



League Update

August 2010

A NOTE FROM THE COMMISSIONER

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

The League website has been updated for the 2010-11 school year and contains everything needed for the day-to-day operations. 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 challenges that come 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. The premium for that catastrophic insurance (for 2010-11 school year) will remain the same as last year.
- **Application for Hardship Exemptions**
The application for hardship exceptions can be found in the AD notebook section of the League website. The "note sections" found in the League's Handbook Constitution Article IV, Section 5, B6 Note, 7A Note and 7, A1 Note will assist you in your decision to pursue a hardship exemption.
- **Hydration and Heat Humidity**
The weather is always challenging during this time of year. Please be mindful of the potential for 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 2010-11 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. Saying No, it is not easy, but when they vote and the decision is passed down, they agree all decisions are based on the "majority vote" 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
Commissioner

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 have the principal's 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

August 31, 2010

If your school has an appeal that may need to come before the Executive Committee, you are asked to submit it to the League office no later than 12:00 noon on Tuesday, August 24, 2010.

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

Nessie Harris, Assistant Commissioner - Member of the National Federation of High Schools Track & Field Committee



Wendy's High School Heisman Program

The Heisman name has signified excellence, determination, and prestige among college football's elite for eight generations. In 1994, the next level of outstanding achievers ensconced their names into the Heisman lore when the Wendy's High School Heisman (WHS) was created.

The WHSH program has set the standard for high school student-athletes, and gained tremendous prestige in its own right as the program combines the best of high school athlete and academic awards. Each fall, the WHSH recognizes the nation's most esteemed high school senior men and women for excellence in academics, athletics, and community/school leadership. Students from across the country become involved in the WHSH program because these prestigious student recognition awards highlight their accomplishments and the winning students are showcased on a national level.

To date more than 198,000 high school students have represented their schools and have been touched by the Heisman mystique. Of them, 193 have progressed to national Finalist level, with 32 earning the designation of Wendy's High School Heisman National Award Winners.

If you need another packet or information, log onto:

www.wendyshighschoolheisman.com

**Both the application and the review must be done
by 5:00 pm, central time, October 3, 2010.**

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	91	12	8	04	6	5	y				n
Young, Steve	10	15	95	9	8	10	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. 18
 Boscobel Golf Club, Pendleton (Daniel HS)

AAA Lower Qualifier Oct. 18
 Beech Creek Golf Club, Sumter (Brookland-Cayce HS)

AAAA State Final Oct, 25-26
 Lexington Country Club, Lexington (Lexington HS)

AAA State Final Oct. 25-26
 Quail Creek Golf Club, Conway (North Myrtle Beach HS)

SWIMMING

STATE

October 9
 USC Natatorium, Columbia

AAAA 10:40 am Coaches meeting
 12:05 pm Start

AAA 4:10 pm Coaches meeting
 5:35 pm Start

GIRLS TENNIS

Team - November 6
 Palmetto County Tennis Center, Sumter
 Columbia, SC **803-774-3969**

Individual – November 13-14
 Lexington County Tennis Center
 Lexington, SC **803-776-3250**

VOLLEYBALL

November 6
 White Knoll High School, Lexington, SC

A 11:00 am
 AA 1:30 pm
 AAA 3:30 pm
 AAAA 6:00 pm

FOOTBALL

Class A
 November 26 Benedict College
 Columbia

12:00 pm Div. I
 3:00 pm Div. II

December 3
 8:00 pm AAAA - II

December 4
 12:00 pm AA
 3:00 pm AAAA - I
 6:00 pm AAA

Williams-Brice Stadium
 USC, Columbia

CROSS COUNTRY

November 6
 Sandhills Research Park
 Columbia

COMPETITIVE CHEER

QUALIFIERS

AAAA Upper	November 8 Northwestern HS	6:00 pm
AAAA Lower	November 9 White Knoll HS	6:00 pm
AA & AAA Upper	November 10 Dorman HS	6:00 pm 7:30 pm
AA & AAA Lower	November 11 Sumter HS	6:00 pm 7:30 pm

STATE

November 20	Bi-Lo Center Greenville	11:00 am
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NFHS Concussion Course

The SCHSL Executive Committee has mandated that all coaches (paid and volunteer) take the NFHS Concussion course prior to the first practice for their sport(s). The only exception provides that fall sports coaches have until August 20, 2010 to complete the course. The course may be accessed through the NFHS at: www.nfhslearn.com

This is a free 20 minutes on-line course that gives valuable information on concussion signs, symptoms and management.

Please make sure that the coaches adhere to the mandate. The Principal and AD of the school will monitor the completion of the course by their coaching staff.

Concussions: In accordance with the playing rules for all high school sports regarding the return to play of athletes who have shown signs or symptoms of a concussion, ("they shall not return to play until cleared by an appropriate health-care professional") the Executive Committee has ruled that each school district or school shall determine who the "appropriate health-care professional" shall be for each contest.

Please make sure that your coaches know who the appropriate health-care professional is prior to each contest.



