



# League Update

August 2008

## A NOTE FROM THE COMMISSIONER

Greetings! With the summer break behind us, we can all look forward to the fall and hopefully some cooler weather. I trust that your school year has gotten off to a great start.

The League website has been updated for the 2008-09 school year and contains everything needed in the day-to-day operation. It is very user friendly and I encourage you to use it when you need help or have questions.

The League office staff is here to serve you. You are encouraged to contact us if you have questions. It is much easier to get it right the first time, rather than risk fines, forfeits, etc.

As we embrace the challenge that comes with each new school year, I would like to provide you with the following updates and reminders.:

- **Catastrophic Insurance Coverage**  
The catastrophic insurance coverage has been extended to include "school authorized" summer athletic camps, and strength training and conditioning sessions.
- **Application for Hardship Exemptions**  
An updated application for hardship exceptions has been placed in the AD notebook section of the League website. In addition, new "note sections" have been added to the League's Constitution section of the 2008-09 Handbook. The new "note sections" may be found in Article IV, Section 5,B6 Note, 7A Note and 7,A1 Note. It is hoped that this information will assist you in your decision to pursue a hardship exemption.
- **Tennis Play-offs**  
The tennis semi-finals and finals will be held as a two-day event at the Lexington County Tennis Center. To help offset the cost of this venue, an admission price of \$5.00 per day will be charged.
- **Officials Travel Expense**  
The Executive Committee has approved a mileage rate of 45 cents per mile for game officials to help offset the cost of rising gas prices. The increase is effective beginning with the 2008-09 school year.
- **Hydration and Heat Humidity**  
The weather is always challenging during this time of the year. Please be mindful of the potential of dehydration in your athletes. Also, please observe and be obedient to any heat and humidity policy that your school/district may have in place.

Your 2008-09 Executive Committee has been working hard to preserve the integrity of the League. Anyone that serves on this committee knows that very difficult decisions must be made, but all present and past committee members have always focused on being fair and consistent. No, it is not easy, but when they vote and the decision is passed down, they agree all decisions are based on the majority of the board, and they move on to the next business of the SCHSL. The committee continues to be very professional.

Hopefully every member school feels comfortable addressing the committee and contacting the League office. This is a service organization and we are here to serve you and address your concerns.

Have a great school year.

Jerome Singleton

## *A Personal Note of Thank You*

I take this opportunity to express my sincere appreciation for the acts of kindness that I received from the member schools during my time of bereavement after the passing of my mother. Your acts of compassion affirms my belief that the membership is a family and our friendship is everlasting. Thanks and blessings to all of you.

Jerome

## Issued Passes

Schools are reminded to return their pass list with the number of the pass listed by each name.

**Please return this list to LaVonda.**

## Eligibility Forms

Please double check eligibility forms before sending to the League office. Make sure all columns are filled in, birthdates are correct, date entering 9th grade is correct and all forms must have the principal signature.

## Foreign Birth Certification Verification Form

Please keep a copy of the Foreign Birth Certification Verification form with the birth certificate. It is not necessary to send a copy to the League Office.

## Next Executive Committee Meeting

October 23, 2008

If your school has an appeal that may possibly need to come before the Executive Committee, you are asked to submit it to the League office no later than 12:00 noon October 15, 2008.

## SCHSL Representatives Involved in National Leadership

Members of the association's administrative staff continue to play significant roles in national positions relative to interscholastic programs.

**Dru Nix, Associate Commissioner** - Chairperson of the National Federation of High Schools Volleyball Committee

**Bruce Hulion, Commissioner of Officials** - Member of the National Federation of High Schools Football Rules and Officials Quarterly Committee



## Wendy's High School Heisman Program

The Wendy's High School Heisman Program has set the standard for high school student-citizen-athletes, and gained tremendous prestige in its own right. Each fall, the program recognizes the nation's most esteemed high school senior men and women for excellence in academics, community service, and athletics. It was created through a partnership between Wendy's, the Heisman Memorial Trust, and the National Association of Secondary School Principals (NASSP).

To date more than 150,000 high school students have represented their schools and have been touched by the Heisman mystique. Of them, 157 have progressed to the National Finalist level, with 26 earning the designation of Wendy's High School Heisman National Award Winners.

If you need another packet or information, log onto:

<http://www.wendysheisman.com>

**Both the application and the review must be done  
by 5:00 pm, central time, October 1, 2008.**

## Eligibility

Here's a refresher for filling out an eligibility form for first semester.

NAME AS IT APPEARS ON THE BIRTH CERTIFICATE APPROVED BY SCHOOL OFFICIALS	DATE OF BIRTH AS APPROVED BY SCHOOL OFFICIALS			GRADE	DATE STUDENT ENTERED 9TH GRADE		TOTAL UNITS EARNED PREVIOUS SCHOOL YEAR 1	TOTAL UNITS EARNED SECOND SEMESTER PREVIOUS SCHOOL YEAR 2	PREVIOUS YEAR OVERALL PASSING AVERAGE YES/NO 3	HALF UNIT EQUIVALENTS EARNED FIRST SEMESTER CURRENT SCHOOL YEAR 4	FIRST SEMESTER OVERALL PASSING AVERAGE YES/NO 5	DID NON-DIPLOMA STUDENT MEET IEP? YES/NO	TRANSFER STUDENT YES/NO *
	MONTH	DAY	YEAR		MONTH	YEAR							
<i>List Alphabetically</i>													
Smith, John	9	8	90	12	8	04	6	5	y				n
Young, Steve	10	15	93	9	8	08	pa	pa	y				n

Please refer to the eligibility form above for the correct way to fill out this form.

