

## Section IX Athletics

Robert Thabet, Executive Director

#### **Section IX Athletic Council Meeting** Tuesday, September 11, 2012 Orange-Ulster BOCES, Carl P. Onken Conference Center, Room A at 9:30 a.m.

1. Call to Order: Bob Thabet

Introduction of New Athletic Directors

- 2. Pledge of Allegiance: Bob Thabet
- 3. Financial Report: Jim Osborne
- 4. Review of Meeting Materials Jim Osborne
- 5. Approval of June 12, 2012 Minutes
- 6. NYSPHSAA: Robert J. Zayas, Executive Director
- 7. Section IX NYSPHSAA Representatives Roberta Greene and Jim Wolfe
- 8. Concussion Management
- 9. NYSPHSAA Eligibility Workshop Tuesday, October 2, 2012 at Wallkill High School
- 10. Exceptional Senior Football Contest David Coates
- 11. School Mergers Jim Osborne
- 12. Fall Chair Reports:

a. Cross Country

Jim Glover and Steve Loturco

b. Football

Dave Coates and Glen Maisch

c. Boys Soccer

Pete Ferguson

d. Girls Soccer

Diane Wanser

e. Field Hockey

C.J. Bull-Knuth

f. Girls Swimming

Pat Ryan

g. Girls Tennis

Selina DeCicco

h. Volleyball

Toni Woody

#### 13. Chair Reports:

a. Girls & Boys Modified Sports

b. Safety

c. Chemical Health

d. Officials Coordinator

e. Eligibility

Sportsmanship

Brian Devincenzi & Helenanne Gillinder

Janet Carev

Marco Lanzoni

**Dennis Burkett** 

Fred Ahart

Glen Maisch

14. Mergers:

Dover & Pawling - Ice Hockey

Highland & Marlboro – Boys Lacrosse

Eldred & Fallsburg - Wrestling

Roscoe & Downsville

- Winter: Girls Basketball
- Spring: Boys/Girls Golf, Softball, Baseball, Boys/Girls Track & Field
- 15. New Business
- 16. Old Business
- 17. Adjournment

Next Meeting Date: Tuesday, October 2, 2012 at Wallkill High School at 9:30 a.m.

18. Executive Session: Section IX Non-Public High School Classification Committee

#### NYSPHSAA Annual Meeting July 31 – August 2, 2012 Highlights

#### A. Ms. Nina Van Erk, NYSPHSAA Executive Director

- 1. Mandatory Athletic Directors Workshop Tuesday, October 2, 2012 at Wallkill High School
- 2. 2012-2014 NYSPHSAA Handbook The 2012-2014 version of the Handbook is available in print and online. The most recent changes are <u>shaded</u>.
- 3. Concussion Management Law NYSPHSAA requires <u>all member schools</u> including non-public schools to comply.
- 4. CSIET Advisory List is available on the website www.nysphsaa.org
- 5. NYSPHSAA Participation survey 2011-2012

#### B. Mr. Robert Stulmaker, NYSPHSAA Assistant Director

1. 2012-2013 NYSPHSAA Site Changes

Girls Tennis – Tri City Tennis Center, Latham (2) November 3-5, 2012 Girls Gymnastics – Smithtown East High School, Smithtown (11) March 2, 2013 Boys Lacrosse – Finals at St. John Fisher College (5) June 8, 2013

2. 2012-2013 National Exam dates that conflict with the State Championships.

SAT: November 3, 2012 – Girls Tennis March 9, 2013 – Ice Hockey June 1, 2013 – Boys Tennis, Boys Golf

ACT: June 8, 2013 – Boys & Girls Outdoor Track & Field, Baseball, Girls Golf, Softball, and Boys & Girls Lacrosse

- 3. Congratulations to Valley Central School District School of Distinction Award Winner for 2011-2012.
- 4. 2012-2013 NYSPHSAA Championship Dates/Sites

#### C. Mr. Todd Nelson, NYSPHSAA Assistant Director

1. Classification 2013-2014 Five Class cut-off numbers were approved.

Class	AA	910 – Up	154	20.05 %
Class	A	480 – 909	152	19.79 %
Class	В	280 – 479	154	20.05 %
Class	C	170 – 279	153	19.92 %
Class	D	0 – 169	155	20.18 %

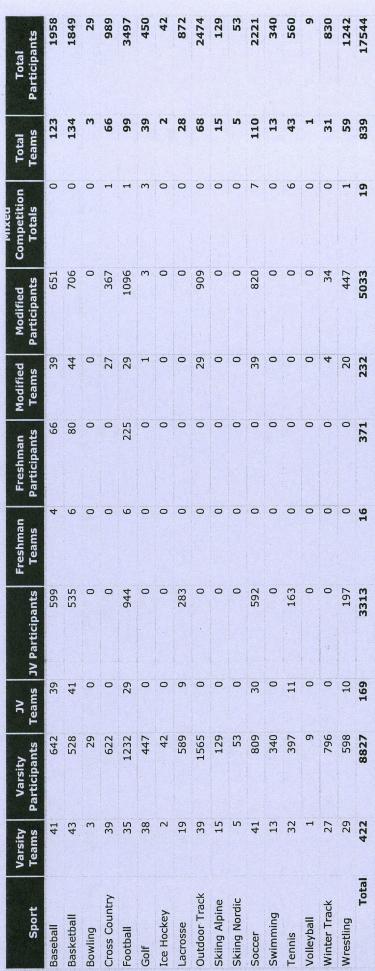
- 2. Modified Recommendation <u>Approved</u>
  With Section/League approval, schools may designate up to 50 % of the maximum number of games scheduled for any modified level sport as scrimmages.
- D. NYSPHSAA is proud to support Coaches vs. Cancer. Information is available at <a href="https://www.nysphsaa.org/cvc">www.nysphsaa.org/cvc</a>
- E. Free NCAA/NAIA/JUCO Eligibility and Recruiting Webinar available on the nysphsaa.org website.
- F. Dues for 2012-2013 for the school districts will be the actual dollar amounts paid for 2011-2012.
- G. NYSED Physical Education, Health Education and Athletics Update July 2012 (refer to handout)
- H. Life of an Athlete Report (refer to handout)
- I. Safety Committee Report on Concussion Management, Wrestling Skin Infection Form and Heat Acclimatization and Heat Illness (refer to handout)
- J. Sportsmanship Report (refer to handout)
- K. Sport Coordinator Reports
- L. Cheerleading Invitational
- M. NYSPHSAA Central Committee Meeting items for approval, denial, back to the Sections, no action taken, etc. (Refer to handout)

