



RIIL CORPORATE PARTNERS







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GREETINGS FROM ORTHO RHODE ISLAND

EXCLUSIVE ORTHOPEDIC & SPORTS MEDICINE PARTNER OF THE RIIL



Ortho RI Express - Injuries don't wait. Neither should you.

- Immediate injury care by orthopedic specialists you won't find in urgent care or walk-in clinics.
- 1 Offers same- and next-day appointments for treatment of acute injuries.
- Specialized diagnosis, treatment, and aftercare.





300 Crossings Blvd,
Warwick, RI
Monday – Friday: 9 a.m. – 8 p.m.
Saturday: 12 p.m. – 5 p.m.
Call 401-777-7000 – Option 1







Free, Easy-to-Implement Injury Prevention Programs for High School Teams

From Ortho Rhode Island
Official Orthopedic and Sports
Medicine Partner of the RIIL

Just email tgannon@orthopedicsri.com to get started!





ACL Injury Prevention Program

Presented by: Tracy Gannon

Background



- ACL injuries are widespread in high school athletics.
- Each year 20,000 to 80,000 female high school athletes suffer an ACL injury while participating in a sporting activity.
- Females are 5 times more likely than males to sprain, tear, or rupture their ACL.
- ACL Injury Prevention Programs have a significant protective effect, reducing injury by 53%.¹



Ortho Rhode Island

The Ortho RI ACL Injury Prevention Program

- Our program focuses on 5 key elements necessary for a successful ACL IPP, per recent literature:
 - Strength
 - Agility
 - Plyometrics
 - Balance
 - Flexibility
- Athletes must be proficient in each category to decrease their risk of suffering an ACL tear.



Ortho Rhode Island

The Ortho RI ACL Injury Prevention Program

- 1. A free, one-hour session for coaches and athletes at your school.
 - Education on the ACL and strength & conditioning.
 - Participation in a comprehensive warm-up, targeting injury prevention. To be implemented for daily practice/competition.
 - Review of a "Pre-season" program to be performed 2x/week outside of practice.
- 2. The written three-week "Pre-season" program with videos of each exercise will be distributed to coaches at the end of the session.
- 3. Ortho RI PT staff will be available for questions and follow-up as needed.



How to Get Started



Contact Tracy Gannon, Ortho RI Director of Rehab Services

Phone: 401-777-7000 x2214

• Email: tgannon@orthopedicsri.com

- All you need is a date, time, and location we will provide the rest and accommodate your school's schedule and facilities.
- Sessions are flexible we can work with single teams, athletes from across a season's sports, etc.
- We look forward to helping your athletes stay healthy!







ACL injuries are common in high school athletics, particularly among female athletes, who are five times more likely to sprain, tear, or rupture their ACL than their male counterparts. But regardless of gender or sport, ACL injury prevention programs are valuable tools for reducing injury risk for high school athletes.

Research shows these programs can help reduce injury by 53%.

The goal of the Ortho Rhode Island ACL Injury Prevention Program is to decrease incidence of ACL injury in high school athletes, with a fun, educational focus on three key elements:

agility | strength | plyometric

Athletes must be sufficient in each of these categories to decrease their risk of ACL injury. They will finish our program with an increased understanding of cross-training and how to correctly perform basic exercises. We provide an easy-to-follow and effective plan that high schools can incorporate into their athletes' warmups and pre-season training. This plan includes:

- · A three-week pre-season exercise progression
- · A warmup routine
- Videos of each warm up and exercise

For more information, call Tracy Gannon at 401.777.7000 ext. 2214 or email tgannon@orthopedicsri.com.





Track and field and cross country are among the most popular sports with high school athletes. While running develops physical and mental fitness, it also increases stress to our bones, tendons, and muscles. Running challenges our bodies with two to three times our bodyweight, demanding more of our hips, knees, and calves. As the volume and intensity of training grows, so does the risk of developing a lower extremity injury. Approximately 30% of high school athletes can sustain a running-related injury during their season.

The goal of the Ortho Rhode Island Running Injury Prevention Program is to decrease incidence of running-related injuries in male and female high school athletes with a free, fun, educational focus on three key elements:

Mobility | Strength | Plyometrics

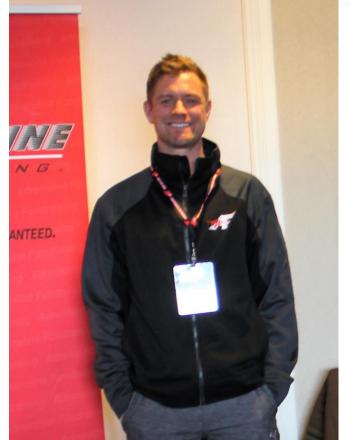
Athletes will finish our free program with an understanding of navigating pain while running, identifying common injuries, and correctly performing basic exercises to reduce injury. We provide an easy-to-follow and effective plan that high schools can incorporate into their athletes' warmups and pre-season training. This plan includes:

- · A three-week pre-season exercise progression
- · A warmup routine
- · Videos of each warmup and exercise

For more information, call Tracy Gannon at 401.777.7000 ext. 2214 or email tgannon@orthopedicsri.com.







Shaun O'Neil 508-404-6238 soneil@afreps.com Adrenalinefundraising.com

Covering All of RI, CT and MA







We've Moved!

Come join us as we celebrate our recent move to Portsmouth!

Saturday, August 26, 2023 2:00 pm till 4:00 pm

Snacks and Drinks Provided

We will have educational material for you to take that describes about who we are and how we may help with all of your driving needs.



Our New Location

3001 East Main Rd. Unit G. Portsmouth, RI 02871 (401) 612-6237

www.NewportCountyDrivingSchool.com





OFFICIAL RIIL TOURNAMENT BALL AGREEMENTS

The RIIL is excited to announce new 5-year official ball agreements for football, soccer, volleyball, basketball, baseball, and softball!!! **Beginning with the Fall 2023 season**, the balls listed below will become the official balls used in all https://example.com/heutral-site-playoff-games-and-championships in their respective sports through the 2027-28 school year. Please make arrangements to purchase the items below with your typical vendors or by utilizing the contacts below starting in the 2023-24 school year.

Official Football of the RIIL (beginning Fall '23)

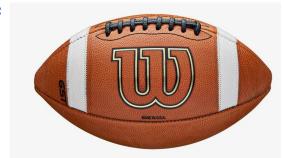
WILSON GST GAME FOOTBALL

Contact:

Brian Meehan

brian.meehan@wilson.com

617-510-6575



Official Soccer Ball of the RIIL (beginning Fall '23)

SELECT ROYALE

Contact:

Dave Cogliandro

Cogliandro79@charter.net

508-864-9247



Official Volleyball of the RIIL (beginning Fall '23) MIKASA VFC1000 PREMIUM LEATHER GAME BALL

Contact:

Dave Meciak

bmsales@aol.com

508-612-1600





OFFICIAL RIIL TOURNAMENT BALL AGREEMENTS

The RIIL is excited to announce new 5-year official ball agreements for football, soccer, volleyball, basketball, baseball, and softball!!! **Beginning with the Fall 2023 season**, the balls listed below will become the official balls used in all https://example.com/heutral-site-playoff-games-and-championships in their respective sports through the 2027-28 school year. Please make arrangements to purchase the items below with your typical vendors or by utilizing the contacts below starting in the 2023-24 school year.

