



# Section IX Athletics

Robert Thabet, Executive Director

## Section IX Athletic Council Meeting

Wednesday, May 16, 2012

Mt. St. Mary College at 9:30 a.m.

Aquinas Hall – Room 163

(See Campus Map)

1. Call to Order: Bob Thabet
2. Pledge of Allegiance: Bob Thabet
3. Approval of April 17, 2012 Minutes
4. Financial Report: Jim Osborne
5. Review of Meeting Materials – Jim Osborne
6. Section IX NYSPHSAA Representatives – Roberta Greene and Jim Wolfe
7. Back from the Leagues – Bob Thabet
  - A. Camp Rule for High Schools
  - B. Athletic Shopping
  - C. Wrestling Recommendations
  - D. Modified Wrestling Program 2
8. Mergers for 2012-2013
9. Cheerleading – Cherie Ramsey
10. Spring Sport Chairs:

a. Baseball	Dave Onusko	e. Track & Field	Joe Iatauro and Eric McLaud
b. Boys Golf	Tom Howe	f. Girls Golf	Bill Earl
c. Boys Lacrosse	Bob Slate	g. Girls Lacrosse	Wendy Crandall
d. Boys Tennis	Urvashi Gupta and LuAnn McCarthy	h. Softball	Bruce Guyette
11. Chair Reports:

a. Girls & Boys Modified Sports	Helenanne Gillinder and Stephen Boucher
b. Safety	Janet Carey
c. Chemical Health	Marco Lanzoni
d. Officials Coordinator	Dennis Burkett
e. Eligibility	Fred Ahart
f. Sportsmanship –Coaches Code of Conduct	Glen Maisch
12. New Business
13. Old Business
14. Adjournment
15. Next Meeting Date: Tuesday, June 12, 2012 – Thomas Bull Memorial Park, Route 416, Hamptonburgh, New York  
At 8:00 a.m.

April 18, 2012

Dear Athletic Administrator,

It is Sports Participation Survey time once again! We are asking your assistance in gathering the sports participation data. This information is crucial to the NYSPHSAA and our sports committees.

Please use the enclosed sample form as a WORKSHEET to tabulate the information prior to entering the **MEMBERS ONLY** section of the NYSPHSAA website.

**AVAILABLE:**      **SURVEY WILL BE AVAILABLE ONLINE – Beginning APRIL 23, 2012 (MONDAY)**  
**DEADLINE MAY 31, 2012 (THURSDAY)**

**DIRECTIONS:**

- STEP #1**      Please log onto our website at [www.nysphsaa.org](http://www.nysphsaa.org) and select **MEMBERS ONLY** box, and then click on **PARTICIPATION SURVEY**.
- STEP #2**      Enter your **HIGH SCHOOL BUILDING BEDS CODE NUMBER** provided by the State Education Department. (12 digits ending in a number, NOT "00")  
Please complete the survey for each high school including all the related middle/junior high schools in your district.
- STEP #3**      Enter the information in all fields that pertain to your school and athletic program.
- **YEAR:** Use information from the **2011-2012** school year.
  - **DATA REQUESTED:** You need to record the number of teams and the number of athletes for each level of play for the interscholastic teams that you sponsor.
  - **NO PROGRAM:** If you have no program in a particular sport, you must check the "NO PROGRAM" box.
  - **MIXED COMPETITION:** Mixed competition individuals should be tallied as participants of the sport/team in which they participate. For sports (including cheerleading) that have students participating under MIXED COMPETITION, under the SPECIFIC COLUMN please submit the numbers of male/female students in the area provided. Boys on Girls teams under (F) and Girls on Boys Teams (M).
  - **MERGED TEAMS:** Merged teams (athletes participating on one team from multiple schools) must only be entered only by the **HOST SCHOOL**.
- STEP #4**      Print a copy of your submissions for your records **prior** to hitting "SUBMIT".
- STEP #5**      Submit data.

Thank you in advance for your cooperation.

Sincerely,



Nina Van Erk  
Executive Director

NYSPHSAA, Inc. SPORTS PARTICIPATION SURVEY

Sports Survey

Please report only interscholastic sports

\*Mixed Competition - enter number of girls on a boy's team (M) or boys on a girl's team (F). If none, leave blank.