## **SECTION IX**

# 2011-2012 PARTICIPATION SURVEY RESULTS

NYSPHSAA

# **BOYS RESULTS**

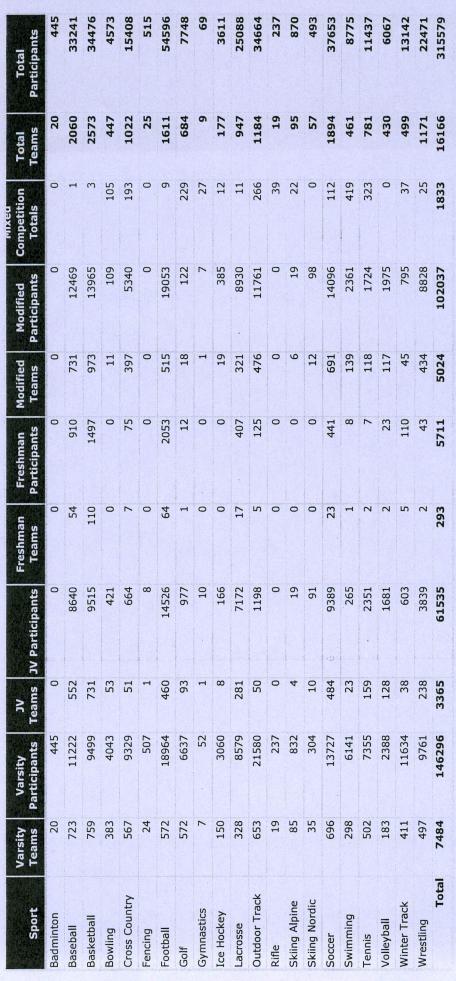


# **ALL SECTIONS**

# 2011-2012 PARTICIPATION SURVEY RESULTS

NYSPHSAA

# **BOYS RESULTS**

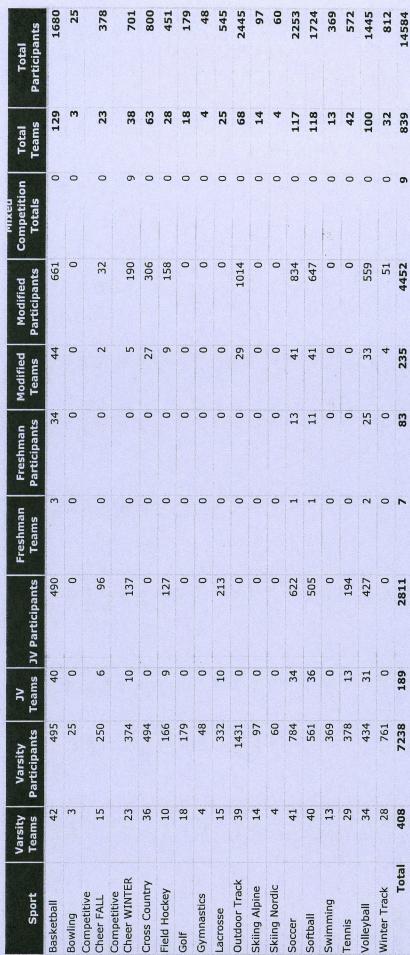


## **SECTION IX**

# 2011-2012 PARTICIPATION SURVEY RESULTS

NŸSPHSAA

# **GIRLS RESULTS**



# **ALL SECTIONS**

# 2011-2012 PARTICIPATION SURVEY RESULTS GIRLS RESULTS



Total	Participants	1324	29851	3417	9955	12785	11943	469	12031	1584	2075	427	18716	33611	. 50	724	200	37092	29734	7666	11051	27155	13036	267527
	Teams Pa	56	2392	374	265	748	296	26	642	166	140	24	843	1163	œ	97	54	1921	1970	491	740	1946	494	15827
Pinxeu Competition	Totals	0	0	The state of the s	46	72	26	0	<b>-</b>	<b>-</b>	30		0	30	8	0	0	14	0	55	0	2	6	298
	Participants	113	12854	77	1250	1628	4196	0	4528	2	480	0	6794	11807	0	18	102	14379	11523	2617	1849	11372	703	86293
Modified	Teams	7	937	10	61	75	365	0	216	2	29	0	280	. 461	0	2 2	11	706	704	136	119	701	42	4867
Freshman	Participants	0	517	0	114	208	74	0	0	0	0	0	. 79	130	0	0	0	469	275	34	40	328	84	2352
Freshman	Teams	0	43	0	9	1	9	0	0 .	0	0	0	4	2	0	0 5:	0	33	20	2	R	23	2	161
	JV Participants	25	8062	266	2950	3778	208	11	3352	116	24	0	5462	1092		36	66	8952	7540	308	2721	7501	, 661	53464
	Teams 1	1	681	37	173	232	45	Ţ	196	11	3	0	261	20	0	∞	11	482	530	26	176	591	38	3553
Varsity	Participants	1186	8418	3074	5641	7171	7165	458	4151	1465	1571	427	6381	20582	20	670	299	13292	10396	7038	6441	7954	11588	125418
2.543.50 2.543.50	Teams	. 48	731	327	325	430	551	25	230	153	108	24	298	647	8	84	32	700	716	327	445	631	409	7246
	Sport	Badminton	Basketball	Bowling	Competitive Cheer FALL	Competitive Cheer WINTER	Cross Country	Fencing	Field Hockey	Golf	Gymnastics	Ice Hockey	Lacrosse	Outdoor Track	Rifle	Skiing Alpine	Skiing Nordic	Soccer	Softball	Swimming	Tennis	Volleyball	Winter Track	Total

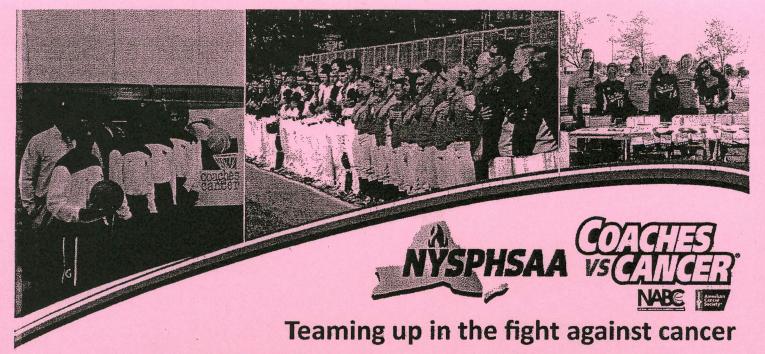
#### 2012-2013 NYSPHSAA Championship Dates/Sites

