's hand(s) or arm(s) until the snapper has released the ball.

7-5-10: Removes non-contact face guarding from the pass interference restrictions.

Rationale: This change eliminates the previous foul for non-contact face guarding forward-pass interference.

Soccer Rules Changes - 2017-18

4-1-1d: If visible apparel is worn under the jersey and/or shorts, it shall be a single solid color matching the predominant color of the respective garment. Visible arm compression sleeves shall be a similar length, all alike and of a solid color matching the predominant color of the jersey. Visible leg compression sleeves shall be of a similar length, all alike and of a solid color matching the predominant color of the shorts.

Rationale: Players often wear compression shorts which are longer than the short or jersey. They should be of the same color. This rule addition is needed to maintain consistency with current uniform rule requirements and color restrictions.

4-2-9: A soft padded headgear that meets the ASTM standard is permitted.

8-1-3: The ball shall be kicked while it is stationary on the ground in the center of the field of play and may clearly move in any direction.

Rationale: Requiring that the ball move forward on the kickoff is meaningless in the modern game.

10-1-3f: A goal may not be scored directly from a kickoff into the kicking team's own goal.

Rationale: This change retains consistency with the concept that a team cannot score against themselves from a free kick, as provided in 10.1.3 c, d and e.

13-1-2: All free kicks, with the exception of penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for the reasons listed in 13-2-3, which are taken from the location of the ball when the referee stopped play. Free kicks resulting from fouls committed in the goal area are taken as described in 13-1-3 or 13-1-4. Indirect free kicks for offside (13-2-2b) are taken from the spot where the offending player interfered with play, interfered with an opponent or gained an advantage by being in that position.

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5 Pillars of Exertional Heat Stroke Prevention

Hydration

- Maintaining appropriate levels of hydration prior to, during, and post exercise will assist in attenuating large increases in core body temperature during intense exercise in the heat.
- To decrease the risk of exertional heat stroke, athletes are encouraged to minimize fluid losses during exercise. Fluid needs are individualistic depending on an athlete's sweat rate and a specific rehydration plan should be in place for every athlete

Body Cooling

- Body cooling can be an effective means of attenuating the rise in core temperature and can be done pre-exercise, during exercise, and post-exercise.
- There are a number of cooling modalities that can be effective in assisting to keep the body cool

during exercise in the heat and are applicable to most sports settings (equipment laden sports, sports with minimal or no rest time during activity, etc.).

- For the equipment-laden athlete/laborer/soldier that may be at great risk of exertional heat stroke when exercising in the heat, a specific plan for utilizing cooling during rest breaks is imperative.

Work to Rest Ratios

- Having appropriate work-to-rest ratios (the amount of time spent involved in exercise versus the amount of time spent in recovery) should be modified as environmental conditions become extreme.
- Environmental extremes should be measured using wet bulb globe

(Continued on Page 7)

Emergency Action Plan

The summer is a good time to review and update your Emergency Action Plans. The *Anyone Can Save A Life* Program is an easy to follow program that helps schools develop plans for each one of their venues. Having these plans updated and ready for teams at the start of the fall season helps assure that everyone is prepared.

Schools are encouraged to work with their athletic trainer or school nurse in developing site specific plans.

Cross Country Rules Changes - 2017

4-3-1b(5), 8-6-1b(4): Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.

Rationale: Remove NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.

4-6-5 NEW g, 8-7e: A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.

Rationale: Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.

4-6-5h NEW: Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.

Rationale: The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.

8-1-3b: Clarifies that directional sign posts can be used with or in place of directional flags in cross country.

Rationale: Clarifies that either directional flags and/or sign posts shall be used in cross country.