Official Basketball of the RIIL (beginning Winter '23)
WILSON NCAA EVO NXT OFFICIAL GAME BASKETBALL

Contact:

Brian Meehan
brian.meehan@wilson.com
617-510-6575



Official Baseball of the RIIL (beginning Spring '24)
WILSON A1010 PRO SERIES SST BASEBALLS

Contact:

Bill McDermott
bill.mcdermott@wilson.com
973-769-3400



Official Softball of the RIIL (beginning Spring '24)
WILSON A9011 NFHS LEATHER POLYCORE SOFTBALLS

Contact:

Bill McDermott
bill.mcdermott@wilson.com
973-769-3400







RIIL Fall Sports Appreciation Weekend Offers valid 8/18/2023 - 8/20/2023

RIIL Fall Sports Appreciation Weekend Valid 8/18/2023 - 8/20/2023

20°0FF THROUGHOUT THE STORE



Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!



P00048750O241CT7K

As part of our partnership with Dick's Sporting Goods, the RIIL shares this great news about our Fall Sports Weekend. With this coupon, RIIL athletes and their families save 20% at any Dick's Sporting Goods Store when gearing up for the new fall sports season!

Valid Aug 18-20, 2023.



2023-2024 INITIATIVES

- RIIL Student-Athlete of the Year Award
- Leadership & Service Awards
- Local 51 Trades Scholarship
- RIIL Educator Spotlight
- Traffic Safety is a Team Sport safe-driving campaign
- SHOWCASE Cinemas High School Team of the Week
- RIIL Student Ambassadors Program
- RIIL Leadership Training Workshops
- RIIL Operation Clean Competition Program

2023-2024



Student-Athlete of the Year Award

PRESENTED



Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.





As part of its partnership with the RIIL, UA Local 51 will provide a trade scholarship to a graduating senior interested in pursuing a career in the trades industry. Learn more at: www.riil.org/page/6711



2023 SCHOLARSHIP RECIPIENTKYLE JOYAL, COVENTRY HIGH SCHOOL





coach.

EDUCATOR SPOTLIGHT

Presented by



It has been extremely satisfying to see some of the kids

that I taught in gym class in middle school work very

hard at the high school level and turn themselves into

excellent athletes in their particular sport . . . I have had

the privilege to meet a lot of great families who support

their kids' athletic endeavors and also support the



BOB BOUCHARD

CRANSTON EAST & PARK VIEW M.S

TEACHING:

Phys Ed & Health Teacher for 38 years, the majority of those years in the Cranston School System including currently at Park View M.S.

COACHING:

At Cranston East, has served for 33 years as head coach of the cross country and boys & girls swim teams, as well as 23 years as boys outdoor track coach and 10 years as boys tennis coach. Has guided Thunderbolt teams to numerous division titles and four Sportsmanship Awards.







MARGARET McGREGOR

SOUTH KINGSTOWN HIGH SCHOOL

TEACHING:

Job Coach. Has also assisted with South Kingstown's Best Buddies and Unified teams for seven years.

Watching students of all levels in the classroom and on the field thrive from my positivity, encouragement, and belief has been the greatest part of my education/coaching career. Seeing old players return to watch the team, letting us know how much they miss the program and the sport, and come to say thank you, is the best and makes me so happy.

COACHING:

Head Coach of South Kingstown's field hockey team for 16 years, guiding Rebels to numerous regular-season divisional championships. Selected Division II Coach of the Year three times.



Presented by



Coaching in the community where we live

makes us feel as though we are part of

something greater than ourselves. It gives us

opportunities to connect with people, to reach

for our goals and to better the community.



VIN SCANDURA

CENTRAL HIGH SCHOOL

BARRINGTON HIGH SCHOOL

TEACHING:

Physical Education Teacher in Providence for 30 years – 20 years at Central High School and Departmental Teacher Leader for the last 10 years.

COACHING:

Central High School Girls Basketball Coach for 20 years, 19 as head coach. Barrington Baseball Coach for seven years. Has received Coach of the Year honors in girls basketball three times.



Presented by





SEAN MCNAMARA

TOLL GATE HIGH SCHOOL & LA SALLE ACADEMY

TEACHING:

21 years in Warwick Public Schools - 14 years as a high school history teacher, 1 year as a high school assistant principal & 6 years as technology integration specialist

COACHING:

12 years as La Salle Academy Girls Hockey Coach - 7 state championships, 5 team sportsmanship awards, 200+ career wins, 3X NFHS State Girls Ice Hockey Coach of the Year. Also Assistant Coach for Toll Gate H.S. Field Hockey

It is important for me as a coach to help our players understand that they need to be productive members of the communities that they live and socialize in. Our players are expected to be successful student-athletes who represent their school community with class and dignity.





The minute I graduated from EGHS in 2012, I

knew I wanted to come back and teach and

coach here one day . . . Being a coach makes

me a far better teacher, and being a teacher

makes me a far better coach. I am lucky to be

so well-loved by such good people in EG.



KAREN LOCKHART EAST GREENWICH HIGH SCHOOL **TEACHING:**

PBGR-Senior Project Coordinator; Senior Class Advisor; Advisor for the Women in Leadership Club.

COACHING:



Presented by



SHAUN HORGAN

PORTSMOUTH HIGH SCHOOL

TEACHING:

Technology/Music Teacher at Portsmouth H.S. for 16 years.

COACHING:

Head coach of Portsmouth boys cross country and track & field for 16 years. The 2022 Boys Indoor Track Coach of the Year, he has guided the Patriots to multiple Division titles and a Class B Championship. His teams have produced five R.I. State Champions, a New England Champion and two All-Americans. Has also been Coaches Assoc. Co-Director for Indoor Track for the last 4 years



Head coach of East Greenwich Girls Soccer team: JV and Assistant Coach of EGHS Girls Basketball team; Assistant Coach of EGHS Softball team; 2020-21 NFHS RI Girls Soccer Coach of the Year; 2020 Division II Girls Soccer Champions; 3X Division I Maddie Potts Memorial Sportsmanship Award.



Presented by





My high school sports experience was full of competition, diversity and opportunity. This allowed me to form lifelong bonds with teachers, coaches and other athletes. These experiences have allowed me to be more understanding and compassionate towards the students' needs. I want all studentathletes to feel supported, challenged and understood. I believe that this will help them to achieve their goals. \P

JOSIE CHAVES

ROGERS HIGH SCHOOL

TEACHING:

Athletic Director at Rogers since 2021. Previously taught physical education and health at Chariho High School

I feel very fortunate to be a small part along a young

person's journey through the high school experience. I

work hard to make that experience as positive and

fulfilling as possible. Both of my grandparents were

dedicated educators in the Town of Portsmouth. It is

extra special for me to continue their legacy.