FALL 2012		
G. Tennis	Nov. 3, 4, 5	Tri-City Tennis Center, Latham (2)
B/G X-Country	Nov. 10	Elma Meadows, Elma (6)
G. Swimming/Diving		
Football East Semi-Finals		
		Sahlen's Stadium, Rochester (5)
		Bowdoin Park, Wappingers Falls (1)
B. Volleyball		
		SUNY Cortland/Homer/Tompkins CCC/Cortland HS (3)
		Cicero-North Syracuse HS, Cicero (3)
G. Volleyball		2000 HE HONEY UND HONE HONE HONEY
B. Soccer		
Football		
WINTER 2012-2013		
	Feb. 22-23	Times Union Center, Albany (2)
		Bristol Mountain, Canandaigua (5)
B. Swimming/Diving		
[2] NOTES :		Barton Hall, Cornell Univ., Ithaca (4)
Rifle (Regional)		
G. Gymnastics		
B. Volleyball (Reg.)	March 2	Section 2
B/G Bowling		
Ice Hockey	March 9-10	Utica Memorial Auditorium (3)
G. Basketball	March 15-17	Hudson Valley CC, Troy (2)
B. Basketball	March 15-17	Civic Center, Glens Falls (2)
B/G Federation Basketball	March 22-24	Times Union Center, Albany (2)
SPRING 2013		
B. Tennis	May 30-31, June 1	USTA Complex (NYC)
B. Golf		
B. Lacrosse East Semi-Finals	June 5	Marist College (1)
B. Lacrosse West Semi-Finals	June 5	St. John Fisher, Pittsford (5)
B/G T&F		
G. Lacrosse		
G. Golf	June 7-9	SUNY Delhi (4)
B. Lacrosse	June 8	St. John Fisher, Pittsford (5)
Baseball		
		Adirondack Sport Complex, Queensbury (2)
Federation Golf		50명(CNS) 이 경험 전에 보면 20명 5 중에 가능하다. 20명 20명 20명 20명 20명 20명 40명 20명 20명 20명 20명 20명 20명 20명 20명 20명 2



#### FUTURE DATES/SITES as of 7/31/12

FALL	Thursday.	PUTURE DATES/SITES a	2014-15
The state of the s	Date	2013-14 Nov. 2-4	Nov. 1-3
G. Tennis	Date	the property of a court of the	Tri-City Tennis Center, Latham (2)
70 V 0	Site	Tri-City Tennis Center, Latham (2)	
B/G X-Country		Nov. 9	Nov. 8
	Site	Queensbury	Section 10
G. Volleyball	Date	Nov. 16-17	Nov. 15-16
2000	Site	Glens Falls CC (2)	Glens Falls CC (2)
B. Soccer	Date	Nov. 16-17	Nov. 15-16
-	Site	Middletown HS (9)	
G. Soccer	Date	Nov. 16-17	Nov. 15-16
	Site	SUNY Cortland/Homer/TCCC/Cortland	
Field Hockey	Date	Nov. 16-17	Nov. 15-16
	Site	Cicero-No. Syracuse HS (3)	
G. Swimming	Date	Nov. 22-23	Nov. 21-22
	Site	Ithaca College (4)	
Football	Date	Nov. 29 - Dec. 1	Nov. 28-30
	Site	Carrier Dome (3)	
B. Volleyball		Nov. 16-17	Nov. 15-16
	Site	Glens Falls Civic Center (2)	
WINTER		2013-14	2014-15
Skiing	Date	Feb. 24-25	Feb. 23-24
	Sité	ТВА	
G. Gymnastics	Date	March 1	Feb. 28
	Site	ТВА	
Wrestling	Date	Feb. 28 - March 1	Feb. 27-28
m.comg	Site	Times Union Center, Albany (2)	Times Union Center, Albany (2)
B. Swimming	Date	Feb. 28 - Mar. 1	March 6-7
b. Swittining	Site	Ithaca College (4)	- Maich 0-7
D/C Baudian		March 8-9	March 7-9
B/G Bowling	Date		March 7-8
	Site	TBA	
B/G Ind. Track		March 8	March 7
	Site	Cornell Univ. (4)	Language
Ice Hockey	Date	March 15-16	March 14-15
	Site	Utica Memorial Auditorium (3)	+ / - / - / - / - / - / - / - / - / - /
G. Basketball	Date	March 21-23	March 20-22
	Site	HVCC (2)	HVCC (2)
B. Basketball	Date	March 21-23	March 20-22
Contractor on more were recorded to the party of the contract of	Site	Glens Falls Civic Center (2)	Glens Falls Civic Center (2)
Rifle (Regional)	Date	March 8	March 7
	Site		
B. Volleyball (R	eg.)	March 8	March 7
	Site	Section 3	
SPRING	STATE OF THE PARTY	2013-14	2014-15
B. Tennis	Date	May 29-31	May 28-30
	Site	USTA Complex (NYC)	
B. Golf	Date	May 31, June 1-2	May 30-31, June 1
5-001	Site	Cornell Univ.	
D/C TAF	STATE OF THE STATE OF	June 6-7	June 5-6
B/G T&F	Date		, out 10 5 - 0
	Site	Cicero-North Syracuse HS (3)	
G. Lacrosse	Date	June 6-7	June 5-6
	Site	SUNY Cortland (3)	
B. Lacrosse	Date	June 7	June 6
	Site		
Baseball	Date	June 7	June 6
	Site	Binghamton (4)	Binghamton (4)
Softball	Date	June 7	June 6
	Site		
G. Golf	Date	June 6-8	June 5-7
	Site		
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It is with great pleasure that I contact each of you regarding the NYSPHSAA's ongoing relationship with the American Cancer Society's Coaches vs. Cancer program.

With support from coaches and student-athletes alike, the American Cancer Society saves lives every day by helping people stay well by taking steps to prevent cancer or detect it early, helping people get well with support and services for patients and loved ones, finding cures through research, and fighting back by rallying communities and working with legislators to pass laws that defeat cancer.

NYSPHSAA members from across the state participate in Coaches vs. Cancer events each year, and all teams, from every sport, are invited to join the fight. There are more teams supporting Coaches vs. Cancer in New York than in any state across the country, but there is more that we can do together to beat this dreaded disease.

