



# League Update

December 2008



Bruce Jan

Wynne Dee

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Happy Holidays  
From  
SCHSL Staff

LaTonda

Nessie

Roger

Jerome Dru



# COMMISSIONER'S REPORT

December is here which I can only describe as fun and frenzied. It's a busy time for all of us where we juggle preparing school for the holiday break (at least for the students) and absorbing all of the joy we possibly can at this special time of year. To rejuvenate ourselves, we need to think of our many blessings of which to be thankful.

As we close out the fall sport season and embrace the already up and running winter sport season, I want you to take a moment to "exhale" and reflect on the many great things you do to provide enriching experiences for the students in your schools.

Please know that the League staff and I appreciate all of your efforts.

The happiest of holidays to you all.

## **Important Reminder**

Please be reminded that all proposed amendments to the League's Constitution must be submitted to the Commissioner by the principal or superintendent of a member school prior to January 1, 2009.



## **SPORT RULES CLINICS**

We continuing to see several problems at our sport rules clinics. These include but are not limited to:

1. Late arrivals (no credit given)
2. Coaches not signing and turning in cards at the clinic (no credit given)
3. Coaches confusing sport clinician sessions (summer clinic) vs. the required SCHSL staff clinic
4. Persons other than the head coach attending (no credit given)

Please share these concerns with your coaching staff to avoid potential problems.



# CONGRATULATIONS



State Champions

Runner-ups

## SWIM - GIRLS

AAA	J L Mann	Cile Williamson	Riverside	Eddie Hughes
AAAA	Mauldin	Patricia Gettys	Spartanburg	Mary Brito

## SWIM - BOYS

AAA	Riverside	Eddie Hughes	J L Mann	Cile Williamson
AAAA	Nation Ford	Melissa Halstensgard	Mauldin	Patricia Gettys

## GIRLS GOLF

AAA	Riverside	Casey Strange	Strom Thurmond	Nick Lorimer
AAAA	Lexington	Bryce Myers	Dorman	Lewis Terry

## CROSS COUNTRY - GIRLS

AA	Christ Church	Rodney Adamee	Landrum	Jeremy Darby
AAA	Hilton Head	Bill Wrightson	J L Mann	J. Borowicz
AAAA	Spartanburg	Stephanie Young	Fort Mill	Marc Pyrc

## CROSS COUNTRY - BOYS

A	Landrum	Jeremy Darby	Academic Magnet	Jon Phillips
AA	Bishop England	Tony Colizzi	Pendleton	Warren Wheeler
AAA	Wade Hampton	Rick Zeller	Hilton Head	Bill Wrightson
AAAA	Dorman	Jeff Buys	Fort Mill	Marc Pyrc

## VOLLEYBALL

A	Landrum	Denise Riske	Johnsonville	Tracie Le Bherz
AA	Bishop England	Cindy Baggott	Gilbert	Jackie Shealy
AAA	Pickens	Jennifer Gravely	Hilton Head	Chris Gray
AAAA	Byrnes	Katie Bridges	Wando	Alexis Glover

## GIRLS TENNIS

A	Christ Church	Sherry Adams	Green Sea-Floyds	Candice Turner
AA	Bishop England	Patricia Owens	Emerald	Susan Timmerman
AAA	Hilton Head	Bill Danzell	J L Mann	Kim Yelton
AAAA	Wando	Becky Williamson	Mauldin	Laura Gurley



# CONGRATULATIONS



**State Champions**

**Runner-ups**

## COMPETITIVE CHEER

AA	Liberty	Missy Ricken	Palmetto	Holly Brainard
AAA	Chapin	Vicki Williams	Greenville	Becca Senn
AAAA	Summerville	Saundra Guerard	Dorman	Kami Miranda

## FOOTBALL

A-I	Chesterfield	Steve Taneyhill	Carvers Bay	James Thompson
A-II	Scott's Branch	James Johnson	Williston-Elko	Dwayne Garrick
AA	Dillon	Jackie Hayes	Central	Joey Mangum
AAA	Myrtle Beach	Scott Earley	Chester	Maurice Flowers
AAAA-I	Byrnes	Chris Miller	Sumter	Paul Sorrells
AAAA-II	South Pointe	Bobby Carroll	Northwestern	Jimmy Wallace

## Basketball Reminders



### *"Shoot Around"*

Basketball teams are not permitted to "shoot around" during halftime of another teams game. (Example: Varsity girls' teams may not "shoot around" during half-time of the junior varsity teams games. Varsity boys' teams may not "shoot around" during half-time of the junior varsity teams or varsity girls teams games.)

