

Interscholastic



Notes and Updates

Classification—The Classification Committee will begin their work on October 15 in establishing classification for all activities for the 2019-2020 and 2020-2021 school years. They have scheduled six meetings to complete the work in time for approval by the Interscholastic Management Committee with a goal of approval by the full membership of the MPA at the Spring Conference. Schools will be able to provide feedback through every step of the process. Each sport committee has been asked to provide a recommendation to the Classification Committee by the beginning of November. Click [HERE](#) to see the enrollment numbers for Maine schools as of April 1, 2018, which are the official number that will be used for this classification cycle.

Fall Regional and State Championships: **Cross Country**—The regional cross country championships will be held on October 20, 2018 in the North at Troy Howard Middle School, Belfast and in the South at Twin Brook in Cumberland. The state championships will be held on October 27, 2018 at Twin Brook in Cumberland. The New England's will be held on November 10, 2018. Please refer to the bulletin for the scheduled starting times. **Field Hockey**—Regional Finals, October 23, 2018 ~ North: Thomas College, Waterville and South: Waterhouse Field, Biddeford, and State Championships will be held on October 27, 2018, Husson University, Bangor. **Football**—State Championship Game, Class D, November 16, 2018, University of Maine, Orono, and Classes A, B, and C, November 17, 2018, Fitzpatrick Stadium, Portland. **Golf**—October 6, 2018, State Team Championships, Classes, A, B, and C, Natanis Golf Club, Vassalboro, October 13, 2018, State Individual, Natanis Golf Club, Vassalboro, and New England Championship, June 19, 2019, at Bretwood Golf Course, Keene, NH. **Soccer**—State Finals, Classes A and D,

McMann Field, Bath, and Classes B and C, Hampden Academy on November 3, 2018. **Volleyball**—State Championships on Friday, October 26, 2018, 6:00 p.m. ~ Class B—South Portland High School, and on Saturday, October 27, 2018, 1:00 p.m. ~ Class A—Marshwood High School and Class C—Ellsworth High School.

Fundraising—Athletes are allowed to be a part of fundraising activities only during their sport season and during the summer recess. Booster clubs may raise funds anytime during the year but the students may not be a part of the activity if it occurs outside of the sport season. Coaches may work with booster clubs outside of the sport season.

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 150+ high schools in the state can make its own decision on how best to avoid potential conflicts.

Program Information Forms—Program Information Forms are required for those teams that will be participating this fall in field hockey, soccer, football, and volleyball. These forms are available electronically and must be submitted if a school is going to participate in the tournament.

Small School Facility Waiver—A reminder that there is a waiver for small schools wishing to make their gym or athletic fields available outside of the sport season. Currently high school students may not use high school facilities for activities that occur outside of the approved sport season.

Superintendents' Agreements—Schools are reminded that students granted superintendents' agreements,

Continued on Page 2

NFHS Uniform Waiver Form

With numerous uniform rules being changed over recent years, any school in need of a waiver of the NFHS Uniform Rule is asked to submit the Uniform Waiver Request Form that can be found on the MPA website.

Written confirmation of the waiver will be provided to the school. Uniform waivers are granted for a one year period. Should a school need a waiver for an additional year, a separate request must be made.

Hosting Officials

A key element of hosting events is the quality of officiating. Officials in all contests help set the positive atmosphere at a contest. As the host school, please make every attempt to make the officials feel welcome and comfortable when they arrive at your school.

Keep in mind that these people are working because they love the sport and enjoy working with young athletes. Please provide the game officials with any necessary information that will assist them prior to and throughout the contest.

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.

CALL THE MPA HELP LINE

207-622-0217

We are here to help you and answer questions!

Extensions:

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

Assistant Athletic Administrators

If a school has an assistant athletic administrator or an administrative assistant that they would like added to the MPA Database so that they are also receiving notifications, please submit the name and e-mail address to Patty Newman at pnewman@mpa.cc.