COACHING:

Assistant Girls Basketball Coach at Rogers High School since 2017. Helped guide the Vikings to the 2023 RIIL Final Four at the Ryan Center.



Presented by





As a teacher, I really enjoy getting to know all the students in the school, not just the ones who swing a bat. Physical education is a blast. Health is equally fun because you get to know students off the field and in the classroom as well. It's a great place to develop relationships.

BOB DOWNEY

EAST GREENWICH H.S. & COVENTRY H.S.

TEACHING:

Physical Education/Health Teacher at East Greenwich High School for 23 years; PE/Health Department Head for 11 years.

COACHING:

2022-2023: Coventry H.S. assistant baseball coach; 2000-2021: EGHS head baseball coach; 1994-2000: assistant coach for football, basketball and baseball at North Kingstown H.S.; Coached EG Baseball to two division titles, five Final Four appearances and four Sportsmanship Awards.



Presented by





MOUNT PLEASANT HIGH SCHOOL TEACHING:

MELISSA LIPA

Chemistry Teacher, 1991-2003. Professional School Counselor, 2003-2011. Teacher Leader Professional School Counselor, 2011-present.

COACHING:

A member of the RI Track Coaches Association Hall of Fame, Lipa has served as either head coach or assistant coach of Mount Pleasant's cross country & indoor and outdoor T&F teams for three decades, including boys & girls outdoor head coach since 2001. Teams have produced many N.E. and State champions.

Watching these amazing student athletes, many of whom were up against the worst odds for them to becoming successful, grow to become successful adults in our society. And they did this through their own perseverance, dedication, and commitment to never give up to become the doctors, therapists, nurses, social workers, nuclear engineers, teachers, school administrators, coaches, the first state Hispanic female trooper in RI, and the list goes on.





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TAKE THE PLEDGE Scan the QR code below or go to:

https://www.riil.org/page/6507







×







SHOWCASE

CINEMAS





Participants in the RIIL Student Ambassadors program are included in communications about upcoming leadership opportunities and programs. They are also asked to provide feedback from time to time about what is going on in their schools and to share information about various RIIL initiatives with their communities. Interested students should fill out the online registration form HERE: www.riil.org/page/6222

LEADERSHIP TRAINING WORKSHOP

Powered by the R.I. Interscholastic League, R.I. Army National Guard & iHeartRadio

Plans are underway for a Fall 2023 Workshop.

MORE DETAILS TO COME!!!



OPERATION CLEAN COMPETITION





OCC Programs delivered in partnership with:

Operation Clean Competition made possible by a grant from the:

RHODE ISLAND

For the last 10 years, the RIIL has partnered with the **Taylor Hooton** Foundation to provide FREE OCC programming to schools, thanks to a grant from the Rhode Island Foundation!





LEARN. EDUCATE. EMPOWER.

DANGERS OF APPEARANCE & PERFORMANCE ENHANCING SUBSTANCES

LIVEINFORMED

Operation Clean Competition made possible by a grant from the:



Find information and resources at: riil.org/page/6951

OPERATION CLEAN COMPETITION

LEARN, EDUCATE, EMPOWER.

DANGERS OF APPEARANCE & PERFORMANCE ENHANCING SUBSTANCES

LIVEINFORMED

Operation Clean Competition made possible by a grant from the:







WELCOME OUR NEW ATHLETIC DIRECTORS

- Bay View: Fallon Scorpio
- Central Falls: Carl Africo
- Davies Career & Tech: Geoff Keegan
- East Providence: Alex Butler
- Juanita Sanchez: Rick Bozzer
- Johnston: Justin Erickson
- Middletown: Scott Rollins
- North Kingstown: Dave Tober
- North Providence: Anthony Ficocelli
- North Smithfield: Amanda Bean
- Ponaganset: Mike Joyce
- West Warwick: Jim Alves







RIII SPORTS MEDICINE ADVISORY COMMITTEE UPDATE



George Finn
Barrington H.S. Athletic Director
& Chair of the RIIL SMAC

- Athletic Trainers
- Emergency Action Plans
 - > AED
- Heat Acclimatization IMPORTANT!!!
 - Wet Bulb Globe Thermometer (WBGT)
 - Cold Water Immersion Tub
- EEE/West Nile



HIGH SCHOOL ATHLETES DESERVE ON-SITE MEDICAL SERVICES



High Schools without Athletic trainers reported higher overall and recurrent injury rates

According to a study that compared injury rates between girls soccer and basketball in public schools in Chicago (Pierpoint LA, 2018)





"The innovATe project is a unique opportunity to support the addition of athletic training services in secondary schools across the country that have been traditionally underserved."

Christianne Eason '06 (EDU) '16 (PhD), director of the innovATe program.

Athletic Trainers are highly qualified, multi-skilled health care professionals. These allied health professionals are an integral part of the sports medicine team that provide clinical point-ofcare and make medical referrals when needed.











Athletic trainers (ATs) are healthcare professionals who collaborate with physicians. ATs are trained in injury prevention, evaluation, immediate care, rehabilitation, and administration of acute and chronic injuries and medical conditions.

Value of Athletic Trainers in Secondary Schools



Treat acute or chronic injuries/illnesses properly



innovATe

- Appropriate identification and treatment of heat-related illnesses



Injury prevention and improved return to sport

Schools with an AT report fewer acute and chronic injuries



Achieve cost savings and reduce liability

Decrease in health care costs of more

 Develop recommendations for institutional risk management policies and procedures



Support student athletes' academic success

Reduce time away from class with on campus rehabilitation

IMPROVING NEEDED NATIONWIDE OPPORTUNITIES & VALUE OF ATHLETIC TRAINER EMPLOYMENT

THE MISSION of UConn's Korey Stringer Institute's innovATe project is to increase access to medical care provided by an athletic trainer for secondary school athletes in underserved communities through the provision of funding, advocacy, education, mentorship, and strategic support to school districts and through partnerships with local medical services

OUR VISION is to dramatically increase access to athletic training services for secondary school athletes in traditionally underserved communities

A message from CHRISTIANNE M. EASON, PhD, ATC, Korey Stringer Institute, President of Sport Safety, Director, innovate, UCONN:

The preproposal application for the **innovATe** project is now open and you can access it **here**. This is a short form that takes approximately 10-15 minutes to complete and is used to determine your eligibility to receive funding through the **innovATe** project and to invite you to complete the formal application.

We will select 3-4 applicants to receive \$180,000 over a three-year period to add or increase athletic training services in their communities. Please note, **innovATe** funds cannot be used to supplement athletic training services that are already in place.