**Schools are reminded to video each varsity basketball game from start until everyone has left the court.**

### *Sportsmanship*

Schools are constantly reminded to stress good sportsmanship to their teams. One way to help foster good sportsmanship at basketball contests is to establish pre-game and post-game procedures.

Some examples of pre-game procedures are:

- Only warm-up on your half of the court.
- Do not use the center circle for chants prior to warming up (visiting teams should not use the center circle for any reason.)

Some examples of post-game procedures are:

- Determine prior to the game if players will shake hands after the game provided there were no problems during game.
- Coaches should monitor handshakes for potential problems.
- Coaches, players and/or fans should refrain from comments made to officials after the contest.





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**WRESTLING**

**February 14** **Duals State Finals** All Classifications Ridge View HS

**February 20-21** Upper & Lower State Individual  
Qualifying Tournaments

AAAA Upper Hillcrest HS  
AAAA Lower Fort Dorchester HS  
AAA Upper Wade Hampton HS  
AAA Lower Bluffton HS  
AA Upper Broome HS  
AA Lower Aynor HS  
A Upper Broome HS  
A Lower Aynor HS

**February 27-28 Individual Finals**

All Classes  
Lexington High School

**BASKETBALL  
UPPER STATE**

**February 27**

AAAA Girls 7:00 pm  
AAAA Boys 8:30 pm

**February 28**

A Girls 11:00 am  
A Boys 1:00 pm  
AA Girls 2:30 pm  
AA Boys 4:30 pm  
AAA Girls 6:00 pm  
AAA Boys 8:00 pm

**Bi-Lo Center, Greenville**

**BASKETBALL  
STATE FINALS**

**March 6**

AAAA Girls 7:00 pm  
AAAA Boys 8:30 pm

**March 7**

A Girls 11:00 am  
A Boys 1:30 pm  
AA Girls 3:00 pm  
AA Boys 5:00 pm  
AAA Girls 6:30 pm  
AAA Boys 8:30 pm

**Colonial Center, Columbia**

## New Principal & New Athletics Director Seminar

Another new principal and new athletics director seminar will be held at the League Office on Tuesday, January 13, 2009 beginning at 9:30 am.

This second seminar will target the following items:

1. transfers
2. second semester eligibility
3. on site student/athlete files
4. common violations
5. financial forms review

Please respond by calling the League office by Thursday, January 9, 2009 if you will be attending.

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## Special Thanks to Our Corporate Sponsors

Please visit our web site for a list of Corporate Sponsors.

Please thank them when you have the opportunity.



# Eligibility Reminders

## Second Semester Eligibility

Please refer to page A-12 Article VII Section 3B for requirements for second semester eligibility. Second semester eligibility begins when first semester ends and the student is added to the COE form signed by the principal. If you have any questions, please call before you add a student to the COE form.

## Eligibility

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

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	05	8	4	Yes	4	Yes		no
Young, Steve	10	15	91	9	8	08				5	Yes		no
Zwerling, Shaun	11	6	94	8						PA	yes		no

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

- \* List alphabetically by last name.
- \* For 7 & 8 grades – second semester, **type PA in Column 4 and yes or no in Column 5.** Do not leave blank or put NA.
- \* For 9, 10, 11, & 12 grades – second semester, **if column 4 is five or more, fill in columns 4 & 5 only. If column 4 is less than five fill in Column 1, 2, 3, 4 & 5.**
- \* 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.



