

Interscholastic



MPA Hall of Excellence

Nominations are now being accepted for the 2020 class of the *MPA Hall of Excellence*. If you have had an athlete, a coach, or an administrator that has had a significant impact on high school activities in Maine, please consider nominating that individual. Also, consider outstanding officials, adjudicators, media, or health care providers that may have had a similar type of impact.

Click [HERE](#) to access the *MPA Hall of Excellence* materials.

Sportsmanship Banners

The MPA Sportsmanship Committee is proud to continue with the recognition of Sportsmanship Banners in all activities for the 2019-2020 season. This fall Sportsmanship Banners will be awarded in each class, North and South, in all activities. They will be presented at the state championships games. This year we have changed to an add-a-year banner that will hold 20 sports and years. The cloth banner is generic and will be used for the team picture at the championship site. The committee members will collect the banner following the team picture. Upon winning the first sportsmanship banner under this new system, the team will be presented with the vinyl add-a-year banner and the decals for the sport and year to be placed on the banner to take back to the school. Any subsequent winning will result in the team bringing back only the decals. If your school would like to purchase one or more banners to consolidate all of your past awards, you may order them for \$229.00 per banner plus shipping and handling. Once that banner(s) is full, any following will be provided by the MPA for no cost. If you choose to purchase a banner to fill in past awards prior to adding new ones received this year, email Mike Bisson at mbisson@mpa.cc with an up-to-date list of all of your school's past awards in order and it will be ordered and shipped directly to your school.

- * Each school has one vote per school (either the athletic administrator or coach).
- * Please include your athletes in the process.
- * You MUST vote for schools that are on your schedule.
- * We have consolidated the deadlines to be after the last countable date, but do more sports at one time.
- * Schools may not vote for themselves.
- * Any coach or player disqualified from a contest will result in that school being ineligible (at any level).
- * Schools that don't vote will not receive the banner.
- * Athletic administrators and coaches who have access may vote on the MPA website, online forms section.
- * Schools receiving the honor will be notified by an MPA Committee member.

Sportsmanship banners will be presented during the winter and spring seasons in all activities.

Notes and Updates

MPA Policy on Anonymous Communications—Anonymous calls, e-mails, or letters sent to the MPA will be forwarded to the school administrator of the school in question. The MPA takes no action unless a violation is reported by a member school. The MPA staff has no authority to act on anonymous communications.

Graduation Date Conflicts—Schools are reminded to check their graduation date for potential conflicts with MPA sponsored regional and state championships. The championship dates are set well enough in advance so that each of the more than 150 high schools in the state can make its own decision on how best to avoid potential conflicts.

New England Cross Country Championships—The 85th New England Cross Country Championships will be held at Wickham Park in Manchester, CT on Saturday, November 9, 2019.

New England Tournament Dates—**Indoor Track**, Saturday, February 29, 2020 at the Reggie Lewis Track and Athletic Center of Roxbury Community College; **Wrestling**, Friday, March 6 and Saturday, March 7, 2020 at TBD. **Spirit**, Saturday, March 15, 2020 at TBD; **Outdoor Track**, Saturday, June 13, 2020 at TBD; and **Golf**, Wednesday, June 24, 2020 at Bretwood Golf Course in Keene, NH.

Open Gym / Open Skate—By MPA Sport Season Policy an open activities period includes activities approved by the principal and scheduled for a gym, pool, ice arena, or other facility for which all students or age groups are invited to participate. Supervising adults must be supervising and not coaching or giving instruction. A coach may supervise an open gym if his/her players are not in the majority, and he/she is providing no instruction. The activity may not consist of a "team related activity."

Sideline Personnel—Schools are reminded that only high school students and adults are allowed on the sidelines or playing field during all MPA tournament games.