The **innovATe** project is funded through the Education Fund that was established as part of the NFL Concussion Settlement. Please note, that we are waiting on a final decision from the court on a motion that was submitted to extend funding for any future **innovATe** cohort. At this time, we are very optimistic that the court will rule in favor of allocating more resources to the **innovATe** project, but we will wait to hear definitively before any school is invited to complete the formal application.

The preproposal applications are due **October 31, 2023,** and applicants will be invited to complete formal applications on November 17, 2023, or pending final decision from the court.

If you have any questions about the preproposal application, the **innovATe** project, or have any difficulty accessing the application contact Jessica Correia (<u>jessica.correia@uconn.edu</u>).

IMPROVING NEEDED NATIONWIDE OPPORTUNITIES & VALUE OF ATHLETIC TRAINER EMPLOYMENT

THE MISSION of UConn's Korey Stringer Institute's innovATe project is to increase access to medical care provided by an athletic trainer for secondary school athletes in underserved communities through the provision of funding, advocacy, education, mentorship, and strategic support to school districts and through partnerships with local medical services

OUR VISION is to dramatically increase access to athletic training services for secondary school athletes in traditionally underserved communities

Additional notes re: the innovATe project ...

This is for schools looking to add an athletic trainer or increase the programming that may already exist.

Requirements are:

- o A minimum of 2 schools need to apply. It can be 2 schools in the same county i.e., middle and high school or a public school system. It could also be two neighboring counties applying together.
- o At least 1 of the schools applying must have a football program.
- o Money must go towards increasing AT services and can't be used to replace AT funding that already exists.



EMERGENCY ACTION PLANS

As you plan for the start of fall sports and activities, coaches are encouraged to make sure that there is an **Emergency Action Plan** in place for their team and that the plan is reviewed and practiced with the players, coaches, staff and athletic trainers to ensure a quick response in the event of an emergency.



Resources for Schools

•Korey Stringer Institute Emergency Action Plan Guidance & Templates

Anyone Can Save a Life Emergency Action Planning Program

•National Athletic Trainers Association (NATA) Position Statement – Emergency Planning in Athletics





In preparation for the fall 2023 preseason, school administrators, athletic directors, coaches and staff members <u>are reminded of the importance of activity and practice modifications</u>. THIS IS NOT JUST A FOOTBALL ISSUE. Any student participating in an outdoor sport or activity in the heat is vulnerable to heat illness, including participants in activities such as marching band, cheer and also volleyball players practicing in hot gyms without air conditioning.



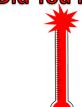
It is crucial that heat acclimatizing guidelines are strictly followed, especially during the first 3-4 days of the practices.

This is the time when our students are most vulnerable to the heat.

Resources for Schools:

- Heat Acclimatization Rules (Article 7, Section 3 C)
- •NFHS Heat Acclimatization and Heat Illness Prevention Position Statement
- •NFHS Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness

Did You Know?



This is the peak time of the year for risk of heat-related illnesses and deaths. Nationally, during the last 10-year period, the National Center for Catastrophic Sport Injury Research (NCCSIR) captured a total of 42 exertional heat stroke events in high school athletes (29 football, 6 cross country, 3 soccer, 3 basketball, and 1 cheer). Of these 42 exertional heat stroke events, 18 (42.9%) athletes died (15 football, 2 basketball, and 1 soccer).



COLD WATER IMMERSION TUBS

The RIIL SMAC recommends that Cold Water Immersion Tubs be on site for warm weather activities.



In the event of Exertional Heat Stroke (EHS), the primary goal is to cool him/her as immediately and rapidly as possible. The most effective way to decrease core body temperature is full-body cold water immersion (CWI) in a pool or tub.





COLD WATER IMMERSION TUBS

Rubbermaid ▶ 150 gal. Structural Foam Stock Tank

★★★★ 4.6 (967) SKU: 222991999

Reviews

Questions & Answers

Product Details

Specifications

Documents



\$189.99

As a Neighbor, you are eligible to earn 1 point per dollar on this purchase. Join Now

Free standard delivery to your local TSC Store when spending \$29 or mo.... Learn More

The 150 Gallon Stock Tank has a sleek appearance and smooth black color that features an over-sized drain plug for easy draining and cleaning. Constructed from molded polyethylene for superior performance and long-lasting durability in all types of weather. Traditionally used for providing drinking water to farm animals.

- · Multipurpose tank can withstand any use/purpose, ranging from farm life to a creative solution for everyday projects
- · Oversize 1-1/2 in. drain plug enables easy emptying and cleaning
- · Optional all-plastic, anti-siphon float valve provides a constant water level (FG424806, sold separately)
- · Rubbermaid stock tank holds up to 150-gal.
- Dimensions: 39 in. x 58 in. x 24 in.
- · Resists weathering, cracking and leaking
- · Seamless stock tank system fits just about anywhere
- · Stepped sidewalls and reinforced ribbing add strength and

Buy In Store: North Kingstown RI

✓ 2 In Stock

Curbside / Pickup In Store

North Kingstown RI Check nearby stores Free Curbside / Pickup in Store Available for Pickup Today

Standard Delivery

Ships within 24 hours. Oversize Delivery - Additional fees may apply.

Same Day Delivery

Delivered as soon as today if order is placed by 2:00 p.m. You may also schedule your delivery day at checkout.



Add to Cart

Contactless Curbside / Pickup and Delivery Information

Add to list



















Other valuable resources from the NFHS and the NFHS Sports Medicine Advisory Committee (SMAC):

NFHS "Heat Illness Prevention" Online Course from NFHSLearn.com

https://nfhslearn.com/courses/heat-illness-prevention-2

NFHS "The Collapsed Student" Online Course from NFHSLearn.com

https://nfhslearn.com/courses/the-collapsed-athlete

NFHS "Position Statement on Physical Activity, Air Quality and Wildfires

https://www.nfhs.org/media/7212236/nfhs-position-statement-on-air-quality-april-2023-final.pdf



SPORT ADVISORY COMMITTEES





COACHES INTERPRETATION MEETING POINTS OF EMPHASIS

- Coaching Requirements
- Coaches Registration
 - > NFHS Coaches Level I Certification
- Eligibility Clearing Students for Participation
- Officials
- Sportsmanship
- Score Reporting & Website Partners



RULES E REGULATIONS REVIEW



CO-OP RULES REVISION

Article 3, Section 1J



TRANSFER RULE REVISION

Article 3, Section 6

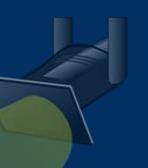
NEW in 2023:

ALL Transfers, including those with a change of address, must be entered into the online Transfer management System





RULES SPOTLIGHT



NON-SCHOOL COMPETITION AND LOYALTY TO SCHOOL TEAM

5. If a conflict arises between the high school team practice/competition and **an out-of-school practice/competition** on the same day, the high school team practice/competition must be honored by the student-athlete. Priority/loyalty must be given at all times to the high school team practices and contests **unless a waiver has been granted by the Principal and Athletic**

Director on a case-by-case basis.