The NYSPHSAA is proud to support Coaches vs. Cancer, and all of our teams are encouraged to participate as well. There are a number of ways that teams can join in the fight, and the information is available at www.nysphsaa.org/cvc. If you have

questions about the program please feel free to contact Meredith.Noonan@cancer.org today.

Thank you for your support of Coaches vs. Cancer!

Nina Van Erk Executive Director NYSPHSAA Coaches vs. Cancer is a nationwide collaboration that empowers coaches, their teams, and local communities to make a difference in the fight against cancer. The Coaches vs. Cancer program started in 1993 and has raised nearly \$80 million for the American Cancer Society.



## Free NCAA/NAIA/JUCO Eligibility and Recruiting Webinar

www.nysphsaa.org

The New York State Public High School Athletic Association is proud to provide a new nonprofit service to assist families in being properly educated about the athletic collegiate recruiting process. The 501(c)(3) nonprofit Recruiting Education Foundation Inc. is providing the NYSPHSAA with free recruiting webinars for New York high school athletes and their families.

#### What Topics are Covered?

The one hour webinar empowers New York parents and student-athletes to take control of the recruiting process by addressing the most common recruiting issues and questions.

#### Topics include:

- Scholarships, do they differ?
- Scholarship myths and facts
- NCAA core course requirements
- NCAA & NAIA Eligibility Centers
- · Three rules of being a parent
- National Letter of Intent
- Where are the scholarships?
- Cooperative Education
- Recruiting Services
- The Name Game
- Dangers of Social Networking
- NAIA and JUCO options
- · and more...

#### Where do I view the Webinar?

The webinar is recorded and may be viewed 24/7/365 on the NYSPHSAA website at www.nysphsaa.org

"In keeping with the educational mission of the NYSPHSAA, we are pleased to provide this informational program to our student-athletes and their families at no cost. We encourage anyone who has aspirations of playing sports in college to watch this webinar. It is an outstanding first step in educating parents and students about the recruiting process."

Nina Van Erk NYSPHSAA Executive Director

### NYSED PHYSICAL EDUCATION, HEALTH EDUCATION and ATHLETICS UPDATE JULY 2012

#### 1. INTRODUCTION

#### 2. GUIDELINES FOR CONCUSSION MANAGEMENT

- See the following web site: <a href="http://www.p12.nysed.gov/ciai/pe/documents/ConcussionManageGuidelines.pdf">http://www.p12.nysed.gov/ciai/pe/documents/ConcussionManageGuidelines.pdf</a>
- 3. Guidance for Concussion Management and Awareness Act Highlights (See handout)
- 4. Regents Reform Agenda items:
  - Please see: NYSED website for continuous updates and clarifications information with Common Core Standards, data-driven instruction, Student Learning Objectives or teacher and leader effectiveness:

http://engageny.org/

Specific Regents Reform Agenda questions go to Regents Fellows:

New York State Education Department 89 Washington Avenue Albany, New York 12234

Tel. (518) 474-3862 Fax (518) 473-2056

info@engageny.org

- 5. PAY TO PLAY (Reminder)
  - School districts can **not** institute a "pay to play" policy for athletics.
- 6. CURRENT SELECTION/CLASSIFICATION WAIVER REQUESTS
  - The process will remain the same this year until further notice.
- 7. APPLYING TO BE AN APPROVED AGENCY/INSTRUCTOR FOR THE COACHING COURSES.
  - For information on how to become an approved agency to provide the coaching courses, contact Darryl Daily at: <a href="mailto:ddaily@mail.nysed.gov">ddaily@mail.nysed.gov</a>
- 8. STUDENT TEACHER and COACHING (Now in effect):
  - Recently it was requested that clarification be made by the New York State Education Department (NYSED) as to whether a student teacher in physical education needs to obtain a temporary coaching license. It has been brought to NYSED's attention that a number of schools are currently requiring this process for student teachers.

### NYSED PHYSICAL EDUCATION, HEALTH EDUCATION and ATHLETICS UPDATE JULY 2012

- > Student teachers, who are required to coach as part of their student teaching experience, are <u>not</u> required to be certified as a temporary coach. If a student teacher is hired and being paid for coaching; however, then it would be expected that the student teacher would have secured a temporary coaching certification and be approved by the local Board of Education
- 9. DIGNITY for ALL STUDENTS ACT (Now in effect-July 1, 2012):
  - a. See Fact Sheet handout
  - b. The <u>Dignity for All Students Act Student Discrimination</u>, <u>Harassment</u>, <u>and Bullying Prevention and Intervention Sample Local Policy Guideline</u> has been posted on the Dignity Act web site at:
  - c. http://www.p12.nysed.gov/dignityact/documents/LocalDASAModelPolicyFINAL.pdf
- 10. CYBERBULLYING (Effective July 1, 2013)
  - a. See handout
    - Requires Schools to Act When Cyberbullying Occurs
    - Ensures Proper Protocols Are in Place to Deal with Cyberbullying
    - Sets Training Requirements For School Employees to Help Identify and Prevent Cyberbullying
- 11. CONTINUE TO PROMOTE QUALITY PHYSICAL EDUCATION, HEALTH EDUCATION, and ATHLETIC PROGRAMS THROUGHOUT New York State.
- 12. UPDATES TO COACHING COURSE REQUIREMENTS for FIRST AID/CPR/AED (August 2012-See Handout)
- 13. Questions and Answers HAVE A GREAT DAY!

Contact Information: ddaily@mail.nysed.gov 518-474-5922

Physical Education Web Site: www.emsc.nysed.gov/ciai/pe/

## COURSES ACCEPTED AS MEETING THE COACHES FIRST AID AND CPR REQUIREMENT AS OF AUGUST 2012

## \*FIRST AID – All cards must be renewed every 3 years or per certifying agency requirements – NO ONLINE COURSES ARE ACCEPTED

- A State Education Department approved agency that offers First Aid using the SED course outlines and time requirements: 12 hours initial; 5.5 hours update (valid for 3 years) (www.emsc.nysed.gov/ciai/physed.html Click on Toolkit, then on Approved Coaching Courses)
- 2. American Red Cross:
  - a. The following Responding to Emergencies courses NOW VALID FOR ONLY 2 YEARS per ARC

Responding to Emergencies First Aid

Responding to Emergencies Adult and Child First Aid/CPR

Responding to Emergencies Adult and Child First Aid/CPR/AED

Responding to Emergencies Adult and Pediatric First Aid/CPR

Responding to Emergencies Adult and Pediatric First Aid/CPR/AED

Responding to Emergencies Adult and Pediatric First Aid/CPR/AED and Bloodborne Pathogens Training