- \* List alphabetically by last name.
- \* For 7, 8, & 9 grades – first semester, **type PA in Column 1 & 2 and yes or no in Column 3.** Do not leave blank or put NA.
- \* For 10, 11, & 12 grades – first semester, **fill in Column 1, 2 & 3.**
- \* Don't forget the **transfer column** for everyone!
- \* The **Special Form A** must be submitted and **approved before** submitting the student on the Certificate of Eligibility.
- \* Please double check all forms before sending to the League office.

# PLAYOFFS

## GIRLS GOLF

AAA Upper Qualifier Oct. 17  
Pebble Creek Country Club (Wade Hampton)

AAA Lower Qualifier Oct. 20  
Charwood Golf Club (Brookland-Cayce)

AAAA State Final Oct, 20-21  
Lexington Country Club (Lexington)

AAA State Final Oct. 27 TBA

## GIRLS TENNIS

**Team** - November 7-8  
Lexington County Tennis Center  
Columbia, SC **803-776-3250**

**Individual** – November 14-15  
Richland County Tennis Center - (Parklane)  
Columbia, SC **803-788-3001**

## FOOTBALL

Class A  
November 28 SC State University  
Orangeburg

12:00 pm  
3:00 pm

December 5  
8:00 pm AAAA - II

December 6  
12:00 pm AA  
3:00 pm AAAA - I  
6:00 pm AAA

Clemson University

## SWIMMING

### STATE

October 11

AAA Clemson University 3:35 Coaches meeting  
4:05 am Start

AAAA Rock Hill Aquatic Ctr 10:45 Coaches meeting  
Rock Hill 11:05 am Start

## VOLLEYBALL

November 8

White Knoll High School, Lexington, SC

A 11:00 am  
AA 1:30 pm  
AAA 4:00 pm  
AAAA 6:30 pm

## CROSS COUNTRY

November 8

Sandhills Research Park  
Columbia

9:00 am.	Class AAA Girls
9:30 am	Class AAA Boys
10:00 am.	Class AAAA Girls
10:30 am.	Class AAAA Boys
11:00 am.	Presentation of Awards
11:30 am.	Class A Boys
12:00 pm.	Class AA & A Girls
12:30 pm.	Class AA Boys
1:00 pm	Presentation of Awards

## COMPETITIVE CHEER

### QUALIFIERS

AAAA Upper November 10 6:00 pm  
Northwestern HS

AAA Upper November 11 6:00 pm  
Greenville HS

AA Upper November 12 6:00 pm  
Dorman HS

AAAA, AAA & AA November 15 11:00 am  
Lower Lexington HS

### STATE

November 22 Bi-Lo Center 11:00 am  
Greenville



[www.safeandsober.com](http://www.safeandsober.com)

***What is the Safe & Sober Prom Night Program?***

The Safe & Sober Prom Night Program was founded in 1991 by the Lewis & Daggett Law Firm to encourage teens to stay safe and drug and alcohol free during Prom. Over 450 High Schools in North Carolina and South Carolina currently participate in the program.

Since its inception more than 400,000 students have signed the Safe and Sober pledge. In addition, more than \$45,000 has been awarded to schools with the highest percentage of participation.

***How does my school get a Safe & Sober Prom Night Kit?***

Its easy for your school to get a FREE Safe & Sober Prom Night Kit. Have you school counselor or principal request a kit using the form found on our [Get the Kit](#) page.

***What is included in the FREE Safe & Sober Kit for Schools?***

The Free Safe & Sober Prom Night kit includes: a banner, posters, pledge cards (with Wendy's coupons), and a helpful "Prom Tips" sheet ready for duplication and distribution to all students taking the pledge.

***How do I get more information about Safe & Sober Prom Night?***

For more information about the Safe and Sober program, check out the website or contact Shellie Hutchens at 678-957-4045 or [shutchens@huddleinc.com](mailto:shutchens@huddleinc.com) .



## **Student Leadership Conference**

The SC High School League and the Coach's Advisory Council are proud in the planning stages of the annual Student Leadership/ Sportsmanship Summits.

The Summits will be held at four different site locations to reduce travel and facilitate schedules for our member schools.

Each school is encouraged to participate by sending four underclassmen athletes (two females and two males) and one coach to attend at one of these site locations. We are asking that you send athletes who are vocal and will not have any problem with dialogue in group settings.

January 16	Mauldin HS
February 6	West Florence HS
February 13	Woodland HS
February 27	White Knoll HS

Registration form will be posted on the web site soon!

# Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2004 football season there have been at least 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE** – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**.

## Special Thanks to Our Corporate Sponsors

The High School League has been very fortunate to have great corporate sponsorship of our high school athletic programs. These companies donate money and time to give our association an opportunity to have first class programs. Sponsors such as Wendy's, Carolina Ford, Gatorade, State Farm, Rawlings, Spalding, Marines and Team IP have made it possible to provide the best equipment, awards, and locations to play our State Championships. Without their support, many of these opportunities would be lost.

A couple of good examples are: Wendy's/Carolina Ford offers a Safe and Sober prom night package and Gatorade offers the Heisman Trophy for high schools. Both are positive ways to recognize some of your student athletes.

Please help support these great sponsors. They do so much for our schools.



## Heat Stress and Athletic Participation, con't

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)
  - Below 65 – Unlimited activity
  - 65-73– Moderate risk
  - 73-82 – High risk
  - 82 plus – Very high risk
6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.
7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

**HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.** Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

**HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

**SUMMARY –** The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.