Article 7, Section 6.



GIRLS WRESTLING UPDATE











RIPCOA REQUEST



Rhode Island Principals Committee on Athletics Grades 6-8

Update



COACHING REQUIREMENTS



RIIL RULES & REGULATIONS ARTICLE 13 – COACHING REQUIREMENT

Section 1. Coaches Certification

Member school Principals or their designee are responsible for ensuring that all coaches, paid or unpaid at all levels (Varsity, Sub-Varsity, and Volunteers) meet the RIIL Coaching Requirements.

All <u>Head Coaches. Assistant Coaches, and Volunteer Coaches</u> must be in compliance with the Initial Certification Requirements outlined in Article 13.



Utilize the "School Resources" page on the RIIL Website riil.org



Traffic Safety is a Team Sport!













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Schools Sp

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Lorporate Martners

TitleIX at 50

Welcome 2022-23









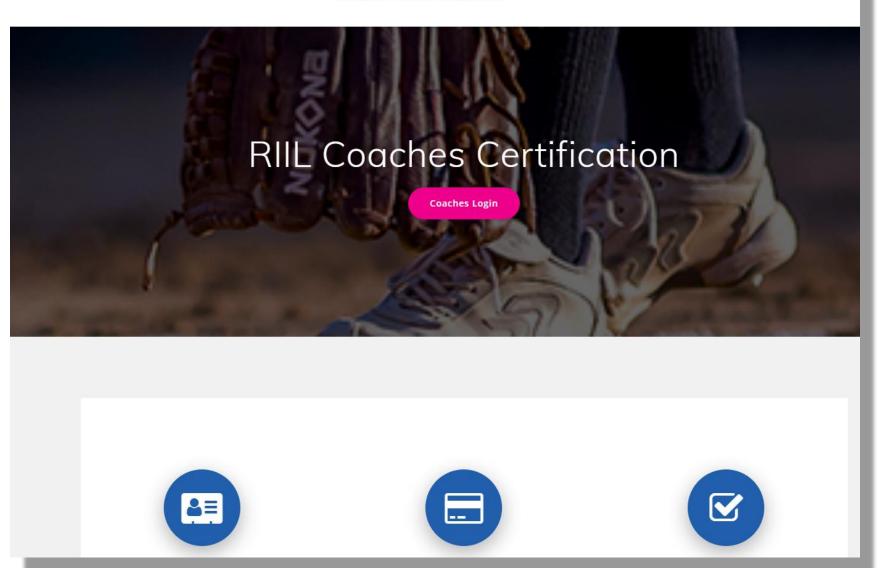
School Resources > School Resources > Welcome 2022-23



<u>Item</u>	<u>Date</u> <u>Uploaded</u>
Seasonal Meeting Information	
Coaches Interpretation Meeting presentation - Fall 2023	TBD
Athletic Directors Preseason Meeting Presentation - Fall 2023	TBD
Coaches Interpretation Meeting presentation - Winter 2023-24	TBD
Athletic Directors Preseason Meeting Presentation - Winter 2023-24	TBD
Coaches Interpretation Meeting presentation - Spring 2024	TBD
Athletic Directors Preseason Meeting Presentation - Spring 2024	TBD
Coaches Certification & Registration Information	
RIIL Coaches Registration Website	
RIIL Article 13 Coaches Certification Requirements	



Coaches Certification





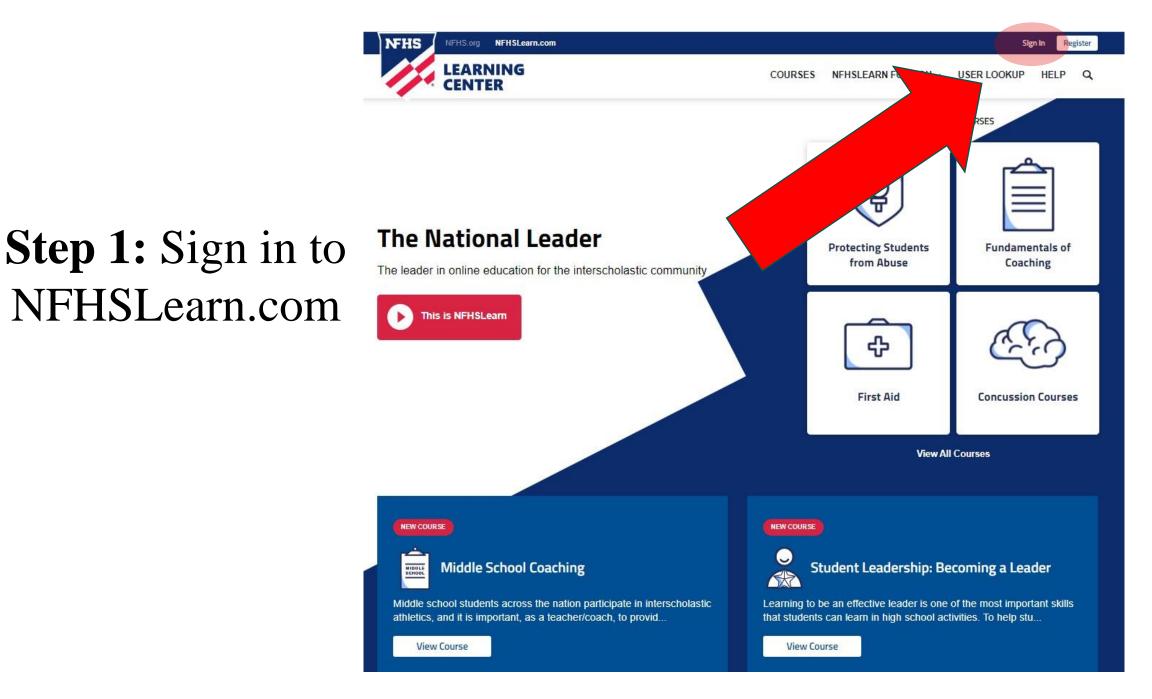


SCHOOL HONOR ROLL PROGRAM COACHES LEVEL I CERTIFICATE



1-2-3 Steps
To Downloading
Your Certificate

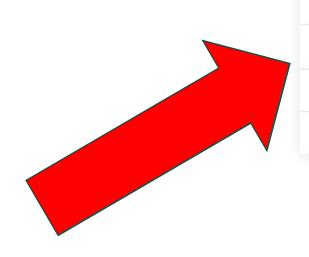


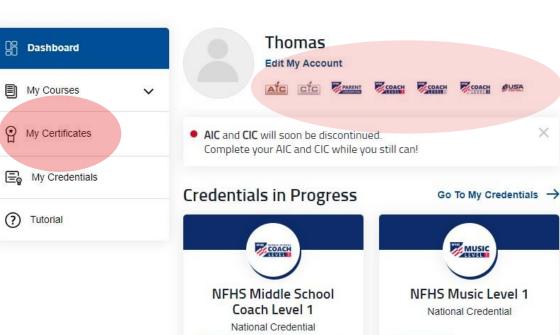






Step 2: Click on "My Certificates"





75% Completed



The NFHS is an accredited institution by Cognia and exceeds the same high standards that are expected from schools across the country.