Sport Name	Gender	Season	Varsity #Teams	Varsity #Participants	JV #Teams	JV #Participants	Freshman #Teams	Freshman #Participants	Modified #Teams	Modified #Participants	*Mixed Competition	No Program
Badminton	M	Select										
Badminton	F	Select										
Baseball	M	Select										
Basketball	M	Select										
Basketball	F	Select										
Bowling	M	Select										
Bowling	F	Select										
Competitive Cheer FALL	F	Select										
Competitive Cheer WINTER	F	Select										
Cross Country	M	Select										
Cross Country	F	Select										
Fencing	M	Select										
Fencing	F	Select										
Field Hockey	F	Select										
Football	M	Select										
Golf	M	Select										
Golf	F	Select										
Gymnastics	M	Select										
Gymnastics	F	Select										
Ice Hockey	M	Select										
Ice Hockey	F	Select										
Lacrosse	M	Select										
Lacrosse	F	Select										
Outdoor Track	M	Select										
Outdoor Track	F	Select										
Rifle	M	Select										
Rifle	F	Select										
Skating Alpine	M	Select										
Skating Alpine	F	Select										
Skating Nordic	M	Select										
Skating Nordic	F	Select										
Soccer	M	Select										
Soccer	F	Select										
Softball	F	Select										
Swimming	M	Select										
Swimming	F	Select										
Tennis	M	Select										
Tennis	F	Select										
Volleyball	M	Select										
Volleyball	F	Select										
Winter Track	M	Select										
Winter Track	F	Select										
Wrestling	M	Select										

Submit



## 2012-2013 NYSPHSAA Championship Dates/Sites

### FALL 2012

G. Tennis .....	Nov. 3, 4, 5.....	TBA
B/G X-Country.....	Nov. 10.....	Elma Meadows, Elma (6)
G. Swimming/Diving.....	Nov. 16-17 .....	Ithaca College (4)
Football East Semi-Finals .....	Nov. 16-17 .....	Dietz Stadium, Kingston (9)
Football West Semi-Finals .....	Nov. 16-17 .....	Sahlen's Stadium, Rochester (5)
Federation X-Country .....	Nov. 17.....	Bowdoin Park, Wappingers Falls (1)
B. Volleyball.....	Nov. 17-18 .....	Civic Center, Glens Falls (2)
G. Soccer.....	Nov. 17-18 .....	SUNY Cortland/Homer/Tompkins CCC/Cortland HS (3)
Field Hockey.....	Nov. 17-18 .....	Cicero-North Syracuse HS, Cicero (3)
G. Volleyball .....	Nov. 17-18 .....	Civic Center, Glens Falls (2)
B. Soccer.....	Nov. 17-18 .....	Middletown HS (9)
Football .....	Nov. 23-25 .....	Carrier Dome, Syracuse (3)

### WINTER 2012-2013

Wrestling.....	Feb. 22-23.....	Times Union Center, Albany (2)
B/G Skiing .....	Feb. 25-26.....	Bristol Mountain, Canandaigua (5)
B. Swimming/Diving.....	March 1-2 .....	Webster-Schroeder HS (5)
B/G Ind. Track .....	March 2.....	Barton Hall, Cornell Univ., Ithaca (4)
Rifle (Regional).....	March 2.....	TBA
G. Gymnastics.....	March 2.....	TBA
B. Volleyball (Reg.) .....	March 2.....	Section 2
B/G Bowling .....	March 2-3 .....	Strike N Spare Lanes (3)
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 .....	June 1, 2, 3.....	Cornell Univ., Ithaca (4)
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 .....	June 7-8.....	Middletown HS (9)
G. Lacrosse .....	June 7-8.....	SUNY Cortland (3)
G. Golf .....	June 7-9.....	SUNY Delhi (4)
B. Lacrosse.....	June 8.....	Sahlen's Stadium, Rochester (5)
Baseball.....	June 8.....	Binghamton (4)
Softball.....	June 8.....	Adirondack Sport Complex, Queensbury (2)
Federation Golf .....	June 9.....	TBA





