

## Interscholastic



### Notes and Updates

**Cooperative Team Deadline**—A reminder that a request to form a cooperative team must be submitted three months prior to the start of the season. The deadline for fall cooperative teams is June 7, 2019; the deadline for a winter team is September 13, 2019; and the deadline for a spring, 2020 team is January 10, 2020. An application may be found on the MPA website.

**Middle School/High School Practices**—A reminder that high school and middle school athletes may not train together.

**New England Dates—Cheerleading**, March 16, 2019, Worcester State University, Worcester, MA; **Outdoor Track and Field**, Saturday, June 8, 2019, Thornton Academy, Saco.

**Sport Season Rules**—A reminder that no coach, paid or volunteer, including coaches at the middle level, may work with athletes from his/her high school outside of the sport season without a waiver. This includes working with athletes at outside facilities or training centers.

**Sunday Competition**—A reminder that the MPA is opposed to **any** interscholastic activities on Sunday. Contests played by member schools will not be recognized for tournament selection or championships.

**Lacrosse Field Markings**—Schools now have the option of using a unified 120-yard boys' and girls' field following the NFHS Field Diagram that may be found in the 2019 NFHS boys' and girls' rulebook. It is still permissible to use the diagram that has been used in the past.

**Outdoor Track Sites**—The MPA Outdoor Track Committee has selected these sites for the 2019 Outdoor Track Championships: Class A—Lewiston High School; Class B—Brewer High School; and Class C—TBD.

**Baseball and Softball Pitchers Guidelines**—Schools may determine the number of athletes that participate in the week of conditioning but those athletes that participate must be working on arm development for pitchers or working as a catcher for the pitchers. The intent is not an open week of arm conditioning for all position players. There is not a requirement that those athletes that participate must pitch at some point during the season.

**Wrestling**—The Wrestling Committee would like to hear from schools that may have an interest in hosting the Class A or Class B Regionals, Class A or B States, and the New England Qualifier. A host school wrestling site should be able to accommodate three mats.

Please send your request to host to Mike Bisson at MPA office [mbisson@mpa.cc](mailto:mbisson@mpa.cc) prior to March 8.

## Court and Field Diagram Guide

The 2018/2019 edition of the "NFHS Court and Field Diagram Guide" may be ordered on the State Order Form. The Court and Field Guide is a comprehensive publication containing current diagrams, descriptions, and dimensions of playing fields and courts used in 50 sports. It also contains ball specifications, metric-to-English distance conversions, a directory of national sports governing bodies and how to set up different types of tournament drawings. All of the diagrams, specifications, and information contained in this publication are accurate and up-to-date. The Court and Field Guide is an ideal resource for athletic directors, coaches, building and grounds supervisors, architects, and others involved with athletic administration. Since first published 20 years ago, it consistently has been one of the NFHS' most requested publications, and is an invaluable resource. State associations can order copies of the Court and Field Diagram Guide on the State Order Form for only \$10.00 each. Others can order the publication by calling the toll-free number (800-776-3462) or online at [www.nfhs.com](http://www.nfhs.com) at the retail price of \$20.20.

## Recognition Counts

### *MPA Hall of Excellence*

Nominations are now being accepted for the 2019 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.

### *10th Annual Larry LaBrie Award*

The MPA is calling for nominations for this prestigious award. The deadline is March 25, 2019. Last year's recipients were Bob Arseneault, Roger Arseneault, Dennis Crow, and Dennis Kiah.

Please contact Mike Burnham for further information.

Click [HERE](#) for the nomination form.

## Rule Book Orders

The MPA continues to sell National Federation rule books to member schools at a substantial discount. Your cost for each rule book is \$6.30, including shipping and handling. Schools have received an order form and should complete and return the form to the MPA office by **April 19**. All orders and shipments will be processed through the MPA office. Any order placed after the April 19 deadline will be charged an NFHS handling fee of \$15 plus UPS shipping costs from the NFHS. The UPS cost for a recent order we submitted for one rule book was \$11.50, so it pays to submit your order on time.