Preseason Coaches' Meeting—As principals and athletic directors, it's time to plan your preseason mandatory coaches' meeting. It will pay dividends. We suggest you use the following agenda:

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Maine Student Participation Survey Results

In the spring, member schools completed a student participation survey. What follows are the results of that survey and a comparison to 2017-2018 data.

| | 2018-2019 | 2017-2018 |
|---------------------------|-------------------------|-------------------------|
| | (146 Schools Reporting) | (146 Schools Reporting) |
| Basketball (Girls) | 2,519 | 2,662 |
| Basketball (Boys) | 3,423 | 3,536 |
| Cheering | 1,061 | 1,329 |
| Cross Country (Girls) | 971 | 1,215 |
| Cross Country (Boys) | 1,343 | 1,396 |
| Baseball | 3,034 | 3,097 |
| Softball | 2,529 | 2,631 |
| Field Hockey | 2,016 | 2,250 |
| Football-11 | 3,213 | 3,450 |
| Golf | 1,107 | 1,133 |
| Ice Hockey (Girls) | 410 | 457 |
| Ice Hockey (Boys) | 1,030 | 1,109 |
| Lacrosse (Girls) | 1,572 | 1,518 |
| Lacrosse (Boys) | 1,763 | 1,834 |
| Soccer (Girls) | 3,536 | 3,665 |
| Soccer (Boys) | 3,992 | 4,255 |
| Skiing X-Country (Girls) | 210 | 273 |
| Skiing X-Country (Boys) | 230 | 254 |
| Skiing Alpine (Girls) | 222 | 268 |
| Skiing Alpine (Boys) | 308 | 359 |
| Swimming & Diving (Girls) | 815 | 953 |
| Swimming & Diving (Boys) | 560 | 626 |
| Tennis (Girls) | 1,440 | 1,501 |
| Tennis (Boys) | 1,128 | 1,143 |
| Outdoor Track (Girls) | 2,440 | 2,544 |
| Outdoor Track (Boys) | 2,822 | 2,858 |
| Indoor Track (Girls) | 1,402 | 1,408 |
| Indoor Track (Boys) | 1,572 | 1,559 |
| Volleyball | 1,198 | 1,101 |
| Wrestling | 797 | 775 |
| Total | 48,663 | 49,764 |

Thank You School Nurses!!

The MPA would like to take an opportunity to thank all school nurses from across the state for the crucial role that they play in our schools. Often, as the only health care professional in the district, administrators know how important it is to have the nurse involved in any decision regarding the health and safety of the students.

Notes and Updates . . .

(Continued from Page 1)

- 1) Your expectations for the program;
- 2) Sportsmanship expectations;
- 3) Coaches' eligibility standards;
- 4) MPA Coaches' Handbook;
- 5) Student eligibility expectations/process;
- 6) Risk management;
- 7) Parent expectations;
- 8) Parents' meeting—general/break out with coaches;
- 9) Evaluation process; and
- 10) Media relations.

It is important that the principal and athletic director co-host the general session followed by the coaches' meeting with the parents of the athletes. It is important for everyone to develop open and honest communication with parents.

Sunday Practices—Schools are reminded that Sunday practices including non-sanctioned scrimmages are a local decision.

Volunteer Coaches—Adults that work with a team more than two or three times throughout the season should be listed on a school's coaches' eligibility roster and meet all aspects of the coaches' eligibility policy.

Unified Basketball

The MPA, in partnership with Unified Champion Schools of Special Olympics Maine, is pleased to announce preparations for the 6th year of Unified Basketball.

The MPA Unified Sports Committee has voted to suspend the Unified Basketball playoffs for the next two years (a classification cycle) to evaluate the effect that eliminating the playoffs has on the sport. We would encourage schools to plan for year end festivals that Special Olympics Maine will help support. If your school is willing to host a year end festival, please email Mike Bisson mbisson@mpa.cc.

If your school is going to participate this season, please submit the "Intent to Participate" form by clicking [HERE](#). For those schools requesting financial assistance with your program, click [HERE](#) for the "Funding Application." Both forms are also found in the Unified

Basketball Bulletin on our website.

Many of you that have been involved in Unified Basketball in the past received an email from Ian Frank at Special Olympics Maine requiring a Unified Champions School logo on the uniform. This request comes from the Special Olympics to represent their participation as a partner to the MPA in Unified Sports. We would ask that you support this by adding a logo to your Unified Basketball uniforms. The Special Olympics offers a peel and stick version or an iron on version that you can order free of charge through November 19, 2019. If you would prefer a screen print onto the uniform, email Mike Bisson and the file will be sent to you. Attached is the SONA Unified Sports Uniform Branding Examples (Click [HERE](#)) and the Unified Sports Patch Order Template (Click [HERE](#)).