**FUTURE DATES/SITES as of 5/4/12**

FALL		2013-14	2014-15
G. Tennis	Date	Nov. 2-4	Nov. 1-3
	Site	TBA	
B/G X-Country	Date	Nov. 9	Nov. 8
	Site	Queensbury	Section 10
G. Volleyball	Date	Nov. 16-17	Nov. 15-16
	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	HS (3)
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	Date	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
	Site	TBA	
G. Gymnastics	Date	March 1	Feb. 28
	Site	TBA	
Wrestling	Date	Feb. 28 - March 1	Feb. 27-28
	Site	Times Union Center, Albany (2)	Times Union Center, Albany (2)
B. Swimming	Date	Feb. 28 - Mar. 1	March 6-7
	Site	Ithaca College (4)	
B/G Bowling	Date	March 8-9	March 7-8
	Site	TBA	
B/G Ind. Track	Date	March 8	March 7
	Site	Cornell Univ. (4)	
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
	Site		
Rifle (Regional)	Date	March 8	March 7
	Site		
B. Volleyball (Reg.)	Date	March 8	March 7
	Site	Section 3	
SPRING		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
	Site	Cornell Univ.	
B/G T&F	Date	June 6-7	June 5-6
	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		



**Assistant Director's Report  
by Todd Nelson  
Spring 2012**

**Classification Cut-off Numbers:** The NYSPHSAA office staff has looked at the classification cut-off numbers for the 2013-2014 school year. Below is the comparison of the current classification cut-off numbers and the proposed classification cut-off numbers. The comparison report is based on the 2012-2013 classification numbers. **Current in Blue – Proposed in Red.**

<u>Class</u>	<u>Cut-off</u>	<u>Schools</u>	<u>Percentage</u>
Class AA	925 – Up	143	18.61%
Class A	525 – 924	137	17.83%
Class B	305 – 524	162	21.09%
Class C	175 – 304	165	21.48%
Class D	0 – 174	161	20.96%
Class AA	910 – Up	154	20.05%
Class A	480 – 909	152	19.79%
Class B	280 – 479	154	20.05%
Class C	170 – 279	153	19.92%
Class D	0 – 169	155	20.18%

Note: There is no recommendation to change the classification cut-off numbers for Division I and II. There are no sports outside the variation sports that use a three class system.

**Variation Sports:** The office staff and sport committees are recommending that any proposed changes in the classification cut-off numbers for the variation sports be made at the October 2012 Executive Committee meeting. This will allow the staff and committees to use the most current data available based on school budgets votes and the completion of the 2011-12 participation survey. Any proposed change would be in effect for the 2013 – 2014 school year. Please note that football has requested to stay on their two-year cycle and would not have any changes from the current classification cut-off numbers for the 2012-13 and 2013-14 seasons. This is due to their desire to keep home and away schedules consistent for a two-year period.

**NFHS Free Courses:** The NFHS offers many beneficial courses to coaches and school districts. Some of these courses are offered at no cost to the individual taking the course. These FREE courses include *Concussion in Sports*, *Sportsmanship*, *The Role of the Parent in Sports*, and coming in June 2012 *A Guide to Heat Acclimatization and Heat Illness*. All of these courses and the many others offered by the NFHS can be found by visiting the following website, [www.nfhslearn.com](http://www.nfhslearn.com).





***Cheerleading Meeting Minutes***

***From***

***March 26, 2012***

***April 3, 2012***

**ATTENDANCE: MARCH 26, 2012** Marsha Tessler (1), Jen Simmons (1), Joe Scalise (2), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Len Kies (8), Lori Brewer (10), Joe Tasman (11), Todd Nelson (NYSPHSAA) and Nina Van Erk (NYSPHSAA).

**ATTENDANCE: APRIL 3, 2012** Marsha Tessler (1), Jen Simmons (1), Joe Scalise (2), Josh Gannon (4), Joanne Small (5), Michele Ziegler (6), Vicki Nephew (7), Len Kies (8), Cherie Ramsey (9), Lori Brewer (10), Joe Tasman (11), Amy Agnesini (11), Todd Nelson (NYSPHSAA) and Nina Van Erk (NYSPHSAA).