- b. Lifeguarding/First Aid/CPR/AED
- c. Lifeguarding/First Aid
- 3. NYS DOH/Bureau of Emergency Medical Services:
  - a. Certified First Responder (meets FA & CPR certification)
- 4. National Safety Council:
  - a. Advanced First Aid, CPR & AED (meets FA & CPR certification)

## \*ADULT CARDIOPULMONARY RESUSCITATION (CPR) – All cards must be renewed every 1- 2 years per certifying agency requirements – NO ONLINE COURSES ARE ACCEPTED

- A State Education Department approved agency that offers CPR using the <u>NEW SED course outline and time requirements</u>: 2.5 hours initial; 1.5 hours update (must be renewed every 2 years to be valid) check out <a href="https://www.emsc.nysed.gov/ciai/physed.html">www.emsc.nysed.gov/ciai/physed.html</a> Click Toolkit, then on Approved Coaching Courses)
- 2. National Safety Council (NSC):
  - a. CPR/ AED Course b. Advanced First Aid, CPR & AED
- 3. American Heart Association Courses (AHA):
  - a. Advanced Cardiac Life Support (ACLS) (credited only for CPR/AED)
  - b. Basic Life Support for Health Care Providers (BLS)
  - c. Heartsaver AED (includes CPR)
- 4. American Red Cross Courses (ARC):
  - a. Adult CPR/AED
  - b. CPR/AED for the Professional Rescuer (credited for CPR and AED)
  - c. Lifeguarding
  - d. Lifeguarding/First Aid/CPR/AED

<sup>\*</sup>For further clarification on other specific First Aid/CPR certifications not listed, please contact the Associate in Physical Education at (518) 474-5922.

## COURSES ACCEPTED AS MEETING THE COACHES FIRST AID AND CPR REQUIREMENT AS OF AUGUST 2012

#### 4. American Red Cross (continued)

e. Responding to Emergencies courses listed as follows:

Responding to Emergencies Adult and Child First Aid/CPR/AED
Responding to Emergencies Adult and Pediatric First Aid/CPR/AED
Responding to Emergencies Adult and Pediatric First Aid/CPR/AED and Bloodborne
Pathogens Training

- 5. American Safety & Health Institute (ASHI)
  - a. Adult CPR/AED

SED does not require the following to have separate certification in First Aid to coach, HOWEVER A VALID CPR CERTIFICATE WILL BE REQUIRED:

a. All Nurses
 b. Physician – Physician Assistant
 c. Certified EMT/Paramedic
 d. Certified Athletic
 Trainer
 e. Fire & Police Officers (full time)
 f. Dentists (Includes Oral and Maxillofacial Surgeons)
 g. Physical Therapists

<sup>\*</sup>For further clarification on other specific First Aid/CPR certifications not listed, please contact the Associate in Physical Education at (518) 474-5922.

### CONCUSSION MANAGEMENT GUIDELINES (Highlights for PE Directors, Athletic Directors, Physical Education teachers and coaches)

- Commissioner of Education, in conjunction with Department of Health, promulgated rules and regulations. (Input from multiple stakeholders)
- Pertains to all public school students regardless of where the concussion occurred. Private schools up to discretion of governing athletic bodies (NYSPHSAA or PSAL)
- Training requirements: Complete a NYSED approved concussion course and concussion management course every 2 years.

#### For Nurses and Athletic Trainers:

School nurses must complete the Department-approved course\* for school nurses and athletic trainers every two (2) years. NYSED has approved the course *Heads Up to Clinicians* for these professions, which is a free webbased course developed by the CDC. It is available at <a href="http://preventingconcussions.org/">http://preventingconcussions.org/</a>.

Licensed health professionals are encouraged, but not required, to seek out further professional development on concussions.

\*Note: This is not a NYS specific training video, therefore the scope of practice of certified athletic trainers and school nurses in NYS may differ from what is described in the training. Registered professional nurses, licensed practical nurses, and certified athletic trainers practicing in NYS must follow NYS laws in regards to licensing and scope of practice.

#### For PE Teachers/Coaches:

Complete the Department-approved course for coaches and PE teachers every two years. NYSED has approved the course *Heads Up, Concussion in Youth Sports* for these professions, which is a free web-based course that has been developed by the CDC. It is available at http://www.cdc.gov/concussion/HeadsUp/online\_training.html.

\*Note:District athletic personnel are encouraged, but not required, to seek out further professional development on concussions

- Students may not return to athletic activities until symptom free for minimum of 24 hours, evaluated by, and receive written and signed authorization from a licensed physician.
- Schools are advised to develop a written concussion management policy.

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed in consultation with the district medical director.
- A procedure for a coordinated communication plan among appropriate staff. (See guidelines)
- A procedure for periodic review of the concussion management program.

#### Post Concussion Management

See Guidelines

Schools may develop a **Concussion Management Team** to help guide and implement the program.

 The team may include, but is not limited to, students, parents/guardians, school administrators, medical director, private medical provider, school nurse, director of PE, certified athletic trainer, physical education teachers, coaches, and regular education teachers.

#### Director of Physical Education and/or Athletic Director

The director of physical education provides leadership and supervision for PE class instruction, intramural activities, and interscholastic athletic competition within a school district's total physical education program. In some districts there may be an athletic director solely in charge of the interscholastic athletic program. The director of physical education and/or the athletic director must be aware of district policies regarding concussion management. They should educate PE teachers, coaches, parents/guardians, and students about such policies. The director of PE and/or the athletic director often act as the liaison between district staff and coaches. Therefore, the director of PE and/or athletic director should:

- Ensure that pre-season consent forms include information from the NYSED Web site as required by the Concussion Management and Awareness Act, as well as information about the district's policies and protocols for concussion management.
- Offer educational programs to parents/guardians and student athletes that educate them about concussions.

- Inform the school nurse, certified athletic trainer, or medical director of any student who is suspected of having a concussion.
- Ensure that any student identified as potentially having a concussion is not permitted to participate in any athletic activities until written clearance is received from the district medical director.
- Ensure that game officials, coaches, PE teachers, or parent/guardian are not permitted to determine whether a student with a suspected head injury can continue to play.
- Educate coaches on the school district's policies on concussions and care of injured students during interscholastic athletics, including when to arrange for emergency medical transport.
- Ensure NYSPHAA (New York State Public High School Athletic Association), PSAL (Public School Athletic League), and other NYS athletic associations' policies are followed and enforced for interscholastic athletics.
- Support staff implementation of graduated return to athletics protocol.
- Enforce district policies on concussions including training requirements for coaches, PE teachers, and certified athletic trainers in accordance with Commissioner's Regulation 135.4.
- If the district medical director has authorized the school nurse or certified athletic trainer to review and accept a private provider's clearance, that written policy should be made readily available to the athletic director, PE teachers, and coaches.