Game Day Cheer

The MPA Cheerleading Committee, in conjunction with the Maine Cheer Officials and the United Cheer Association are pleased to be able to offer a “Game Day Cheer Exhibition” on Saturday, October 20 at Lawrence High School in Fairfield.

The event will begin at 1:00 p.m. and if you have a fall team that is interested in taking part, please contact Denise Gelinat at ggelinat@maine.rr.com.

Open Gym / Ice / Pool

As the fall season comes to an end for most schools, the yearly request for an open gym / ice / pool will begin. It is important to note that if the activity is “team related” with only members of a given team participating and the intent is to gain an “advantage” prior to the start of the season then it would be a violation of the MPA Sports Season Policy. If the activity is truly an opportunity for kids to “play” and is open to anyone then it would not be a violation.

2018 National Athletic Directors’ Conference

Henry B. Gonzalez Convention Center in San Antonio, Texas on December 14-18, 2018 will be the site of the 49th National Athletic Directors Conference.

The National Athletic Directors Conference & Exhibit Show, hosted by the National Federation of State High School Associations (NFHS) and the National Interscholastic Athletic Administrators Association (NIAAA), is the premier conference for interscholastic athletic administrators across the country to network, participate in professional development, hear well-known keynote speakers and be a part of two outstanding award banquets.

For information click [HERE](#).

Notes and Updates . . . (Continued from Page 1)

including those that may be granted by the Department of Education, must still complete a Transfer Waiver Form prior to the start of the competitive season.

Ski Helmet Requirements—Last fall the Ski Committee recommended to the Sports Medicine Committee that the FIS approved helmet be required of all alpine ski racers. The Sports Medicine Committee voted to give a one-year phase-in period and recommend for the 2017-2018 season and be required for the 2018-2019 season. The December *Apprise* had an article in “Notes and Updates” explaining this and the coach’s liaison from the Ski Committee reported this to the Ski Coaches’ Association. This year all alpine ski racers will be required to wear a helmet that bears a CE mark and conform to recognized and appropriate standards, such as CEH, Din 1077, ASTM F240, SNELL S98 or RS 98.

Spectator Parking for Cross Country at Twin Brook in Cumberland—In addressing a parking and scheduling issue at Twin Brook in Cumberland for the Cross Country South Regional on Saturday, October 20, parking for spectators will be at Greely Middle and High School again this year. We will have a shuttle bus service that will start delivering spectators to the course beginning at 9:30 a.m. from the Greely parking lots. Handi-

capped parking, team bus drop-off, and event workers only will be allowed in the Twin Brook parking area. Please inform team and family members at your school of the change.

Girls’ Wrestling—The Wrestling Committee and the Interscholastic Management Committee have approved a Girls’ Individual Wrestling Championship for the 2018-2019 season. The championship will still need MPA membership approval at the fall meeting on November 15 at the Interscholastic Division Business Meeting. This event would be at the forefront of a national trend to add a Girls’ Championship. The Girls’ Championship will allow girls to wrestle exclusively against other girls for a championship, but still allow them to be contributing members to their respective boys’ teams and compete in the team championships. The plan is to host this meet at Penobscot Valley High School in Howland on Wednesday, February 20, 2019. The eight weight classes for the girls will be 106, 113, 120, 132, 145, 160, 182, 220, which follows the weight classes established in Alaska. The Wrestling Committee is in hopes that the membership will support and approve this plan for the 2019 season.

Field Hockey Championship Sites

The 2018 regional Field Hockey Championship sites have now been finalized. The South site will be Waterhouse Field in Biddeford and the North site will be held at Thomas College in Waterville.

The State Championship games will take place at Husson University in Bangor.

Coach of the Year Award



If your school has an outstanding coach worthy of “Coach of the Year” recognition, please nominate them through the NFHS Nomination or by submitting the name to Tammy McNear at tmcnear@mpa.cc.

State Ski Championships

The Ski Committee has been working since last spring to schedule the 2019 State Skiing Championships and has voted on a schedule that includes Class A Alpine skiing on Thursday, February 14 and Friday, February 15 at Shawnee Peak, which is prior to February Vacation. The committee understands the educational impact to students and takes this very seriously, but was lacking options during the vacation week. It is the hope of the Ski Committee that principals, athletic directors, and coaches understand that venue availability was a major challenge in being able to host a quality championship event and that they will make this schedule work for their student athletes.