**DISCUSSION:** The committee was convened to outline how a competition would be structured if approved by the NYSPHSAA Executive Committee. This effort is a result of the lack of action by the Board of Regents to move forward to make cheerleading a sport.

The committee members reviewed what types of competitions are sponsored or provided in their respective Sections. It is evident that within all NYSPHSAA Sections, a competition is either sponsored by a league or the Section. The following is a summary.

Section 1 - Championship invitational held for the schools within their Section in the fall and winter seasons

Section 2 - The Suburban Council League sponsors a competition and invites schools outside of their league

Section 3 - Sectional championship is held in the fall and winter seasons.

Section 4 - Southern Tier Athletic Conference championship for their member schools

Section 5 - Section holds a championship for their member schools

Section 6 - League Championship for their member schools only

Section 7 - League Championship for their member schools only

Section 8 - An outside group endorses a Long Island Championship

Section 9 – League Championship for their member schools only

Section 10 - Invitationals are held after the basketball season.

Section 11 - Teams compete in the LI Championship but the Section is considering sponsoring an event.

**NYSPHSAA SPONSORED EVENT**

After considerable discussion, consensus was reached on the following items:

**INVITATION:** The event would be structured as a one day invitational for Varsity level squads to generate interest and promote the sport. Squads would be accepted on a first come, first served basis. If the event would have a maximum number of entries permitted. In the future



the committee will review the entry procedure to assure that there is fair and equitable representation for all the Sections wishing to participate.

**CLASSIFICATIONS:** Will be dictated by the size of the squad rather than the size of the school.

Small Squad - A minimum of 5 competitors and a maximum of 12 competitors

Medium Squad - A minimum of 13 competitors and a maximum of 20 competitors

Large Squad - A minimum of 21 competitors and a maximum of 35 competitors

Coed Squad - A minimum of 12 competitors and a maximum of 24 competitors

**VENUES:** An east and west venue will be selected. If enough interest is generated, there may be a need to add a central location. Consideration will be given to limit the distance squads would have to travel. The committee felt that 35-40 squads could compete during a two hour period of time with an hour break between each session.

Size: Seating for at least 3,500 will be needed. Potential Sites: Binghamton Event Center, Hofstra, RIT, Blue Cross Arena, Onondaga, County Center in Westchester and Pace University

**DATES:** The winter season is considered most desirable. The last weekend in January and the first two weeks of February are ideal, trying to avoid using the holiday weekends.

**TIME and ELEMENTS FOR ROUTINES:** The maximum time allowed for a routine would be 2 minutes and 30 seconds using a combination of cheer (chants) and dance. No restriction would be placed on the length of the music.

**JUDGES:** A minimum of 8 judges would be needed for two panels of judges (3 panel judges and a safety judge).

**RULES:** The NFHS Spirit rules will be followed.

**COACHING CERTIFICATION:** All coaches of competing squads would need to have completed the AACCA Safety Course and possess a current First Aid and CPR certification that meets the NYSED requirements, in addition to meeting the NYSED requirements for Concussion Education.

**STUDENT ELIGIBILITY:** All competing athletes must meet the eligibility standards set forth by the Commissioner of Education and NYSPHSAA.

**SELECTION CLASSIFICATION - ADVANCED ATHLETIC PLACEMENT:** The committee recommends that the standards for gymnastics be used.

**START DATES:** The committee recommends mirroring the start dates imposed for the winter season.

**ENTRY FORMS:** The committee recommends that the entry forms include verification of the following:

1. Coaching requirements completed
2. Selection Classification Advanced Athletic Placement
3. Eligibility Standards
4. Practice Requirements

**NEXT STEPS:** The committee recommends approval of this event so it may be scheduled during the 2012-2013 school year.

April 2012

To: Modified Athletics Representatives  
Section Athletic Council

From:

Re: Synopsis of Spring 2012 Meeting  
NYSPHSAA Committee for Modified Athletics

The spring meeting of the State Committee for Modified Athletics took place on March 30, 2012 in Latham, New York. A synopsis of the meeting is as follows:

**I. Items that will go to the State Executive Committee:**

A. Awards

Motion:

*"With sectional/league approval, Modified General Eligibility Rule #10 (Reference: NYSPHSAA handbook, page 132) shall be edited to allow multi-school contests and invitationals to award place ribbons to the top competitors."*

Approved 10-6.