Cooperative Individuals

In the sports of indoor track, skiing, swimming, and wrestling, the cooperative individual sending schools are responsible for listing their students on the school's eligibility list. The sending school should also list the receiving school's coach in the appropriate box. The receiving school is responsible for notifying schools on its schedule that it has cooperative individuals from another school competing with its team. Early in the regular season competition, the MPA will send an e-mail to all schools in each of those sports listing all the cooperative individuals and the schools to which they are attached.

A reminder that 8th grade students may **NOT** participate in the following individual sports: golf, cross country, ski, wrestling, swim, indoor and outdoor track, and tennis.

The school must apply on a form that can be found by clicking [HERE](#) prior to the first countable contest on December 9, 2019.

Cooperative Team Paperwork

The host school in a cooperative team is responsible for submitting the team schedule and the list of recommended officials. All schools involved in the co-op are required to submit an eligibility roster and the team information form.

All schools should also list the team coaches on their coaches' eligibility roster.

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
 - (2) support principals as educational leaders; and
 - (3) promote and administer interscholastic activities in grades 9-12.
-

INTERSCHOLASTIC BUSINESS MEETING

November 21, 2019

2:15 p.m.—3:15 p.m.

Cumberland Room

DoubleTree Hotel, Portland

Each member high school is entitled to one vote. The high school principal, assistant principal, or athletic administrator may be the voting representative.

CALL THE MPA HELP LINE

207-622-0217

*We are here to help you
and answer questions!*

Extensions:

125 = Mike Burnham
126 = Holly Couturier
141 = Mike Bisson

122 = Tammy McNear
127 = Diane Patnaude
130 = Patty Newman

Risks Associated with Sport Specialization in High School Athletes

By Timothy McGuine, Ph.D., ATC; David Bell, Ph.D., ATC; Eric Post, Ph.D., ATC on May 09, 2018

In recent years, there is an increasing trend toward intense sport-specialized training (sport specialization) among youth and high school athletes. Sport specialization is often characterized as intense, high-volume training in a single sport at the expense of participation in multiple sports.

In response to this trend, numerous national and international medical and sport organizations have released position statements warning against early sport specialization due to the potential for psychological stress and overuse injury. These organizations also called for more research to determine the scope of specialization in various ages and sports, the attitudes that lead to specialization and the increased risk for injury that is associated with sport specialization.

Scope of the Problem?

Determining how many high school athletes actually specialized in a sport was difficult since there was limited, if any, information regarding the issue. Recently, a sport specialization scale has been developed to better classify athletes as low, moderate or high based on their behavior, rather than classifying by the number of sports in which an athlete might participate. The scale consists of three “yes” or “no” questions (Figure 1).

Figure 1. Sport Specialization Scale

Scores are calculated by a “yes” response being 1 point and a “no” response being 0 points. Specialization level is classified by scores 0-1 being low specialization, 2 being moderate specialization, and 3 being high specialization.

Through a series of studies using these questions, we now know that 10 to 38 percent of teenagers who play sports are classified as highly specialized. Females are more likely to specialize compared to males, and school size influences specialization rates with larger high schools more likely to have large numbers of specialized athletes. In addition, some of the highest rates of specialization are in the most popular high school sports of basketball, soccer and volleyball. Finally, 50 percent of high school athletes who specialize in a single sport also participate on a club team in the same sport.

Sport Specialization and Injury

The association of sport specialization and risk of injury has not been well understood for many years. Early research showed that baseball pitchers, tennis players and female runners with specialization behaviors sustained more injuries than their peers. While useful, these studies did not fully capture the full association of sport specialization and increased risk of injury.

In 2016, the NFHS Foundation funded a study to obtain more complete data regarding sport specialization and risk of injury in high school athletes. Researchers found that specialized high school athletes in a wide range of sports were more likely to report sustaining previous lower extremity (foot, ankle, knee, hip) injuries.

Equally important, however, the research team followed these same athletes over the course of an entire school year and recorded all the injuries sustained in every sport in which they participated. They found that moderately specialized athletes had a 50 percent increased risk and highly specialized athletes had an 85 percent increased risk of injury compared to the athletes with a low level of specialization.