#### **Physical Education Teacher/ Coaches**

Concussions often occur during athletic activities. Coaches are typically the only district staff at all interscholastic athletic practices and competitions. It is essential that coaches and physical education (PE) teachers are familiar with possible causes of concussions along with the signs and symptoms. Coaches and physical education teachers should always put the safety of the student first. Therefore, PE teachers and coaches should:

- Remove any student who has taken a significant blow to head or body, or presents with signs and symptoms of a head injury immediately from play because the Concussion Awareness Management Act requires immediate removal of any student believed to have sustained a concussion.
- Contact the school nurse or certified athletic trainer (if available) for assistance with any student injury.
- Send any student exhibiting signs and symptoms of a more significant concussion (see page 5) to the nearest hospital emergency room via emergency medical services (EMS) or as per district policy.
- Inform the parent/guardian of the need for evaluation by their medical provider. The coach should provide the parent/guardian with written educational materials on concussions along with the district's concussion management policy.
- Inform the PE director, certified athletic trainer; the school nurse and/or medical director of the student's potential concussion. This is necessary to ensure that the

- student does not engage in activities at school that may complicate the student's condition prior to having written clearance by a medical provider.
- Ensure that students diagnosed with a concussion do not participate in any athletic activities until, in conjunction with the student's physician, the PE teacher/coach has received written authorization from the medical director or their designee that the student has been cleared to participate.
- Ensure that students diagnosed with a concussion do not substitute mental activities for physical activities unless medical provider clears the student to do so (e.g. Due to the need for cognitive rest, a student should not be required to write a report if they are not permitted to participate in PE class by their medical provider).

Complete the Department-approved course for coaches and PE teachers every two years. NYSED has approved the course *Heads Up, Concussion in Youth Sports* for these professions, which is a free web-based course that has been developed by the CDC. It is available at http://www.cdc.gov/concussion/HeadsUp/online training.html.

District athletic personnel are encouraged, but not required, to seek out further professional development on concussions.

#### **Certified Athletic Trainer**

A certified athletic trainer under the supervision of a qualified physician can assist the medical director and director of PE by identifying a student with a potential concussion. The certified athletic trainer can also evaluate the student diagnosed with a concussion in their progress in return to athletic activities based on private medical provider orders and/or district protocol. They also play an integral role in ensuring the student athlete receives appropriate post concussion care as directed by the student's medical provider. Therefore, certified athletic trainers should:

- Oversee student athletes taking baseline validated standardized computerized tests if permitted by district policy, and credentialed in their use.
- Evaluate student athletes who may have suffered a significant fall or blow to the head or body for signs and symptoms of a concussion when present at athletic events. Observe for late onset of signs and symptoms, and refer as appropriate.
- Evaluate the student to determine if any signs and symptoms of concussion warrant emergency transport to the nearest hospital emergency room per district policy.
- Refer parents/guardians of student athletes believed to have sustained a concussion to their medical provider for evaluation.
- Provide parents/guardians with oral and/or written instructions (best practice is to provide both) on observing the student for concussive complications that warrant immediate emergency care.
- Assist in implementation of the private medical provider's or other specialists' requests for accommodations.

- Monitor the student's return to school activities, evaluating the student's progress
  with each step, and communicating with the private medical provider or other
  specialist, medical director, school nurse, parent/guardian and appropriate district
  staff.
- Review a private physician's written statement to clear a student for return to activities (if the district's medical director has written a policy delegating this to the certified athletic trainer). Such protocols should specify the type of symptoms, medical history, and concussion severity etc. that the medical director will need to personally review. This protocol may include permitting the school nurse or certified athletic trainer to act as the medical director's delegate to inform appropriate district staff of the student's return to activity.
- May perform post concussion observations or oversee student athletes taking validated standardized computerized tests if credentialed or trained in their use, and provide the results to the private medical provider and/or district medical director to aid him/her in determining the student's status.
- Educate students and staff in concussion management and prevention.

Certified athletic trainers in secondary schools must complete the Department-approved course\* for school nurses and certified athletic trainers every two (2) years.

NYSED has approved the course *Heads Up to Clinicians* for these professions, which is a free web-based course that has been developed by the CDC. It is available at <a href="http://preventingconcussions.org/">http://preventingconcussions.org/</a>.

Licensed health professionals are encouraged, but not required, to seek out further professional development on concussions.

\*Note: This is not a NYS specific training video, therefore the scope of practice of certified athletic trainers and school nurses in NYS may differ from what is described in the training. Registered professional nurses, licensed practical nurses, and certified athletic trainers practicing in NYS must follow NYS laws in regards to licensing and scope of practice.

To:

NYSPHSAA Central Committee

From:

Patti Murphy and Thad Lawrence CoChairs

Re:

Life of an Athlete Report

Date:

August 2012

I attended John Underwood's Summer session at the Olympic Training Center in June for updates of new information including:

- \*Model Codes Checklist- Are you covered for all possible situations that may arise?
- \*Recovery Program- How our Student Athletes rejoin practice/play, repair team cohesiveness, and learn from the training & behavior code process.
- \*Power back Diet recovery program- This is information new from the creator of the Power Back Diet that we need to teach to our Student Athletes.
- \*CNS Readiness Training Principles- Engaging muscle fiber in order to improve power performance.
- \*<u>Updates on drug usage patterns</u>- the following were discussed Synthetic Marijuana,
  Bath Salts, and the ever growing problem of prescription drug misuse.
- Posters- Tons of printable posters on all the above issues plus motivation.
- The **Life of an Athlete website** for New York State will be up and running for the Fall Athletic season. This should serve as a clearinghouse of information for educators, students and parents.

Individual Sections that have had a representative attend a LOA update will have the ability to add all Life of an Athlete information to their Section website.

#### Future Plans and Ideas:

We would like to make available on our website the 5 year program of LIFE of an ATHLETE and to develop PSA for use by any section or during state championship contests.

#### Future Schedule/Meeting Dates/Sites:

Fall Meeting will be a teleconference on Monday, October 15 at 10 am and the Spring Meeting will be held at 3pm on Thursday, March 14 in Saratoga at the AAA conference.