B. Early Sport Seasons Starting Dates

The following Sections requested early starts to the following modified seasons/sports in 2012-2013:

Section III: Fall starting date of Mon, August 27, 2012 for modified football.  
Winter starting date of October 29, 2012 for volleyball only.

Section V: Fall starting date of Wednesday, August 29, 2012 for:  
Livingston football, soccer, volleyball and cross-country  
Genesee Region football  
Finger Lanes football  
Allegany County football, soccer and volleyball

Winter starting date of October 22, 2012 for:  
Livingston girls' basketball and wrestling  
Wayne boys' basketball

Section X: Fall starting date of August 27, 2012 for all fall sports

Approved unanimously.

C. Editorial Change in Football Game Rule #2

*(Reference NYSPHSAA handbook, page 144).*

Motion:

*"An editorial addition will be made to 11-Man Football Game Rule #2, following sentence #5, as follows:*

*'Motion is allowed towards the two receiver side of the formation, provided the ball is snapped before the player in motion crosses the midline of the formation.'*

- Approved unanimously. This item will also go to the Handbook Committee.  
D. Modified/JV Pilot Program Proposal

Motion:

*"With sectional/ league approval, a Modified/JV program pilot program may be used when a JV program does not exist in a school district. The following requirements must be followed for implementation:*

Grade Levels: 7-8-9

Season starting dates: the modified start dates

Minimum practices: HS grid, page 108 of NYSPHSAA handbook

Maximum number of games: HS grid

Nights rest: HS grid

Games per day: HS grid

Game length: Modified rules

Overtime: Modified rules

Sport Rules: Modified rules in handbook, as agreed upon in each section.

Maximum 3 games per week will be waived, providing that one game is on a day in which there is no school the next day.

*Sections/leagues implementing this pilot program must declare their intention to do so to their modified sectional representatives, and must be willing to participate in pilot program evaluations requested by the NYSPHSAA."*

Approved 10-2-2.

Do we wish to participate in this pilot program?

## **II. Action Items for Next Meeting**

Our section's input is requested for the following Action Items:

### A. Wrestling Weight Class Variances

*"Modified Wrestling Program 2 Game Rule #1 (Reference: NYSPHSAA handbook, page 154) shall be edited as followed:*

*1. **Weights.** Weight Class is listed first, variance second: 70-80 lbs.(6 lbs.); 80-90 lbs.(6 lbs.);90-100 lbs.(6 lbs.);100-110 lbs.(6 lbs.); 110-120 lbs.(6 lbs.); 120-130 lbs.(6 lbs.); 130-140 lbs.(6 lbs); 140-150 lbs.(6 lbs.);150-160 lbs.(6 lbs.); 150-160 lbs.(6 lbs.);heavier weights ( 6 lbs.)."*

*Variance: The variance listed above permits a contestant to compete against a competitor who is either in a lower or higher weight group. As long as both wrestlers stay within the 6 pound variance listed. (i.e. A wrestler in the 70-80 lbs. group who weights 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 84 lbs.)*

Approved 14-2.



This motion was edited. Do we agree with using a 6-pound variance for all weight classes?

### **III. Discussion Items for Next Meeting:**

None at this time.

### **IV. Information Items**

1. The proposal to use the 3-point shot in modified basketball, or even to pilot its use, was turned down by the NYSPHSAA Executive Committee.

2. The use of pitch counts in modified baseball was discussed, but no change in the existing innings limitations for modified pitchers was made. The Modified Committee felt that it was tough to enforce, and probably would be inaccurate, since students would likely be doing the counting. It would be yet another task for modified coaches. The State Baseball Committee Coordinator was asked for his input; he felt that there was no real overuse of modified pitchers; if anything, the combination of weekend outside league pitching + school pitching was more likely leading to injuries. The modified pitching standards for pitchers stand as written.

3. The modified Football Pilot program that would allow use of the kick-off was defeated soundly. The Committee had concerns about the safety of the kick-off and the resulting contact, and felt that modified coaching practice would be better spent on football basics. The kick-off can be practiced without doing it live on the field.