Sport Season Dates

Sport Season Dates for the 2017-2018 school year are listed below:

	First Possible Practice Date	Opening Date	Closing Date	No. Weeks
2017-18				
Fall	08/14/17	09/01/17	11/04/17	9
Winter	11/20/17	12/08/17	02/24/18	11
Spring	03/26/18	04/12/18	06/09/18	8

Soccer Rules Changes . . . (from page 5)

Rationale: The current rule also does not clearly identify where indirect free kicks for offside are taken. This change makes it clear.

14-1-4: The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. The player taking the penalty kick is permitted to use a stutter step or a hesitation move

provided there is no stopping and there is continuous movement toward the ball. Failure to kick the ball as specified shall be considered a violation by the attacking team and the appropriate penalties shall apply. Stutter-stepping is not an interruption in movement.

Rationale: This addition of these sentences clarifies that the stutter step is allowed.

5 Pillars of Exertional Heat Stroke Prevention . . . (from page 6)

temperature (WBGT). WBGT takes into account ambient temperature, relative humidity and the radiation from the sun to give an accurate measure of the heat stress that the athlete will be experiencing during exercise in the heat.

- Modifications of work-to-rest ratios in extreme environmental conditions include increasing the number of rest breaks, the duration of rest breaks, and having unlimited access to hydration.

Acclimatization

- Having athletes go through a heat acclimatization protocol at the start of exercise in the heat is one of the best ways to help in preventing exertional heat stroke.
- Heat Acclimatization is a series of physiological adaptations the body uses to tolerate exercise in the heat and occurs over a period of 10-14 days.
- To have the full effects of the adaptations that heat acclimatization allows, it is imperative that athletes maintain an appropriate level of hydration.

Education

- Athletes, coaches, parents, athletic trainers, and other medical professionals should all be educated on the proper preventative strategies to prevent exertional heat stroke. Proper education will minimize the risk and incidence of exertional heat stroke.
- Having proper education and knowledge of the signs and symptoms are also imperative to ensure appropriate treatment in the event of an athlete suffering from exertional heat stroke.
- If medical care is present and exertional heat stroke is suspected - cool first, and then transport second to ensure appropriate treatment.

- If no medical care is available and exertional heat stroke is suspected, immediately active EMS (911) and begin cooling the athlete. For cooling, immerse the athlete in whole body cold-water immersion, which is the gold standard for cooling the exercising athlete.

3 Pillars of Exertional Heat Stroke Survival

Recognition

- Early warning signs of exertional heat stroke include headaches, dizziness and nausea. If these signs are detected early and the individual is allowed to bring their body temperature down, future problems may be avoided.
- Any athlete demonstrating signs of CNS dysfunction (loss of consciousness, confusion, mood changes etc.) during exercise in the heat should be considered to be suffering from exertional heat stroke.
- A body temperature greater than 104°F indicates the individual is suffering an exertional heat stroke and needs to be treated rapidly.
- A rectal temperature is the only viable field option to assess body temperature in an exercising individual. Aural, oral, tympanic, axillary and forehead measurements have all been shown to not be effective for measuring body temperature in exercising individuals.

Treatment

- Cold-water immersion should be used to cool any exertional heat stroke patient due to its superior cooling ability.
- To ensure survival, cooling tubs should be setup prior to any event involving exercise in the heat. This works best if tubs are filled with water and with ice available nearby. Tubs should be large enough to ac-

commodate the full-immersion of a large individual.

- An individual with exertional heat stroke should be cooled to 102°F within 30 minutes. For many individuals they will start at 106-110°F and cool 1°F every 3 minutes, if coldwater immersion is utilized. Cooling can take up to 20-minutes, making rapid treatment decisions critical.
- If cooling is available on-site the individual with exertional heat stroke should be cooled prior to transportation to a hospital.