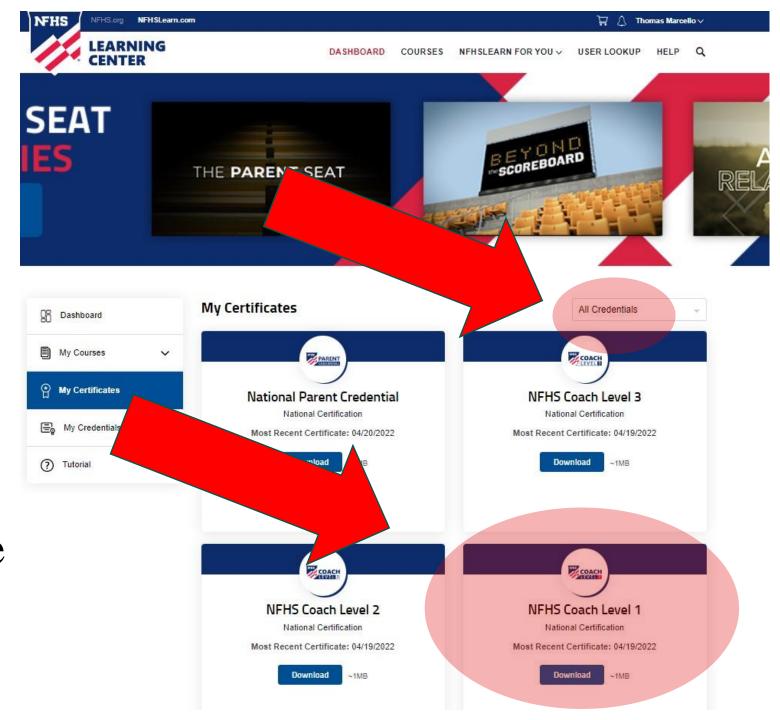
Learn more

40% Completed



Step 3: Select "My Credentials" &

Download
NFHS Coach
Level 1 Certificate





ELIGIBILITY

BEFORE ANY STUDENT IS ALLOWED TO PARTICIPATE IN A GAME, THEY MUST BE PROPERLY CLEARED FOR ELIGIBILITY BY <u>ALL</u> RIIL RULES & REGULATIONS AND ANY ADDITIONAL SCHOOL REQUIREMENTS

- Enrollment & Residency
- Assumption of risk forms
- Medical clearance
- Age
- 8-semester limit
- Academics
- Transfers
- CTE Pathways
- Alternative schools (New Form!!!)



If a student-athlete arrives at the first day of practice without the proper clearance, they should not be allowed to participate!



ELIGIBILITY LIST

- Fall Eligibility List (within 10 days of the start date of the fall sports season):
 - Football Deadline: Thursday, August 24th
 - All other fall sports Deadline: Thursday, August 31st
- To further protect schools and administrators:
 - All Head Coaches must use the Official Rosters posted on the RIIL website for any game-related purpose.
 - We are asking Athletic Directors and Officials to help enforce.



ALTERNATIVE EDUCATION MEMBER SCHOOL ATHLETIC PARTICIPATION FORM



ALTERNATIVE EDUCATION MEMBER SCHOOL



RIIL Alternative Education Member School Student-Athlete Eligibility Procedure

Procedure for determining initial athletic eligibility:

- . Member Schools under Article 3, Section 2: Alternative Education School Athletic Participation, shall hold athletic interest meetings prior to each athletic season to determine which students intend to participate in athletics at the feeder school in the community where they reside.
 - Fall Sports Meeting: Early June.
 - Winter Sports Meeting: Late October.
 - o Spring Sports Meeting: Early February
- . The Principal (or designee) of the Alternative Member School shall
 - o Complete the Alternative Education Eligibility form for every student requesting to participate in athletics at their feeder school.
 - o Collect a completed RIIL Assumption of Risk form including signatures and notary seal. This form must be completed once in a student's HS career unless there is a change in residency.
 - o Collect a completed Physical Form dated within the past year.
 - All Physical Forms must be reviewed by the Alternative Education Member School Doctor or Nurse. Only athletes cleared by the School Doctor/Nurse can participate.
 - o Scan and Email the Alt. Ed. Eligibility, Assumption of Risk, and Physical Forms to the Principal/Athletic Director of the feeder school in the community where they reside.
 - o The Principal and/or Athletic Director of the feeder school will confirm receipt and communicate relevant athletic information back to the student and Principal.
 - Answer any relevant questions from a feeder school regarding their student.

Important Notes:

- The Alt. Ed. Eligibility form must be completed once per student per school year.
- · Feeder Schools may require additional information prior to athletic participation. Such as Providence which mandates registration with the School District Office at 325 Ocean St., Providence 02905.
- · Feeder schools shall not accept any alternative member school student-athletes without first receiving the eligibility form, assumption of risk, and physical.
- · Feeder Schools and Alternative Education Member Schools shall retain copies of all student forms until
- . The Alternative Member School shall notify the feeder school of any change in eligibility immediately, especially in the case of: change of residency, attendance issues, academic eligibility, discipline issues...



RIIL Alternative Education Member School

.uaent	Information:
	ame:
D	ate of Birth: Grade:
S	
C	ity, State, Zip:
St	udent's School Email Address:
N	ame of Mother or Legal Guardian:
Pa	arent's Preferred Email Address:
Be Co	ompleted by the Alternative Member School Principal (or designee):
	provide the first school year this student was enrolled in 9th grade:
0	Provide the first school year this student was enrolled in 9 th grade:
0	Provide the first school year this student was enrolled in 9 th grade: The Alternative School certifies that the student is living at the above address with their mother:
0	Provide the first school year this student was enrolled in 9 th grade: The Alternative School certifies that the student is living at the above address with their mother: Yes No If No, provide the name and relationship of the individual(s) who the student is living with at
0	Provide the first school year this student was enrolled in 9 th grade: The Alternative School certifies that the student is living at the above address with their mother: Yes No If No, provide the name and relationship of the individual(s) who the student is living with at the above address:
0	Provide the first school year this student was enrolled in 9th grade: The Alternative School certifies that the student is living at the above address with their mother: Yes No If No, provide the name and relationship of the individual(s) who the student is living with at the above address: The Alternative School certifies the student is eligible by all RIIL Rules and Regulations:
0	Provide the first school year this student was enrolled in 9th grade: The Alternative School certifies that the student is living at the above address with their mother: Yes No If No, provide the name and relationship of the individual(s) who the student is living with at the above address: The Alternative School certifies the student is eligible by all RIIL Rules and Regulations: Yes No
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0	Provide the first school year this student was enrolled in 9th grade: The Alternative School certifies that the student is living at the above address with their mother: Yes No If No, provide the name and relationship of the individual(s) who the student is living with at the above address: The Alternative School certifies the student is eligible by all RIIL Rules and Regulations: Yes No If the School has any questions, please contact the RIIL Office for guidance. The Alternative School certifies the student is academically eligible by Article 3, Section 4 of the
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BI-WEEKLY ATHLETIC DIRECTOR/MEMBER SCHOOL Q&A ZOOM SESSIONS