4. Reminders from NYSPHSAA modified sports coordinators: The distance that modified cross-country runners utilize for the first half of the season is 1½ miles; it increases to two miles for the second half of the season. Also, modified and HS swimmers cannot compete in the pool at the same time for the same event at combined HS/Modified meets, even if there is a larger 8-lane pool.

#### **5. Selection Classification**

The State Education Department is redoing Selection/Classification, a job still in progress. It is likely that student-athletes who wish to selection-classify to the HS level must score at the 85<sup>th</sup> percentile in all items of the President's Council for Physical Fitness test for their age. The timetable of implementation of the new guidelines is still unclear. Some issues were discussed:

- The President's Council test is being used because it is familiar, has national data, and there is easy access to the test.
- The students will have to take all of the fitness tests; it is no longer sport-specific.
- If a student is 12 years of age when tested, s/he will be tested at the 12-year-old fitness standards, not at the HS age of play. This is a concern, since the tests are not too difficult for 12 year olds to pass, especially for girls.

- The nominating coach's evaluation will continue to be very important. Just because students pass the fitness tests, they will still have to try out and be evaluated by the HS coaches during regular HS try-outs.
- Modified level student athletes who wish to selection-classify and pass the fitness tests will not have to be fitness tested again every season/year.

6. Need for Modified Gymnastics and Tennis Sports Coordinators. We continue to be in need of a modified sport coordinator for girls' gymnastics, and a boys' and girls' tennis coordinator. If you have interest in filling one of these roles, please let us know; your participation on the State Committee would be welcome!

**NYSPHSAA Modified Committee Meetings for 2012-2013**

The 2012-2013 meetings of the Modified Committee will take place on:

**Fall: Friday, October 5, 2012 9:30 AM**

**Spring: Friday, April 12, 2013 9:30 AM**

The meetings will take place at the NYSPHSAA office in Latham, NY.

## SUMMER 2012 - COACHING COURSES

**FIRST AID UPDATE:**

DATE: Tuesday, August 7, 2012  
 SITE: Valley Central High School – So. Cafeteria  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**FIRST AID UPDATE:**

DATE: Monday, August 6, 2012  
 SITE: Fallsburg High School – Room 317-319  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**FIRST AID COURSE:** *(Must attend all 3 nights – no exceptions)*

DATE: August 7, 8, 9, 2012  
 SITE: Valley Central High School – So. Cafeteria  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**CPR/AED COURSE:**

DATE: Wednesday, August 1, 2012  
 SITE: Valley Central High School – So. Cafeteria  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**CPR/AED COURSE:**

DATE: Wednesday, August 15, 2012  
 SITE: Fallsburg High School – Room 317-319  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**CPR/AED UPDATE:**

DATE: Thursday, August 2, 2012  
 SITE: Valley Central High School – So. Cafeteria  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

**CPR/AED UPDATE:**

DATE: Thursday, August 16, 2012  
 SITE: Fallsburg High School – Room 317-319  
 TIME: 5:00 pm  
 INSTRUCTOR: Bill Burr

\*You must pre-register for the CPR/AED Course or Update by calling the Athletic Coordinator's Office at 294-5799

**HEALTH SCIENCES:**

DATE: July, 9, 10, 11, 12, 2012  
 SITE: Marlboro High School  
 249  
 TIME: 4:00 p.m.  
 INSTRUCTOR: Jeff Stent  
 E-Mail: [jeffreystent@yahoo.com](mailto:jeffreystent@yahoo.com)

\*Please register for the above course by contacting  
 Jeff Stent at [jeffreystent@yahoo.com](mailto:jeffreystent@yahoo.com)

**PHILOSOPHY & PRINCIPLES:**

DATE: July 16, 17, 18, 19, 23, 24, 25, 26, 2012  
 SITE: Newburgh Free Academy – Lecture Room  
 TIME: 10:00 a.m.  
 INSTRUCTOR: Greg Ransom  
 E-Mail: [gransom1@hvc.rr.com](mailto:gransom1@hvc.rr.com)

\*Please register for the above course by contacting  
 Greg Ransom at [gransom1@hvc.rr.com](mailto:gransom1@hvc.rr.com)