Return-to-play

- An athlete who survives exertional heat stroke should be fully evaluated by a physician prior to return-to-play.
- Prior to return-to-play the individual who suffered an exertional heat stroke should demonstrate the ability to tolerate exercise in the heat.
- Athletes who have sustained an exertional heat stroke likely had a predisposing factor at the time of their injury. Predisposing factors should be identified and remediated before returning an athlete to activity.
- Return-to-play should be gradual and medically monitored throughout. When medically cleared, exercise should begin at a low intensity in a temperate environment. The athlete then can progress intensity in a temperate environment if no complications persist. The athlete should then perform the same progression of intensity in a hot environment before they are allowed to return-to-play.

~ *Korey Stringer Institute, University of Connecticut, Preventing Sudden Death in Sport*

Basic School Accident Insurance

Because accidents can happen during a regular school day, or during a summer camp, many individual schools and districts purchase basic school accident insurance.

What is “Basic Accident Insurance”?

- Covers all registered students, including coverage for preschool, kindergarten, elementary, junior and/or senior high schools
- Boarding school students may also be covered on a twenty-four-hour basis
- Excess accident medical only plans are available to both, public and private schools, on a mandatory basis and cover students while participating in all school sponsored and supervised activities on or off school premises
- Coverage includes participation in interscholastic athletics, including tackle football
- Coverage is provided during tryouts, preseason play, practice, regular and post-season play
- Sports only plans are available
- Custom plans are available for large school districts

Camp & Clinic Programs

From football to golf and debate to orchestra, there is a risk involved while running a camp or clinic. Schools should make sure that their camp and clinic programs include general liability and participant legal liability.

Activities that may be offered during the summer include:

- Athletic Day Camps
- Commuter and Overnight Camps
- Academic and Scholar Programs
- Non-school Sponsored Sports and Activities
- Teaching Clinics
- Supervised Off-season Workouts
- All-star Games
- Leagues and Teams

2018 Alpine & Nordic Ski Schedule

<i>Class</i>	<i>Event</i>	<i>Date</i>	<i>Site</i>	<i>Location</i>
Class A	Alpine	February 20-21, 2018	Mt. Abram	Greenwood
Class A	Nordic	February 22-23, 2018	Black Mountain	Rumford
Class B/C	Alpine	February 19-20, 2018	Big Rock	Mars Hill
Class B/C	Nordic	February 21-22, 2018	Fort Kent Outdoor Center	Fort Kent

BEAT THE HEAT

Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

DEHYDRATION AND HEAT ILLNESSES



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every

15 MINUTES
OF EXERCISE.

It takes only **30 MINUTES** for cell damage to occur with a core body temperature of 105 degrees.



Currently, 13 states have heat-acclimatization policies, for secondary school athletics with New Jersey being the first.



Exertional heat stroke is one of the top three killers of athletes and soldiers in training.

- From 2010-15, 20 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

SAFETY TIPS

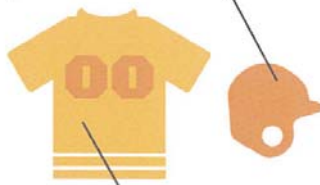


Have sports drinks on hand for workout sessions lasting longer than an hour.

Keep beverages cold – cold beverages are consumed 50 percent more than warm beverages.

Hydrate before, during and after activity.

Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.



Clothing worn by athletes should be light colored, lightweight and protect against the sun.

- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.

SIGNS OF MINOR HEAT ILLNESS



Dizziness

Cramps, muscular tightening and spasms



Lightheadedness, when not associated with other symptoms

EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE

Headache, dizziness, confusion and disorientation

Excessive sweating and/or flushing

Fatigue

Nausea and/or vomiting

Chills and/or goose bumps

SIGNS OF EXERTIONAL HEAT STROKE



Core body temperature of more than 105 degrees



Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness



Increased heart rate

Rapid breathing

Seizures



Low blood pressure

Rediscovering the Foundations of Athletics in Unified Sports

Children, when left to their own devices, can experience great joy in the play aspect of sport. Pure play, just for the fun of it, is truly wonderful to watch. All coaches try to recreate fun in their programs. This element of play drives participants to be great and develop meaningful relationships with others; however, sometimes coaches try to perfect and hone athletes into machine-like teams that perform at a high level. This is beautiful to watch, but there is a risk: The joy we experience from childlike play can be lost if we are not aware of how focused we become on outcome rather than process. One way to reconnect and rejuvenate coaches and communities is to become involved with Special Olympics Unified Sports, one of the fastest growing arenas for high school students in the nation.