#### NYSPHSAA Safety Committee Report Presented by Todd Nelson August 2012

#### **Concussion Management**

On July 1, 2012 the **Concussion Management and Awareness Law** went into effect for all public and charter schools in New York State. Below is the information we sent to all of our member schools on the new law:

#### **Requirements of School Districts**

#### Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an
  approved course on concussion management on a biennial basis, starting with the 2012-2013 school
  year.
  - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online\_training.html)
  - School nurses and certified athletic trainers must complete the concussion course. (http://preventingconcussions.org)

#### Information:

- Provide concussion management information and sign off with any parental per mission form. The NYSPHSAA did provide a pamphlet to member schools on the concussion management information for parents.
- The concussion management and awareness information or the State Education Department's website
  must be made available on the school website, if one exists.

#### Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupil will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - o Such authorization must be kept in the pupil's permanent heath record.
  - o Schools shall follow directives issued by the pupil's treating physician.

#### State Education Department's Guidance for Concussion Management

- Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA website at <a href="https://www.nysphsaa.org/safety">www.nysphsaa.org/safety</a>. The policy should include:
  - o A commitment to reduce the risk of head injuries.
  - o A procedure and treatment plan developed by the district medical director.
  - A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
  - A procedure for a coordinated communication plan among appropriate staff.
  - A procedure for periodic review of the concussion management program.
- Post Concussion Management
  - Cognitive rest requires the student avoid participation in, or exposure to, activities that require concentration or mental stimulation.

- o **Physical rest** includes getting adequate sleep, taking frequent rest periods, and avoiding physical activity that requires exertion.
- Return to school activities may begin once a medical provider clears the student and may recommend a graduated return to activities, after the student has been symptom free for 24 hours. For physical activities, please refer to Zurich Guidelines which can be found at www.nysphsaa.org/safety
- Schools may develop a Concussion Management Team to help guide and implement the program.
  - o The team may include, but is not limited to, students, parents/guardians, school administrators, medical director, private medical provider, school nurse, director of PE, certified athletic trainer, physical education teachers, coaches, and regular education teachers.

The NYSPHSAA office staff has also developed the 2 <sup>nd</sup> Edition of the Concussion Management DVD "*The Invisible Injury*". The DVD will be distributed to all member schools in August. Schools are encouraged to use this DVD at pre-season coaches and parent meetings.

The NYSPHSAA will sponsor a **Concussion Management Law Webinar** on **August 8, 2012 at 12:00pm**. The webinar will focus on the components of the law.

#### **Wrestling Skin Infection Form**

We are recommending approval of the attached form to reflect the language changes to the NFHS form indicating an appropriate health care provider for our member schools to be a physician, physician assistant or a nurse practitioner. Action Requested.

#### **Heat Acclimatization and Heat Illness**

This summer we have been facing extremely high temperatures which may extend into the early parts of our fall season. Schools are reminded to take a proactive approach to prevent heat illnesses. Heat related illnesses are the number one preventable injuries in interscholastic activities. Below are some resources and the NYSPHSAA Heat Index procedures to help minimize the risk of our student athletes this fall.

- NYSPHSAA Heat Index Procedure www.nysphsaa.org/safety
- NFHS Heat Acclimatization and Heat Illness course www.nfhslearn.com FREE COURSE
- National Athletic Trainers Association Recommendations <a href="http://www.nata.org/health-issues/heat-acclimatization">http://www.nata.org/health-issues/heat-acclimatization</a>

The NYSPHSAA Safety Committee will be discussing the Athletic Trainers recommendations on heat acclimatization and early season practices. The committee will include the sport committees that may be affected, such as football.

#### Girls Lacrosse

I attended a discussion forum on Lacrosse at the NFHS Summer Meeting in Nashville, Tenn. During the discussion it was shared that NOCSAE has responded to the request made by US Lacrosse to develop a standard for a hard shell helmet specific to the rules of girl's lacrosse. NOCSAE has stated that the standard would be the same as the standard for boy's lacrosse. Another concern that has arisen for both the boys and girls is that manufacturers of the lacrosse ball may not be meeting NOCSAE standards or that after use the ball is not up to the standards. More information will be forthcoming by the NFHS and US Lacrosse.

Some states have asked the NFHS to discuss why the NFHS is not writing the rules for girl's lacrosse but is writing rules for boy's lacrosse. The NFHS staff will bring this discussion forward.



#### NYSPHSAA Sportsmanship Report Presented by Todd Nelson

#### August 2012

#### **Sportsmanship Promotion Award**

The NYSPHSAA would like to congratulate **Center Moriches Union Free School District and Cobleskill-Richmondville Central School District** as the recipients of this year's State Banner Award. Center Moriches, led by Athletic Director Jeremy Thode, is a first time winner of the State Banner Award. Mr. Thode has implemented many new procedures and practices into the athletic program to enhance the already positive sportsmanship of the school. Cobleskill-Richmondville High School is receiving this award for the second time. The Cobleskill-Richmondville athletic director has made a concerted effort to promote positive sportsmanship throughout the athletic program and school district. This was evident to the committee by the essays submitted by the students.

The NYSPHSAA will also be recognizing 29 schools this fall for winning the section plaque award for promoting positive sportsmanship. The NYSPHSAA Sportsmanship Committee will be examining the Sportsmanship Promotion Program and possibly will recommend some changes for our member schools.

#### Hazing Webinar

Schools are encouraged to visit the NYSPHSAA website and use the hazing webinar to increase the awareness for students, coaches and parents on the dangers of hazing. Unfortunately we still had some hazing incidents around the state last year. Please be proactive in trying to prevent hazing. The webinar can be viewed by clicking on www.nysphsaa.org/safety.

#### Creating a Safe and Respectful Environment

The NFHS has released another FREE course to help coaches and administrators educate themselves on the dangers of inappropriate, harassing, and abusive behavior. The course will also cover hazing, bullying, and cyberbullying. These courses are professionally produced and are available on-line. This is an excellent resource for your coaches. Please visit <a href="https://www.nfhslearn.com">www.nfhslearn.com</a> to find more information on this and many other courses.

#### Be Loud Be Proud Be Positive

Member schools and sections are encouraged to use the PA announcement developed by the NYSPHSAA Sportsmanship Committee. This announcement is geared toward the spectators of your contests and differs from the sportsmanship card that is read to all of the athletes by the officials prior to the start of the contest. The announcement can be found in the Sportsmanship Brochure which will be updated this October.