Please call Diane at the MPA office (622-0217, ext. 127) if you have questions about your order. Orders will be

filled as soon as the rule books are available. **To avoid delays in receiving your rule books, it is important to complete the order form for all three sport seasons.**

You may continue to order your rule books directly from the National Federation or from your local sporting goods store. Local prices will average \$9.00 or more per book. The MPA is offering this service in order to assist schools in reducing expenses. You should continue to order all other products directly from the National Federation catalog.

Ice hockey scoresheets are available from the MPA at a price of \$.35 each. Please use the rule book order form to indicate the quantity needed or contact Diane at the MPA office.

## Unified Track & Field

The MPA Unified Sports Committee is pleased to announce that this spring, the MPA will be sponsoring Unified Track & Field for a third season. Unified track will consist of four (4) events: 100M dash, shot put, long jump, and a 4 x 100M relay. Each event, other than the relay, will include a Unified athlete and a Unified partner and the final time/distance will be determined by taking 75% of the athlete's time or distance and adding 25% of the partner's time and distance. The 4 x 100M relay will consist of two athletes and two partners.

This spring the plan is to offer three Unified events, with sites to be determined. The leagues should try to build in 2-3 dedicated Unified meets. Any schools interested in hosting should contact Tammy at [tmcnear@mpa.cc](mailto:tmcnear@mpa.cc).

Special Olympics Maine will be offering financial assistance to help schools provide additional coaching support, uniforms, or equipment. A link to the funding application [click [HERE](#)] (due April 1), along with a link to the Intent to Participate [click [HERE](#)] (due April 1) can also be found in the 2019 Unified Track and Field Bulletin.

## Open Gym

A reminder that any activity that involves members of one team that includes sport specific training is a violation of the Sport Season Policy. An "open gym" should involve a variety of activities and must be open to all students. Any organized activity, held at any location, for a specific team, designed to give that team an advantage by starting early, is strictly prohibited.

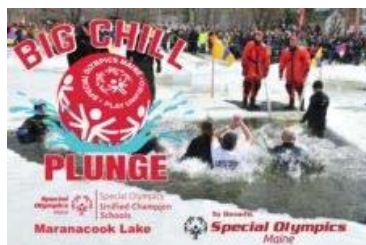
**CALL THE MPA HELP LINE**  
(207-622-0217)

**Extensions:**

Dick Durost-124  
Mike Bisson-141  
Mike Burnham-125  
Holly Couturier-126  
Tammy McNear-122  
Patty Newman - 130  
Diane Patnaude - 127

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

## SAVE THE DATE - Big Chill Unified School Plunge, March 16, 2019!



Special Olympics Maine is pleased to announce that it will host its **3rd annual Big Chill Unified School Plunge on Saturday, March 16, 2019** at Maranacook Lake, Winthrop (new location) and hosted by American Legion Post #40. This plunge is designed for student participation, although all are welcome to take the plunge to support Special Olympics Maine and their local schools' Unified Champion School initiatives. This year's Big Chill Unified School Plunge theme is *School Spirit!* Come join the fun, recruit your fellow classmates to take the plunge with you, and come "Chill" out while supporting a great cause! Again this year all participants raising over \$75 will receive a commemorative Big Chill Unified School

Plunge t-shirt and **30% of all proceeds will go directly back to the schools** to help support future Unified Champion Schools' initiatives.

All participants will enjoy a pre-plunge pancake breakfast and individual/school awards will be announced directly following the plunge!

For more information visit: <https://www.somaine.org/2019-big-chill-plunge/>

## Howard Vandersea ~ Maine Chapter of the National Football Association

The Mac/Huard Fund is a charitable private fund whose primary interest is advancing the growth and development of amateur football in the state of Maine.

The fund will focus on financial support of developing programs, or football programs that have demonstrated a sudden growth in numbers. The fund will support amateur football efforts from youth level through high school.