While this increased risk was more pronounced for overuse injuries such as tendonitis and stress fractures, it was also found in ankle sprains. Further, the

increased risk of injury was present regardless of the sport and the number of competitions they participated in during the previous 12 months.

Sport Specialization Attitudes

As the risks of specialization have become more well-known, parents and coaches have grown increasingly concerned about sport specialization. Recent surveys have found that the majority of parents and coaches are highly concerned about specialization. So, why is specialization still increasingly common?

While parents and coaches both believe that specialization increases the risk of injury, the majority of youth athletes (68%) believe specializing will increase their chances of making a college team. Even more concerning, 82 percent of youth athletes believe specialization is necessary just to make their high school team. Specialization is not just about getting a college scholarship, it’s about just getting playing time at their high school with their peers. On the other hand, surveys of high school coaches indicate that the overwhelming majority (94.4%) of coaches believe that playing a variety of sports will increase a student’s athletic ability.

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| OFFICIALS' FEE SCHEDULE | | | | |
|-------------------------|--------------------|-------|--------------------|-------|
| Sports | 2019-2020 Basic | | 2020-2021 Basic | |
| | V | JV | V | JV |
| Baseball | 67.50 | 47.50 | 68.50 | 48.00 |
| Basketball | 76.50 | 54.00 | 78.00 | 55.00 |
| Cheerleading | 76.50 | 54.00 | 78.00 | 55.00 |
| Field Hockey | 69.50 | 49.00 | 71.00 | 50.00 |
| Football | 76.50 | 54.00 | 78.00 | 55.00 |
| Ice Hockey | 76.50 | 54.00 | 78.00 | 55.00 |
| Lacrosse | 76.50 | 54.00 | 78.00 | 55.00 |
| Soccer | 76.50 | 54.00 | 78.00 | 55.00 |
| Softball | 64.50 | 45.50 | 66.00 | 46.50 |
| Swim | 57.50 | --- | 58.50 | --- |
| Volleyball | 67.00 | 47.00 | 68.00 | 48.00 |
| Wrestling | 73.00 | --- | 74.50 | --- |

Understanding Two Categories of Appearance and Performance Enhancing Drugs, Substances

By Bill Heinz, M.D.

Earlier this year, a position statement concerning Appearance and Performance Enhancing Drugs and Substances (APEDS) was approved by the NFHS Sports Medicine Advisory Committee (SMAC). This position statement is slightly different from the traditional position statements approved by the SMAC, in that it applies to athletes and non-athletes, and it contains a very honest and frank discussion concerning the use of APEDS.

In the past, the medical community has not been entirely honest to the lay community about the potential benefits from the use of APEDS, instead focusing on the side effects and dangers of their use. Unfortunately, this eventually led to a level of mistrust in athletes when the use of APEDS was discussed with them by health-care providers. The hope with the current position statement concerning APEDS was to provide accurate information about the hazards and potential benefits associated with the use of APEDS, and avoid the “Reefer Madness” commonly described with APEDS use and their side effects. To accomplish this task, it helps to think of APEDS as divided into two broad categories: 1.) Legal, not banned for competition, and may have positive effects upon athletic performance. 2.) Legal only when prescribed by a physician, illegal to possess without a prescription, can have a positive effect on athletic performance, banned by the NCAA, the United States Anti-Doping Agency (USADA) and the World Anti-Doping Agency (WADA).

The category of “legal, not banned for competition and may have positive effects on athletic performance” includes substances such as protein powders, amino acids, caffeine and creatine. Studies have shown these products to be relatively safe, as long as they are used properly. It is highly recommended that if a student decides to use these, they do so under the guidance and supervision of a knowledgeable health-care provider.

Studies have shown that almost 40 percent of high school students report a history of protein supplement use, and that 18 percent of APEDS users in high school do not participate in sports. It is considered that this group uses APEDS for appearance enhancement, such as weight loss or gain. This category of APEDS is legal and is not banned in competition. However, their use can come with unwanted side effects and dangers. None of these products are regulated or routinely tested for efficacy or purity by the U.S. Food and Drug Administration (FDA).