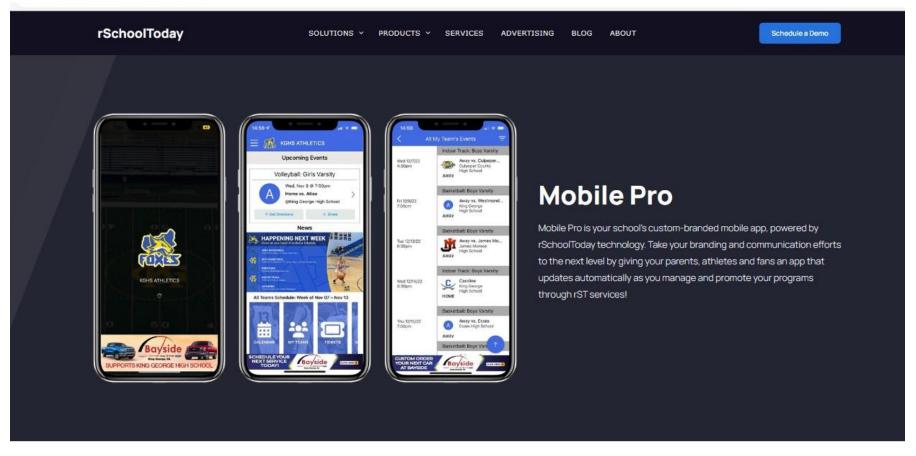


REGULAR-SEASON SCHEDULING STRUCTURE &

REALIGNMENT PLANNING



rSchoolToday Mobile Pro App



With Mobile Pro you can have











Head Coaches' Responsibility to Report Scores

Article 6, Section 14. MANDATORY GAME SCORE REPORTS AND COACHES REGISTRATION

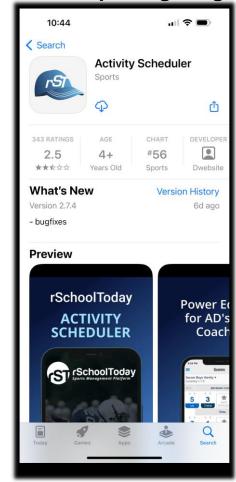
1. Game Score Reports: All RIIL league contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.

1. The home team (coach/athletic director) is responsible for reporting league contest scores

within forty-eight (48) hours of the end of the contest

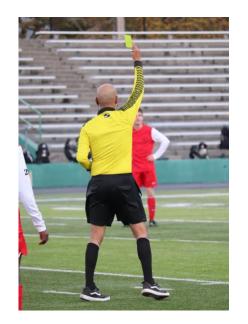
Cross Country - MileSplit

- Girls & Boys Tennis Universal Tennis
- Wrestling Track Wrestling
- Indoor Track & Field MileSplit
- Ice Hockey PM MaxPreps
- Baseball PC MaxPreps
- Softball PC MaxPreps
- Golf iwannamaker
- Outdoor Track & Field MileSplit
- Soccer Cards MaxPreps





New for 2023 Soccer Season



Mandatory Yellow/Red Card reporting for all soccer head coaches on MaxPreps





https://www.maxpreps.com/state/rhode-island.htm

COACH SUPPORT LINE: 800-329-7324 x1

COACH SUPPORT EMAIL: support@maxpreps.com

RIIL STATE REP: Gerry Valerio - gvalerio@maxpreps.com



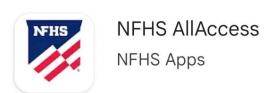


- 1. What RIIL initiatives will MaxPreps data power? MaxPreps is the Official Partner for Sports Statistics to the RIIL. All information entered into MaxPreps can be sent to the RIIL to manage regular-season results, RIIL stat leaderboards and much more. In order to manage these initiatives, all RIIL member schools are strongly recommended to enter their team statistics after each game.
- 2. Where do I enter my schedule, score and roster? Each member school will continue to enter their schedule and roster into the RIIL administrative platform, and that data will be sent to MaxPreps to be displayed on your team pages. Each member school will then be responsible for updating their stats on MaxPreps after each game throughout the season.
- 3. What do Athletic Directors need to do? Since RIIL member schools need to keep accurate stats on MaxPreps, the AD needs to ensure each team coaching staff has access to enter stats. ADs or any coaches currently not using MaxPreps should contact MaxPreps at 800-329-7324 x1 or support@maxpreps.com to sign up or get access.
- 4. Which sports are included in the partnership? MaxPreps provides a complete stats platform for nearly all the sports the RIIL offers.
- 5. How do I sign up to get access to my administrative account on MaxPreps for the first time? Athletic Directors/Coaches can follow this link on MaxPreps to become a free MaxPreps member and follow the prompts to gain access to your team. Make sure to select "Head Coach or Athletic Director" as your role for the team.
- 6. Can Athletic Directors control their MaxPreps team pages? Yes! Athletic Directors can control every single team from their free School Administration page on MaxPreps.
- 7. Can coaches allow a team statistician or assistant coach to help manage their team information?
 Yes! Once the coach has access to their team admin page, they can give other individuals access to their page to help keep their team information accurate.
- 8. Is MaxPreps compatible with other stat programs? In addition to MaxPreps own mobile, tablet, and desktop tools, MaxPreps is compatible with over 80 different stat companies across multiple sports. Click here to view MaxPreps stat partners.
- 9. Does MaxPreps have an app to manage team information? Yes! Our MaxPreps app is available to download for both iPhone and Android devices at <u>maxpreps.com/apps.</u> ADs and Coaches can update complete schedules, rosters, scores and stats, and also sync their game schedule to their phone's calendar, and more.
- 10. Who can I contact with additional questions? ADs and coaches may contact RIIL MaxPreps representative Gerry Valerio at gvalerio@maxpreps.com.





NFHS AllAccess is an all-new, digital platform, available through the NFHS website and as an app on mobile devices, where NFHS Publications can be accessed. Previously, the NFHS Rules App was limited to Rules Books and Case Books. Now, additional Rules Publications, such as Officials Manuals and Handbooks, can be accessed using the new AllAccess platform.