The SC High School League Leadership/Sportsmanship Summits will be held:

January 16, 2009 - Mauldin High School  
February 6, 2009 - West Florence High School  
February 13, 2009 - Woodland High School  
February 27, 2009 - White Knoll High School

The SC High School League and the Coach's Advisory Council are encouraging all schools to participate by sending four underclassmen athletes (two females and two males, 9th -11th grades) and one coach to attend one of the sessions.

The conference registration cost is \$50 per school which includes breakfast, lunch and a t-shirt. The registration form can be found on the League website under AD Notebook.

The Leadership/Sportsmanship Conference provides a forum for student athletes and coaches to discuss issues facing education-based athletics and activities. The topics include:

- Sportsmanship
- Leadership
- Clearinghouse / ACT / SAT

Through interactive group discussions, the student-athletes will learn to promote leadership, respect, sportsmanship and teamwork. High School facilitators will deliver the curriculum and the Coaches' Advisory Council will help lead the participants in a school action plan based on the information presented at the conference. The plan will then be delivered back to the various schools by those who attended.

This summer (July 16-19, 2009) the SC High School League and the Coaches' Advisory Council would like for four of our student-athletes to attend the National Federation of High Schools (NFHS) National Student Leadership Conference. The NFHS will pay for all student-athletes costs including housing/accommodations, all meals, registration fee, conference materials, activity fees and activity transportation. In addition, the NFHS will pay for student delegate travel expenses.

## Community Service Project

(Deadline to report: February 27, 2009)

The SC High School League would like to encourage all the schools to get involved with the Community Service Project by reporting what your student athletes are doing through your athletic department. Please report those projects to the League office using the form found on the League website under AD Notebook. This is a great opportunity for the athletic department and the student athletes to promote citizenship.



## **SUPPLEMENTS POSITION STATEMENT**

### **NFHS Issues Warning on Supplements**

In response to an increasing concern about the use of supplements by student-athletes at the high school level, the National Federation of State High School Associations (NFHS) has reiterated its stance against improper use of these products, which are unregulated by the Food and Drug Administration (FDA) and which contain potentially harmful ingredients such as creatine, ephedrine or excessive amounts of caffeine.

The National Federation of State High School Associations (NFHS) recently advised the membership of a heightened level of concern about nutritional supplements. Empirical data has demonstrated widespread use of such products by persons of high-school age. The products are unregulated by the Food and Drug Administration (FDA), and they may contain potentially harmful ingredients such as (but not limited to) creatine, ephedrine or excessive amounts of caffeine.

In 1998, the NFHS Board of Directors issued a position statement on the use of drugs, medications and supplements by participants in interscholastic sports. The NFHS' strong recommendation then and remains today that all student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, school personnel, including coaches should not dispense any drug, medication or supplement except with extreme caution and in accordance with state regulations and school district policy. School district policies should be developed in consultation with health-care professionals, senior administrative staff of the school district and parents.

The new warning about nutritional supplements was issued by the NFHS through its Sports Medicine Advisory Committee, and was intended to serve as a reminder to student-athletes, parents and school officials. The warning reminded all interested parties that supplements in the form of pills, powder, drinks and food sources (medications, supplements and consumables) purporting to enhance strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, and the advice of one's own health-care provider. Now because of the reported high level of supplement usage by teenagers, the NFHS is asking that its warning be given increased emphasis by all concerned parties.



# POSITION STATEMENT AND RECOMMENDATIONS FOR THE USE OF ENERGY DRINKS BY YOUNG ATHLETES

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

**Background:** Energy drinks have become increasingly popular among adolescents and young adults in recent years. In 2006, nearly 500 new brands were introduced to the market place, and over 7 million adolescents reported that they had consumed an energy drink. These beverages are particularly popular among young athletes who see the consumption of energy drinks as a quick and easy way to maximize athletic and academic performance.

## **The NFHS Sports Medicine Advisory Committee's position on energy drinks:**

The NFHS SMAC strongly recommends that:

1. Water and appropriate sports drinks should be used for re-hydration as outlined in the NFHS Document "**Position Statement and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness.**"
2. Energy drinks should not be used for hydration.
3. Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes.
4. Energy drinks should not be consumed by athletes who are dehydrated.
5. Energy drinks should not be consumed without prior medical approval, by athletes taking over the counter or prescription medications.