Independent studies have found eight to 25 percent of these substances to be contaminated by heavy metals (such as lead and mercury), anabolic-androgenic steroids and/or stimulants. Caffeine is in a unique category, in that the FDA regulates the amount of caffeine allowed in foods and soft drinks, but not the amount allowed in energy drinks or supplements. This would explain why there can be dangerous levels of caffeine intake with the ingestion of multiple energy drinks. In fact, in 2011, almost 1,500 middle school and high school-aged children were treated in emergency departments for caffeine toxicity.

The second category of APEDS (legal only when prescribed by a physician, illegal to possess without a prescription, can have a positive effect on athletic performance, banned by the NCAA, USADA and WADA) contains substances such as anabolic-androgenic steroids (AAS), AAS prohormones (a precursor to the active form of the hormone or steroid), human growth hormone and stimulants (such as Ritalin and Adderall).

In this category, AAS and AAS prohormones are the most widely known. They work by enhancing protein synthesis and decreasing the breakdown of muscle. The net effect is to allow an increase in muscle size and strength, along with a quicker recovery after

Risks Associated with Sport Specialization in High School Athletes . . .

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Clearly, there is a large gap between the beliefs of youth athletes and the beliefs of parents and coaches regarding the benefits and consequences of specialization. Thankfully, recommendations exist to help reduce the risks of sport specialization. These recommendations are that youth athletes should not participate:

- In a single sport for more than eight months per year;
- In more organized sports per week than their age (i.e., a 16-year-old athlete should not participate in more than 16 hours of organized sport activity per week); or
- In multiple leagues of the same sport at the same time.

However, these recommendations are not well known. Recent research indicates that between 75 and 80 percent of parents and coaches are not aware of these recommendations.

Moving Forward

The increased trend for sport specialization in high school athletes is a growing concern. Everyone involved in youth sports and high school sports needs to make a concerted effort to communicate safe sport participation recommendations to parents and young athletes. Administrators need to stress that while athletes may want to specialize, doing so increases the risk the athlete will sustain an injury.

Further, high school coaches play an influential role in the sport participation decisions made by high school athletes. Therefore, providing coaches with the knowledge to educate parents and athletes regarding the risks associated with sport specialization can improve sport safety by reducing immediate injury risk. More importantly, however, it will also protect against the lifelong effects that a sports injury sustained during adolescence can have on physical activity and health in adulthood.

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Postponement or Rescheduling of Athletic Contests

It is inevitable that during a season one will have to cancel or postpone an event. **Communication** and **Advanced Planning** are the greatest assets for facilitating change. Each school/league should have a pre-developed checklist for administering reschedules.

Cancellations/Postponements could be caused by:

- * Weather conditions (facilities or travel conditions);
- * School functions requiring a change;
- * Any safety concerns;
- * Local, state, or national crisis;
- * A death involving personnel associated with the team and/or school;
- * An epidemic; or
- * Spread of communicable disease impacting individuals.

The Maine Principals' Association policy states "Schools will utilize the next mutually available date for the purposes of making up the postponement."

School administrators should consider the following before rescheduling:

- Make decisions in a timely manner;
- Contact opponents to understand all possible conflicts/adjustments necessary before rescheduling;
- Communicate with facilities management and transportation departments;
- Check with assignor for official availability;
- Have a postponement/cancellation checklist that includes the following: timers, scorers, ticket takers, game management, security, boosters, etc. and,
- Use technology (e-mail, website, and electronic messages).

Uniform Waiver

Schools that have uniforms that don't meet the NFHS Uniform Rule may request a waiver from the appropriate sport committee by submitting the Uniform Waiver form. Those school's that sponsor awareness games (i.e. Cancer Awareness, Military Awareness) and would like to use specialized uniforms should also submit a waiver request.

Please click [HERE](#) to access the waiver form.

Understanding Two Categories of Appearance and Performance Enhancing Drugs, Substances . . . *continued from Page 5*)

workouts. Hence, these substances are effective, but their use can come at a very high cost. If used during adolescence, they can cause premature closure of the growth plates and a decrease in final adult height. Other common side effects include cardiovascular disease, blood clots, stroke and an increased risk of suicide. Just as important, the use of AAS and AAS prohormones is illegal without a prescription and their use is considered to be unethical, unfair and a form of cheating in athletics. This can pose a significant threat to the overall health and well-being of students and undermines the values we are trying to teach them while in high school.