Skiing Alpine		
State A GS	2/14/19	Shawnee Peak, Bridgton
State A Slalom	2/15/19	Shawnee Peak, Bridgton
State B Slalom	2/20/19	Black Mountain, Rumford
State B GS	2/21/19	Black Mountain, Rumford
Skiing Nordic		
State A Classical	2/18/19	Stark's Hill, Fryeburg
State A Freestyle	2/19/19	Stark's Hill, Fryeburg
State B, C Classical	2/18/19	Titcomb Mountain, Farmington
State B, C Freestyle	2/19/19	Titcomb Mountain, Farmington

High School Sports Participation Increases for 29th Consecutive Year

Led by an additional 15,009 participants in girls sports programs, the overall number of participants in high school sports increased for the 29th consecutive year in 2017-18, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

The number of participants in high school sports in 2017-18 reached an all-time record high of 7,980,886, according to figures from the 51 NFHS member state high school associations, which includes the District of Columbia. The number of girls participating in high school sports reached an all-time high of 3,415,306, and boys participation also set a new standard at 4,565,580.

While the number of additional participants this year (17,351) was not as substantial as the previous year (94,635), a steady increase in several boys and girls sports extended the streak to a record-breaking 29th year.

Among boys sports, soccer registered the largest gain with 6,128 additional participants. Other boys sports with sizeable gains were cross country (3,824), volleyball (3,767) and golf (2,558). For the second consecutive year, competitive spirit had the largest increase among girls sports with an additional 18,426 participants, followed by swimming and diving (4,797), lacrosse (3,431) and golf (3,176).

With 1,036,842 participants, 11-player football remains the No. 1 participatory sport for boys in high school by a large margin. Outdoor track and field is No. 2 with 600,097 participants, followed by basketball (551,373), baseball (487,097), soccer (456,362), cross country (270,095), wrestling (245,564), tennis (158,151), golf (144,024) and swimming/diving (138,935).

Outdoor track and field continues to lead the way for girls with 488,592

NFHS Participation Numbers

The following table consists of statistics gleaned from the 2017-18 High School Athletics Participation Survey conducted by the NFHS.

TEN MOST POPULAR BOYS' PROGRAMS

<u>Schools</u>	
1. Basketball	18,510
2. Track and Field (Outdoor)	16,990
3. Baseball	16,196
4. Cross Country	15,463
5. Football-11-Player	14,079
6. Golf	13,524
7. Soccer	12,393
8. Wrestling	10,775
9. Tennis	9,793
10. Swimming & Diving	7,595

<u>Participants</u>	
1. Football-11-Player	1,036,842
2. Track and Field (Outdoor)	600,097
3. Basketball	551,373
4. Baseball	487,097
5. Soccer	456,362
6. Cross Country	270,095
7. Wrestling	245,564
8. Tennis	158,151
9. Golf	144,024
10. Swimming & Diving	138,935

TEN MOST POPULAR GIRLS' PROGRAMS

<u>Schools</u>	
1. Basketball	18,171
2. Track and Field (Outdoor)	16,951
3. Volleyball	16,434
4. Softball-Fast Pitch	15,544
5. Cross Country	15,216
6. Soccer	12,007
7. Tennis	10,289
8. Golf	10,289
9. Swimming & Diving	7,961
10. Competitive Spirit Squads	6,877

<u>Participants</u>	
1. Track and Field (Outdoor)	488,592
2. Volleyball	446,583
3. Basketball	412,407
4. Soccer	390,482
5. Softball-Fast Pitch	367,861
6. Cross Country	223,518
7. Tennis	190,768
8. Swimming & Diving	175,594
9. Competitive Spirit	162,669
10. Lacrosse	96,904

Continued on Page 4

High School Sports Participation Increase for 29th Consecutive Year . . . (Continued from Page 3)

participants, followed by volleyball (446,583), basketball (412,407), soccer (390,482), fast-pitch softball (367,861), cross country (223,518), tennis (190,768), swimming/diving (175,594), competitive spirit (162,669) and lacrosse (96,904).