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 Sober program, please contact Daggett Shuler, Attorneys At Law, at 336-464-0812 or SafeSober@DaggettShulerLaw.com We'd love to help you make the safe choice on prom night!

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**.

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.

POSITION STATEMENT AND RECOMMENDATIONS FOR HYDRATION TO MINIMIZE THE RISK FOR DEHYDRATION AND HEAT ILLNESS

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

• DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS:

- Appropriate hydration before, during, and after exercise is an important ingredient to healthy and successful sports participation.
- Rapid weight loss represents a loss of body water. A loss of just 1-2% of body weight (1.5 to 3 pounds for a 150 pound athlete) can negatively impact performance. A loss of 3% or more of body weight can increase the risk for exertional heat related illness.
- Athletes should be weighed before and after warm weather practice sessions and contests to assess fluid losses.
- Athletes with high body fat percentages can become dehydrated faster than athletes with lower body fat percentages while working out under the same environmental conditions.
- All athletes have different sweating rates and some lose much more salt through their sweat than others.
- Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- Medications and fevers can each greatly contribute to an athlete's dehydration problems and risk for heat illness.
- Environmental temperatures and humidity both contribute to dehydration and heat illness.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of dehydration and heat illness.
- Wet bulb temperature measurements should be taken 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified, or stopped.
- Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower.
- A heat index chart should be followed to determine if practices/contests should be held. The NOAA National Weather Service's heat index chart can be found at: <http://www.weather.gov/om/heat/index.shtml>
- The heat index for your location can be determined by entering your postal zip code into the OSAA Heat Index Calculator at the Oregon School Activities Association's web site found at: <http://www.osaa.org/heatindex/>
- A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are **very** likely to cause heat illness, **with heat stroke very likely**.

WHAT TO DRINK DURING EXERCISES:

For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well tolerated, an excellent thirst quencher, and cost effective.

The use of a sports drink with appropriate carbohydrates (CHO) and sodium as described below may prove beneficial in some general situations and for some individuals.

Traditional sports drinks with appropriate CHO and sodium may provide additional benefit in the following general situations:

- Prolonged continuous activity of greater than 45 minutes
- Extremely intense activity with risk of heat injury
- Extremely hot and humid conditions

Traditional sports drinks with appropriate CHO and sodium may provide additional benefit for the following individual conditions:

- Poor hydration prior to participation
- Increased sweat rate
- Poor caloric intake prior to participation
- Poor acclimatization to heat and humidity

A 6-8% addition of CHO to water is the maximum that should be utilized. Any greater concentration will produce slow emptying from the stomach and a bloated feeling to the athlete.

The other ingredient that may be helpful is a low concentration (0.3 - 0.7 g/L) of sodium which may help with cramping.

All fluids should be served cold to optimize gastric emptying.

WHAT NOT TO DRINK DURING EXERCISE:

- Fruit juices with greater than 8 percent carbohydrate content and soda can both result in a bloated feeling and abdominal cramping.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.
- Athletes should be aware that nutritional supplements are not limited to pills and powders; many of these new fluids contain stimulants such as caffeine and/or ephedrine.
- These stimulants may increase the risk of heart or heat illness problems when exercising.
- Many of these drinks are being produced by traditional water, soft drink, and sports drink companies and may provide confusion to the sports community. As is true with other forms of supplements these "power drinks or fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label are not guaranteed.
- Many of these beverages, which claim to provide additional power, energy, etc., have additional ingredients that are not necessary, some that are potentially harmful, and some that actually include substances banned by such governing bodies as the NCAA and the USOC.

HYDRATION TIPS AND FLUID GUIDELINES:

In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.

Drink early, by the time you're thirsty, you're already dehydrated

Drink before, during, and after practices and games. Specifically, the *American College of Sports Medicine* recommends the following:

- Drink 16 ounces of fluid 2 hours before exercise.
- Drink another 8 to 16 ounces 15 minutes before exercise.
- During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
- After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.

The volume and color of your urine is an excellent way of determining if you're well hydrated. Large amounts of clear urine mean you're hydrated, small amounts of dark urine mean that you need to drink more! A Urine Color Chart can be accessed at: <http://at.uwa.edu/admin/UM/urinecolorchart.doc>

The NFHS SMAC strongly recommends that coaches, certified athletic trainers, physicians, and other school personnel working with athletes not provide or encourage use of any beverages for hydration of these youngsters other than water and appropriate sports drinks that meet the above criteria. They should also make information on the potential harm and lack of benefit associated with many of these other beverages available to parents and athletes.

References:

Casa DJ, Armstrong LE, Hillman SK, Montain SJ, Reiff RV, Rich BSE, Roberts WO, Stone JA. National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes. *Journal of Athletic Training*. 35(2):212-224, 2000. McKeag DB, Moeller JL. *ACSM's Primary Care Sports Medicine*. 2nd Ed, Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2007

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, Rawlings, Spalding, State Farm, 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.

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