**THEORY & TECHNIQUES:**

DATE: August 6, 7, 8, 9, 2012  
 SITE: Newburgh Free Academy – Lecture Room 249  
 TIME: 10:00 a.m.  
 INSTRUCTOR: Greg Ransom

\*Please register for the above course by contacting Greg Ransom at [gransom1@hvc.rr.com](mailto:gransom1@hvc.rr.com)





## **Heat Acclimatization and Heat Illness Prevention Position Statement**

National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)

**Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics.** Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk. Football has received the most attention because of the number and severity of exertional heat illnesses. Notably, the National Center for Catastrophic Sports Injury Research reports that **35 high school football players died of EHS between 1995 and 2010.** EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.

This NFHS Sports Medicine Advisory Committee (SMAC) position statement is the companion piece to the NFHS's online course "A Guide to Heat Acclimatization and Heat Illness Prevention." **This position statement provides an outline of "Fundamentals" and should be used as a guiding document by member state associations.** Further and more detailed information can be found within the NFHS on-line course, the 4<sup>th</sup> Edition of the NFHS Sports Medicine Handbook, the NFHS SMAC "Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness" and the resources listed below.

**Following the recommended guidelines in this position statement and "A Guide to Heat Acclimatization and Heat Illness Prevention" can reduce the risk and incidence of EHS and the resulting deaths and injuries in high school athletics.** The NFHS recognizes that various states and regions of the country have unique climates and variable resources, and that there is no "one-size-fits-all" optimal acclimatization plan. However, the NFHS and the NFHS SMAC strongly encourage member state associations to incorporate all of the "Fundamentals" into any heat acclimatization plan to improve athlete safety. In addition, **"A Guide to Heat Acclimatization and Heat Illness Prevention" should be required viewing for all coaches.**

### **Heat Acclimatization and Safety Priorities:**

- Recognize that EHS is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.

- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

## **Fundamentals of a Heat Acclimatization Program**

*1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.*

A. Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.

B. Minimize protective gear (helmets only, no shoulder pads) during first several practices, and introduce additional uniform and protective gear progressively over successive days.

C. Emphasize instruction over conditioning during the first several practices.

**Rationale:** The majority of heat-related deaths happen during the first few days of practice, usually prompted by doing too much, too soon, and in some cases with too much protective gear on too early in the season (wearing helmet, shoulder pads, pants and other protective gear). Players must be allowed the time to adapt safely to the environment, intensity, duration, and uniform/equipment.

*2. Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.*

**Rationale:** Athletes begin each season’s practices and training activities at varying levels of physical fitness and varying levels of risk for exertional heat illness. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sick Cell Trait.

*3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.*

**Rationale:** Coaches must be prepared to immediately adjust for changing weather conditions, while recognizing that tolerance to physical activity decreases and exertional heat illness risk increases, as the heat and/or humidity rise. Accordingly, it is imperative to adjust practices to maintain safety and performance.

*4. Athletes must begin practices and training activities adequately hydrated.*

**Rationale:** While proper hydration alone will not necessarily prevent exertional heat illness, it will decrease risk.

*5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!*

**Rationale:** An athlete will often show early signs and/or symptoms of developing exertional heat illness. If these signs and symptoms are promptly recognized and the athlete is appropriately treated, serious injury can be averted and the athlete can often be treated, rested and returned to activity when the signs and symptoms have resolved.

*6. Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and*



*promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.*

**Rationale:** Immediate medical treatment and prompt rapid cooling can prevent death or minimize further injury in the athlete with EHS. Ideally, pools or tubs of ice water to be used for rapid cooling of athletes should be available on-site and personnel should be trained and practiced in using these facilities for rapid cooling. Ice water baths are the preferred method for rapid cooling, however, if ice water pools or tubs are not available, then applying ice packs to the neck, axillae, and groin and rotating ice water-soaked towels to all other areas of the body can be effective in cooling an affected athlete.

*7. An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.*

**Rationale:** An effective emergency action plan (EAP) should be in place in case of any emergency, as a prompt and appropriate response in any emergency situation can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, varsity) and all practice and game sites.

## **References:**

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## **DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.