**WARNING:** There is no regulatory control over energy drinks, thus their content and purity cannot be insured. This may lead to adverse side-effects, potentially harmful interactions with prescription medications (particularly stimulant medications used to treat ADHD), or positive drug tests.

## **Frequently Asked Questions**

### **What is an energy drink?**

- An energy drink is a beverage marketed to both athletes and the general public as a quick and easy means of relieving fatigue and improving performance. In addition to water, nearly all energy drinks contain carbohydrates and caffeine as their main ingredients. The carbohydrates provide nutrient energy while the caffeine acts as a stimulant to the central nervous system.

### **What are the differences between an energy drink and a sports drink?**

- Sports drinks are designed to provide re-hydration during or after athletic activity. While contents vary, most sports drinks contain a 6-8% carbohydrate solution and a mixture of electrolytes. The carbohydrate and electrolyte concentrations are formulated to allow maximal absorption of the fluid by the gastrointestinal tract.
- Energy drinks contain a higher concentration of carbohydrate (usually 9-10%), and thus a larger number of calories than sports drinks. They also contain high amounts of caffeine and, in some cases, other nutritional supplements. **Energy drinks are not designed to re-hydrate athletes during activity and should not be used in such circumstances.**

## **What ingredients are found in energy drinks?**

- Carbohydrates- Most energy drinks have from 18g to 25 g of carbohydrate per 8 ounces. The high carbohydrate concentration will impede absorption of fluid in the gastrointestinal tract.
- Caffeine- Nearly all energy drinks contain some amount of “natural” or synthetic caffeine. The caffeine concentration may range from the equivalent to an 8 ounce cup of coffee (85mg) to more than twice that amount.
- Herbs- Many energy drinks include herbal forms of caffeine such as guarana seeds, kola nuts, and Yerba mate leaves, in addition to synthetic caffeine. The “performance enhancing” effects and health benefits of other herbs like Astragalus, Echinacea, Ginko biloba, ginseng, and countless other herbs have not been well established by scientific studies.
- Vitamins- Athletes with even reasonably good diets should be assured that they are not at risk for vitamin deficiency and do not need supplementation. There is no evidence to suggest that vitamin supplementation improves athletic performance. Female athletes may benefit from iron and calcium supplementation, but these are more easily and inexpensively obtained in pill form rather than energy drinks.
- Protein and amino acids- Only a small amount of protein is used as fuel for exercise. Carbohydrates are utilized as the primary fuel source. No scientific evidence exists to support claims that amino acids enhance athletic performance. Protein, and the amino acids which compose it, are available less expensively in food.
- Other ingredients- With the hundreds of energy drink brands that are available, the potential ingredients which they may contain are virtually unlimited. Possible additions include pyruvate, creatine, carnitine, medium-chain triglycerides, and even oxygen.

## **What are the possible effects of using energy drinks?**

- Central nervous system- Caffeine often has the effect of making a person feel “energized.” Studies have shown some performance-enhancing benefits from caffeine at high doses (6mg/kg of body weight). Such high doses of caffeine may produce light headedness, tremor, impaired sleep and difficulty with fine motor control, and may exceed drug testing caffeine thresholds.
- Gastrointestinal system- The high concentrations of carbohydrates found in energy drinks may delay gastric emptying, resulting in a feeling of being bloated. Abdominal cramping may also occur. Both carbohydrates and caffeine in the high concentrations found in most energy drinks can cause diarrhea.
- Dehydration- Energy drinks should not be used for the purposes of hydration or re-hydration. The high carbohydrate concentration results in slow absorption from the gastrointestinal tract and may cause diarrhea. Caffeine acts as a diuretic and, therefore, results in increased fluid loss.
- Positive drug tests- Like all nutritional supplements, there is little or no regulatory oversight of energy drinks. The purity of the products cannot be assured and it is possible that they may contain banned substances.