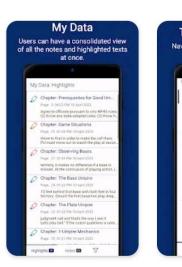


1.0 ★ 6 reviews ① 1K+ Downloads









NFHS Playbook is an interactive reader for NFHS publications.



SPORTSMANSHIP



RIIL RULES & REGULATIONS ARTICLE 12 - SPORTSMANSHIP

COACH

The coach plays a critical role in supporting and enhancing good sportsmanship. The coach must accept primary responsibility for the behavior and actions of his/her players and assistant coaches, **during and after all games**. The coach serves as a role model for his/her players, their parents and the spectators. The coach must always be in control, practice sound values and ethics and always pursue victory with honor.

- 1. Will model ethics and sportsmanship, always pursue victory with honor and maintain dignity and self-control.
- 2.Shall stay informed about sound coaching techniques and the physical, mental, and emotional development of the student-athlete.
- 3. Will teach players the rules of the game and to respect the game, officials, and opponents and will take action when athletes exhibit poor sportsmanship.
- 4. Will place the academic, emotional, physical and moral well being of student-athletes above desires and pressures to win.
- 5. Will be an ambassador for sport among athletes, schools, families and the community.
- 6. Will abide by the rules of the game and RIIL in letter and spirit.
- 7.Shall exemplify high moral character, behavior and leadership, lead by example and set a standard for players and spectators to follow.
- 8. Will respect the integrity and judgment of game officials.







⟨ Back to Courses



Recommended for: Parent

The Parent Seat

NFHS Core Course

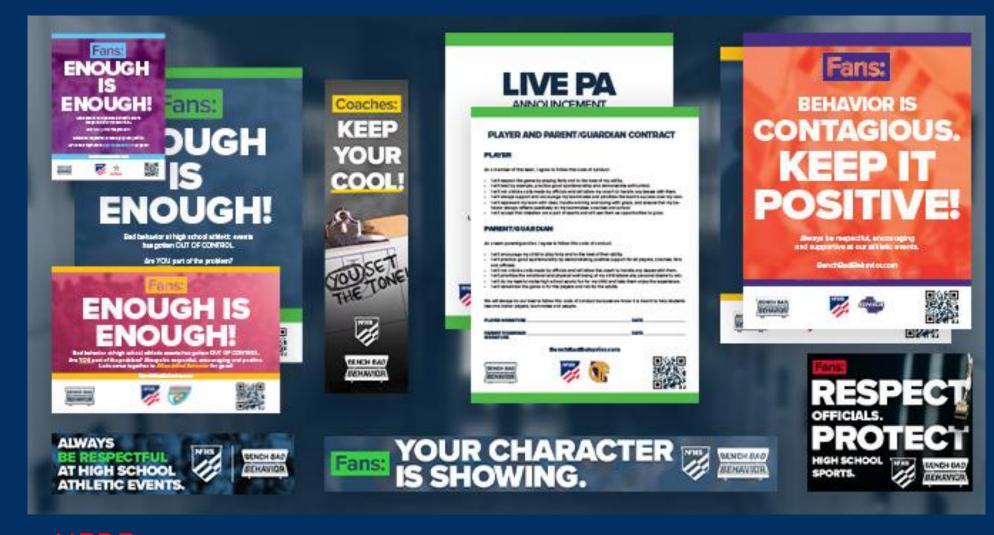
This course has been designed to help parents understand the importance of participation in school programs, their expectations of behavior <u>at</u> events, how their behavior affects their child, and how they can use their child's high school experience as a way to grow a healthy relationship for years to come.





WHEN HIGH SCHOOL COACHES LOSE THEIR COOL AT ATHLETIC EVENTS, IT GIVES FANS THE IMPRESSION THEY CAN TOO. COACHES ARE REMINDED TO ALWAYS SET A GOOD EXAMPLE FOR THEIR SCHOOL COMMUNITIES.





CLICK HERE FOR THE FREE TOOLKIT THAT FEATURES RESOURCES YOU CAN USE TO PROACTIVELY ADDRESS BAD BEHAVIOR AT YOUR SCHOOL'S ATHLETIC EVENTS. IT INCLUDES A PARENT-PLAYER CONTRACT, PRINTABLE FLYERS, PROGRAM ADS AND MORE!





OFFICIALS HOW CAN YOU HELP?



GAME MANAGEMENT

BEHAVIOR EXPECTATIONS

ATHILETIC DIRECTOR RESPONSIBILITIES TO OPPONENTS & OFFICIALS



"Recent surveys indicate that despite the efforts of many individuals, groups and organizations, the behavior at events and abuse of officials is continuing across the country. We are tired of talking about the problems. It is time to start formulating solutions to the behavior issues at high school – and middle school – sporting events nationwide."

- Dr. Karissa Niehoff, NFHS chief executive officer







Officials Agreements Update





Responsibilities to Officials





IFHS

- Improved relationships with coaches and teams are necessary
- Creating a safe environment for officials dressing room, parking, security (before, during and after game).
- NFHS Fall Sports Officials Appreciation Week October 1-7, 2023 Suggested ways to show appreciation:
 - Officials' appreciation week banners and signage on the fence, wall, etc., surrounding the contest playing area.
 - > Gift cards/cookies/donuts/other items presented to the crew by both the home and visiting team.
 - Photos of the officiating crew with both teams and coaches prior to the start of the game (or at the end, depending on timing).
 - Read a PSA at the start of the game, thanking the crew for working the contest.
 - Student escorts of the crew onto the field/court/pitch.
 - "Thank you" cards, signed by the team and coaching staff.
 - Special appreciation signage in the officials' locker room.
 - Recorded "thank you" messages from student-athletes and coaches to officials, posted on social media.
 - > These are just some examples of what schools can do the possibilities are endless!







OFFICIATING EDUCATION SYSTEM



COURSE OFFERING

Intro to Sports Officiating Physical Education Advanced Physical Education Elective **Team Sports**

WHAT THEY'RE SAYING

"I have been working with officials for close to 25 years and viewing this program and seeing how it fit into an educational curriculum was my 'a ha' moment!"

- Dana Pappas NFHS Director of Officiating Services

STUDENT EMPLOYABILITY

Refereeing Work: 30hrs Get Paid: \$975+

Traditional Student Jobs Work: 30hrs Get Paid: \$390

TURN-KEY OFFICIATING EDUCATION CURRICULUM FOR TODAY'S STUDENT



Standardized digital course curriculum Detailed instructor guides & course maps Resources for active learning opportunities Features built in assessments & reporting Innovative & interactive POV video content

TEACH STUDENTS TO REFEREE

Football Baseball Softball Basketball Volleyball Flag Football Lacrosse (Boys & Girls) Soccer Wrestling Ice Hockey Swim & Dive Track & Field

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VISIT OUR WEBSITE!



R.I. INTERSCHOLASTIC INJURY FUND

http://www.injuryfund.org/







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RIIAAA INFORMATION



Thank You to Rhode Island College for hosting today's meeting!