The fund will support other worthy causes in the state that promote amateur football.

Preference is given to projects with the potential to have a transformative impact on the young people in the community. Successful applications will promote teamwork within the

community and enlist the support of a cross-section of educators.

When considering grant requests, the committee will often match funds raised by the grantee from other organizations and individuals to foster community partnerships.

If selected, the Mac/Hurd committee expects that the receiving program will submit a one-page letter explaining how the money was used.

Requests will be kept on file for three years.

If a program is awarded a grant from the Mac/Hurd Fund, they will be ineligible for three years.

[CLICK HERE FOR THE APPLICATION](#)

## Do's and Don'ts of School Choice

As we enter into the Spring, many schools are looking at the "recruitment" of potential students. These efforts may be done by a private school or by a school hoping that students from those communities with school choice will attend their school.

### Do's

- Provide all prospective students an opportunity to learn about your school.
- Allow prospective students an opportunity to visit your school to see the campus and all programs that are available.
- Provide information about all co-curricular offerings.
- Schedule all visits through the administration at the school.
- Conduct "academic recruitment" focused on the total programming at the school.
- Allow students to participate in programs only after they have been enrolled at the school.
- Develop a speech, slide show, video, and/or e-mail that highlights the entire school program.
- Explain to students that once they choose a school to attend they may not transfer to another school for athletic purposes.

### Don'ts

- Allow coaches to meet individually with students or parents.
- Provide any type of an incentive (tickets, clothing, promise of playing time) to prospective student/athletes.
- Allow students to attend a practice to observe a specific team.
- Showcase (highlight video, championship trophy, etc.) a particular program at your school.
- Make a promise of a roster spot to a student/athlete.
- Invite athletes to visit the school because of the success of one particular program.
- Allow for the distribution of materials that highlights one athletic program.
- Emphasize the success of a particular program as compared to the same program at other schools.
- Attend middle school practices to work with athletes that may potentially attend the school.
- Invite middle school teams from school choice schools to be showcased at halftime or between periods.
- Use student athletes on the high school team to recruit athletes for a program.
- Invite middle school students with a school choice option to be a part of a summer program before enrolling at the school.
- Allow for a coach to visit a family at their home.
- Allow for potential athletes to practice with the team.
- Allow for members of a coaching staff, or a booster club, to contact potential athletes.
- Provide transportation to a prospective athlete.
- Provide financial incentive to a respective athlete that is not available for other students.

For a copy of the  
MPA Athletic Recruitment Policy,  
please click [HERE](#).

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### 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.
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## Portland Sea Dogs “Swing into Spring”

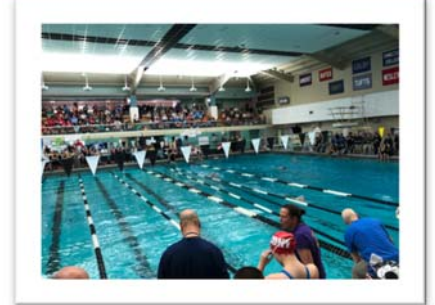
The Portland Seadogs are planning to host a *Swing into Spring* game on Friday, April 5 and are inviting all school baseball and softball teams to join us for a team building activity. The night will feature a pre-game parade for all participating teams, as well as a fun attempt to break the World Record for most first pitches prior to a baseball game, which currently stands at 111. As part of this

promotion, if we have enough teams, we will attempt to break the record. The best part of this is the tickets for the players and coaches are complimentary. If you are interested, or have any questions, please e-mail Geoffrey Iacuesa, President and General Manager of the Portland Sea Dogs at [geoff@seadogs.com](mailto:geoff@seadogs.com). He will need to know by Friday, March 22 if your team(s) will be participating.

## INTERSCHOLASTIC PHOTO ALBUM



*Class A Swim—Bowdoin College*



*Class A Swim—Bowdoin College*



*Class A Indoor Track*



*Class A Indoor Track ~ Cheverus High School*