Despite remaining the top participatory sport for boys, 11-player football dropped for the second consecutive year. The decline in numbers, however, was not as high as 2016, and participation in 6-player and 8-player football continued to trend upward. In 2017, participation in 11-player football was 1,036,842, a two-percent decline of 20,565 from the previous year. The decline from 2015 to 2016 was 27,865, or 2.5 percent.

While there have been some recent reports about schools dropping the sport of football for the 2018 season because of declining numbers, the overall number of schools discontinuing 11-player football before the 2017 season was minimal – a decline of 20 schools from 14,099 to 14,079.

With 14,079 schools sponsoring 11-player football nationally, the loss of 20,565 participants amounts to 1.5 per school. And, although the 11-player numbers were down, the number of schools sponsoring 6-player football increased from 259 to 317, and school sponsorship of 8-player football increased from 841 to 847. Overall, the number of high schools sponsoring football (combining 6-, 8-, 9- and 11-player) increased by 29 schools – from 15,457 to 15,486.

The overall number of participants in football (6-, 8-, 9- and 11-player) in 2017 was 1,068,870, which includes 2,401 girls playing the various levels of the sport. The 20,565 decline in 11-player participation was evenly distributed across the country with no states reporting significant drops in football numbers.

“There are many positives about the numbers in this year’s sports participation survey,” said Karissa Niehoff, who began her duties as NFHS executive director earlier this month after eight years as executive director of the Connecticut Interscholastic Athletic Conference-Connecticut Association of Schools. “First, the upward trek of interest in high school sports continued for the 29th consecutive year. The model of sports within the education-based school system continues to thrive in the United States.

“Second, we are encouraged that the decline in high school football has slowed due, in part, to our efforts in reducing the risk of injury in the sport. While there may be other reasons that students elect not to play football, we have attempted to assure student-athletes and their parents that thanks to the concussion protocols and rules in place in every state in the country, the

sport of football is as safe as it ever has been.”

In addition to playing rules in place that remove an athlete from a game when a concussion is suspected, states have enacted rules that limit the amount of contact before the season and during practices. With a more directed focus on risk minimization related to concussions the past 10 years, two recent studies have revealed that the rate of concussions has decreased the past couple of years due to more stringent rules related to protecting the head.

Amazingly, this year’s survey indicated participation by high school students in 65 different sports, as well as 13 adapted sports for students with disabilities. Some of the more popular non-traditional sports were badminton (17,898), archery (10,460) and fencing (4,513), along with two relative newcomers – bass fishing and ultimate frisbee.

Some of the emerging sports during the past decade continued their rise on the charts. Lacrosse now has 210,217 combined participants (113,313 boys, 96,904 girls), and bowling is up to 60,039 participants nationwide (32,159 boys, 27,880 girls).

“It is great to see new sport opportunities created to involve as many students as possible in high school sports,” Niehoff said. “While we continue to try to make football a viable option, we understand that some parents continue to have a concern about the physical nature of the sport. Certainly, the goal is to involve more and more young people in sports and activity programs because the benefits of participating in sports and activities is the same whether it is football, baseball, lacrosse, music, band or debate.”

The top 10 states by participants remained the same; however, Ohio moved ahead of Illinois into fourth place this year. Texas and California topped the list again with 824,619 and 819,625 participants, respectively, followed by New York (378,065), Ohio (347,567), Illinois (338,848), Pennsylvania (319,867), Florida (311,361), Michigan (296,625), New Jersey (281,800) and Minnesota (240,433).

The participation survey has been compiled in its current form by the NFHS since 1971 through numbers it receives from its member state associations. The complete 2017-18 High School Athletics Participation Survey is available via the following link:

<http://www.nfhs.org/ParticipationStatistics/ParticipationStatistics/>