### NYSPHSAA CENTRAL COMMITTEE MEETING July 31-August 2, 2012

#### **NEW BUSINESS**

(Approval, Denial, Back to the Sections for Discussion, No Action, etc.)

	Minutes Control of the Control of th
Approved	♦ MINUTES – May 4-5, 2012 - Motion by, seconded by
	approve the minutes of the Executive Committee meeting held on May 4-5, 2012.
	From the Executive Director's Report
Approved	• FIRST NIAGARA BANK - Motion by, seconded by, to
	approve changing the authorized signers on the First Niagara account by deleting Regina Van Erk and adding Robert J. Zayas effective September 1, 2012.
Approved	♦ PENSION PLAN TRUSTEES – Motion by, seconded by
npproved	approve the removal of Kathy Higle and appoint Jeanette Neven effective June 1, 2012 as Trustee of the NYSPHSAA Money Purchase Plan and remove Regina Van Erk and appoint Robert Zayas, effective September 2012, as Trustee of the NYSPHSAA Money Purchase Plan.
Approved	◆ CONCUSSION MANAGEMENT REGULATIONS - Motion by, seconded by
T I	, to require all member schools, including non public schools, to comply with the
	standard established by NYSED for the Concussion Management Regulations.
Approved	♦ SPORT SEASONS - Motion by, seconded by, to approve
Approved	the Section Sports Seasons for the 2012 - 2013 school year.
	From Assistant Director Bob Stulmaker's Report  SITES and DATES - Motion by
Approved	• SITES and DATES - Motion by seconded by to approve
	Girls Tennis at Tri-City Tennis Center, Latham (2) on November 3-5, 2012, Girls Gymnastics at Smithtown East
	HS, Smithtown (11) - March 2, 2012 and Boys Lacrosse Finals at St. John Fisher College (5) - June 8, 2013.
Approved	BOYS BASKETBALL CHAMPIONSHIPS - Motion by
	to approve Glens Falls Civic Center (2) as the site for the 2014-2016 Boys
	Basketball Championships.  ◆ SPORT COORDINATOR - Motion by, seconded by, to
Approved	
	<ul> <li>approve Tom Wells as State Coordinator effective September 1, 2012 through August 31, 2017.</li> <li>SCHOLAR ATHLETE TEAM AWARD - Motion by</li></ul>
Approved	to approve recognizing students that obtain a GPA of 90% and above, as well as
	the Scholar/Athlete State Champion by providing Pins for 95% and up, Certificates - 94.999% to 90% and a
	State Champion Banner for the highest average statewide.
	State Champion burner for the inglest average statewise.
	From Assistant Director Todd Nelson's Report
Approved	MODIFIED SCRIMMAGE: Motion by, seconded by
	approve with Section/League approval, schools may designate up to 50% of the maximum number of games
	scheduled for any modified level sport as scrimmages.
	Staffing Updates – Mark Ward
Approved	♦ EXECUTIVE DIRECTOR RETIREMENT - Motion by
	to approve the retirement of executive Director Nina van Erk effective August 51,
	2012.
Approved	• TREASURER APPOINTMENT - Motion by
FF	approve Jeanette Neven as Treasurer effective June 1, 2012.
Approved	EXECUTIVE DIRECTOR APPOINTMENT - Motion by
Thbrosed	, to approve Robert J. Zayas as Executive Director effective September 1, 2012.
Approved	NYSPHSAA STAFF - Motion by, seconded by, to approve
Approved	the NYSPHSAA Administrative Staff for 2012-2013: Robert Zayas, Joseph Altieri, Robert Stulmaker and Todd
	Nelson.

	Ad Hoc and State Wide Committees
Approved	♦ CHEERLEADING - Motion by, seconded by, to approve
	guidelines for the NYSPHSAA East and West Cheerleading Invitationals for the 2012-2013 school year.
	Sport Coordinator Requests
Approved	♦ GYMNASTICS: Motion by, to approve to
	only permit handspring and twisting vaults if a facility does not have the appropriate runway length. No Salto
	type vaults will be allowed. Also approved Hair Control - Girls may wear metal hair
Approved	BOYS AND GIRLS VOLLEYBALL: Motion by, seconded by fastener
npproved	to approve a waiver of the NCAA Sportsmanship Rule for coaches that allows an
	official the discretion to issue a yellow card to the coach for unsportsmanlike behavior.
Approved	BOYS and GIRLS BASKETBALL: Motion by
Approved	, to approve an extension of the waiver with Section approval to allow schools to
	experiment with two (2) 16-minute halves in tournaments and nonleague contests during the 2012 - 2014
	seasons.
Approved	BOYS BASKETBALL: Motion by
Approved	approve a waiver of Rule 2-12 to require officials to wear a striped shirt only in <del>Sectional Semi-finals and</del>
	beyond: Finals NYSPHSAA
Approved	BOYS SWIMMING and DIVING: Motion by, seconded by
Approved	, to approve the qualification standards for the 2012-2013 Championship meet.
	Budget
A	BUDGET and AUDIT COMMITTEE: Motion by, seconded by
Approved	, to approve the amended 2012 – 2013 Budget.
	Championship Advisory Committee
Approved	SOFTBALL - Motion by
	regional format for Classes B and C from double headers to single games playing on different days for Sections
	1, 8, 9, and 11.
	Safety Committee
Approved	<ul> <li>WRESTLING - Motion by, seconded by, to approve</li> </ul>
	changes to the NFHS form indicating an appropriate health care provider for our member schools to be a
	physician, physician assistant or a nurse practitioner.
	Nominating Committee
Approved	2 <sup>nd</sup> VICE PRESIDENT - Motion by
approved	approve Jim Osborne as the NYSPHSAA 2 <sup>nd</sup> Vice President.
	Section Issues
Approved	• FRIEND AND NEIGHBORS - Motion by seconded by to
	approve The Hallen School (Section I), Holy Family School (Section IV), Twin Tiers Christian Academy (Section
	IV), Archangel School (Section V) and Faith Christian Academy (Section IX).
Approved	FRIEND AND NEIGHBORS - Motion by
FF	approve Waldorf School of Saratoga Springs and St. Mary's/St. Alphonsus RCS pending Section II approval.
Approved	NEW MEMBER - Motion by seconded by to approve
-PProved	Genesee Country Christian School (Section V).
nnrored	
Approved	* Compensation Committee as a Standing Committee for NYSPHSAA
pproved	* Compensation Committee Report