Special Olympics Unified Sports brings people with and without intellectual disabilities together on the same team to compete. The students with disabilities and those without form a bond as strong as any found on championship teams. Students who are part of the school population, but are often forgotten or invisible to the rest of the student body, are given an opportunity to be the stars of the high school athletics team, playing alongside other student athletes who normally get the majority of the athletic praise.

The Three Divisions of Unified Sports

There are three distinct variations of Unified Sports: 1) The Recreational Model; 2) The Player Development Model, and 3) The Competitive Model.

Each of these programs address different community needs and all have positive outcomes for all stakeholders.

The Recreational Model focuses on getting schools and students involved in a more intramural setting. Such activities may take place during school lunch periods and involve sports or activities that may not be part of the normal after school athletic programs. Starting a kickball team with mainstream and special education students that competes against other school made teams would be an example.

The Player Development Model is gaining popularity in some areas of the nation as it encourages general education high school students to serve as mentors to their special education teammates. This type of competition generally occurs with other after school athletic programs. An example might be a Coed Unified Basketball season in which three or more schools create a sports season, set specific practice times, and home and away competitions against neighboring schools. This type of Unified program brings many benefits to the community as mainstream students learn what it is like to work with special education students. Students also have the opportunity to gain a greater appreciation for all those participating, in addition to being able to develop leadership skills. For the special education students, they gain an avenue to connect with the general student population, becoming a more connected part of the school community.

The Competitive Model focuses on creating teams of general education and special education students with similar abilities to compete against other schools. An example may be creating a school bowling team in which coaches have full tryouts of both mainstream and special education students. This model is almost like another level of current sports; however, special education students have a more equitable footing to make the team. An example may be a bowling team in which all students tryout, practice, and compete against other schools throughout a season.

Impact of Unified Sports on Schools

Unified Sports follows the same rules and regulations as prescribed by the NFHS; however, some rules may be adapted to promote meaningful participation. For example, in a basketball league, general education mentors may only make six points per quarter. Those that participate in wheelchairs have a more liberal interpretation of traveling, and the time of a game may be four five-minute running-clock quarters. Even with these adaptations, Unified players, general and special education students, push themselves to their potential and show a true love of the game that rivals that of any professional athlete playing in front of a packed arena. At the end of the contest there are fatigued smiles from heroes in sweat-drenched jerseys that remind us all of the pure joy sport has to offer not just for the participants but for everyone lucky enough to share the experience.

More importantly than just giving students with disabilities a chance to be on a team, Unified Sport invites an important part of the student body to become part of their school identity. Unified Sports allows the general education students and community to be vested in a portion of the student body often overlooked; our special education population. Unified Sports gives an underserved group of students the opportunity for social growth, companionship, and a sense of ownership and pride that would be hard to get from strictly academic classes. Every student should have the opportunity to feel they are a significant part of the student body. Through Unified Sports, more students are feeling like a part of their high school campus.

Final Thoughts

If salary negotiations, strike talks, and players who have forgotten why they started playing sports in the first place is making you a bit cynical of sports, or if you want to find the essence and beauty that drew you into sports as a child, stop by your local school house gymnasium and peek in on a Unified game or take the first steps to start a program at your school. There is plenty of support ranging from local Special Olympics offices to the nfhslearn.com website online class. There is plenty of effort, hustle, and smiles to go around, even for the most hardened, cynical of sports fans, and it will give athletes and coaches rejuvenation to remember the fun in sport.

MPA Interscholastic Photo Album

Unified Track & Field