Education about APEDS continues to be the hallmark to preventing their use. Despite advances in the detection of APEDS, random testing has not been proven to be an effective deterrent to their use. This education requires a concerted effort by school administrators, coaches, parents and medical personnel to not only educate students, but also speak out strongly against the use of APEDS. Many resources are available to help with this effort, and are listed in the references below. In addition, a free course on APEDS is available through the NFHS Learning Center at www.NFHSLearn.com.

The use of APEDS by high school students is real, and statistics indicate that they are being used by your students, at your school. Education about APEDS, including accurate information concerning the effects, the side effects and dangers, and speaking out against such use is key in helping to reduce APEDS abuse. Talk with your students about their sports performance or appearance, and help them to understand that using banned and/or illegal APEDS is unfair, unethical and very likely dangerous to their health and well-being.

References: NFHS SMAC Position Statement on Appearance and Performance Enhancing Drugs and Substances https://nfhs.org/media/1018447/nfhs_position_statement_apeds_april_2017.pdf. LaBotz M, Griesemer BA, AAP Council on Sports Medicine and Fitness. Use of Performance-Enhancing Substances. *Pediatrics*. 2016;138(1): e20161300. Maughan RJ. Quality assurance issues in the use of dietary supplements, with special reference to protein supplements. *J Nutr*. 2013;143(11): 1843S-1847S. Eisengerg ME, Wall M, Neumark-Sztainer D. Muscle-enhancing behaviors among adolescent girls and boys. *Pediatrics*. 2012;130(6):1019-1026. Taylor Hooton Foundation <http://www.taylorhooton.org>. The National Center for Drug Free Sport, Inc. <http://www.drugfreesport.com>.

NFHS Coach of the Year

The Maine Principals' Association, in conjunction with the NFHS, is pleased to recognize the following coaches as the 2018-2019 Maine Coach of the Year in their respective sport. Each coach is now eligible to move on for consideration as the Section 1 Coach of the Year, and possibly as the NFHS National Coach of the Year.

| | Sport | Nominated Coach | School |
|----------------------------------|-------------------------|---------------------------------|--|
| B O Y S | Football (11-Player) | Alex Rotsko | Marshwood High School |
| | Track & Field (Outdoor) | Derek Veilleux | Scarborough High School |
| | Basketball | Anthony Amero | Forest Hills Consolidated School |
| | Baseball | John Frye | Searsport District High School |
| | Soccer | Joe Greaves | Presque Isle High School |
| | Wrestling | Scott Lewia | Wells High School |
| | Cross Country | Ted Hutch | York High School |
| | Tennis | Jeff Madore | Waynflete School |
| | Golf | David Grant | Houlton Middle/High School |
| | Swimming & Diving | Tony DeMuro | Mount Desert Island High School |
| | Lacrosse | David Pearl | Yarmouth High School |
| | Ice Hockey | Barry Mothes | Greely High School |
| | Ski—Alpine | Mark Cyr | Mt. Blue High School |
| | Ski—Nordic | Steve DeAngelis | Maranacook Community School |
| G I R L S | Track & Field (Outdoor) | Rod White | Old Town High School |
| | Basketball | Nate Pelletier | Oxford Hills Comprehensive High School |
| | Volleyball | Corey Schwinn | Washington Academy |
| | Soccer | Meredith Messer | Camden Hills Regional High School |
| | Softball (Fast Pitch) | Skip Estes | Brewer High School |
| | Cross Country | Mike Burleson | Bonny Eagle High School |
| | Tennis | John Habeeb | Caribou High School |
| | Swimming & Diving | Ben Raymond | Cape Elizabeth High School |
| | Lacrosse | Ashley Pullen | Falmouth High School |
| | Field Hockey | Jane DiPiompo | Spruce Mountain High School |
| | Ice Hockey | Scott Rousseau | Cheverus High School |
| | Spirit | Sami Jo Allen | Central Aroostook High School |
| | Ski—Alpine | Ronn Gifford | Maranacook Community School |
| Ski—Nordic | Carl Theriault | Fort Kent Community High School | |