



GHSA

“Items of Interest”

March 2010

High School Activities Needed Now More Than Ever

As the world of education grows more turbulent, each aspect of school life seems to be more and more vulnerable to strong challenges. It is in these times that educators need to find “anchors” that might be able to provide some degree of stability. I firmly believe that a staunch belief in the significance of what we do in our area(s) of education can be such a stabilizing force.

A lot of us in the field of education have held on to a firm belief that athletics and competitive activities are very important parts of the educational process. At this time, some people believe that jettisoning these activities will provide relief from financial woes and academic pressures.

However, I believe this view is short-sighted. Please pay careful attention to the insert in this newsletter from the National Federation of State High School Associations titled “The Case for High School Activities.” In fact, I encourage you to share this wonderful article with your colleagues in the hopes that these ideas might “charge our batteries” just a little bit.



The GHSA is very grateful to have a positive relationship with the Atlanta Falcons organization. For the past two years, the Falcons have honored GHSA head football coaches with a luncheon at the Georgia World Congress Center on the Saturday of the GHSA Football Championships. They have treated our coaches very well, but only a few coaches have been attending. I want to encourage our coaches to accept this invitation when it comes to you next year.

The Falcons have also been the driving force in the establishment of the “Helmet Wall” at the Georgia Dome. This venture attracts a great deal of attention at every event hosted in the Dome. Sadly, some of our schools have not sent one of these helmets for this impressive display. If you have not sent in a helmet, please do so to the following address:

Kendyl Moss
Director of Community Relations
Atlanta Falcons
4400 Falcon Parkway
Flowery Branch, GA 30542

– **Ralph Sweargin**, Executive Director

GEORGIA HIGH SCHOOL ASSOCIATION Newsletter

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Administration, Interpretation of GHSA Rules,
Hardship Appeals, Lacrosse, Volleyball

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- Assistant Executive Director -
Student Eligibility, Community Coach Program,
Cross Country, Wrestling, Track, Golf

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Finances, Entry Notification, Agendas,
Literary, One-Act Play, Debate, Cheerleading, Riflery

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Basketball, Soccer, Softball

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Sanctioning of Events, School Passes,
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JULIE JONES (extension 1)

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Dues, Community Coach Program

SHERI COKER (extension 0)

- Receptionist -
Lifetime Passes, School System Passes,
Ejection Reports, Publication Orders

GHSA Licensed Products

This month's featured licensees are: **Booster Bank**, fund raising products that are practical, versatile and collectible (sportsesn.net); **Hot Head Technologies**, monitoring solution designed as an aid in the prevention of heat-related illness in athletes. (hotheadtechnologies.com); **Hibiclens & Hibistat**, antiseptic antimicrobial skin cleanser possessing bacterial properties (hibiclens.com) and **Championship Funding Solutions**, discount cards, donation letters and logoed custom-made products (678-910-9100).

STATE CHAMPIONS**WRESTLING - Traditional**

Congratulations to the following State Champions:

AAAAA	Collins Hill High School
AAAA	Alexander High School
AAA	Gilmer High School
AA	Jefferson High School
A	Bremen High School

SWIMMING and DIVING

Congratulations to the following State Champions:

Boys

AAAAA	Brookwood High School
AAAA/AAA/AA/A	Greater Atlanta Christian School

Girls

AAAAA	Lassiter High School
AAAA/AAA/AA/A	Marist School

DEBATE

Congratulations to the following State Champions:

AAAAA/AAAA	Chattahoochee High School
AAA/AA/A	Grady High School

Winning a State Championship is an outstanding achievement for the GHSA schools, athletes and coaches, and a distinction that should create a great deal of pride in the community.

**Basketball Finals on TV**

For the 13th season, Georgia Public Broadcasting (GPB) will televise live the GHSA Basketball State Championships presented by State Farm on March 12 & 13.

The telecast of the AAAA and AAAAA games begins March 12 at 3 p.m., while Saturday's action for A, AA and AAA tips off at 11 a.m. The AAASP Wheelchair Championship contest will air at 9:30 a.m. The games also will be Webcast live on GPB.org.

Supporting the statewide coverage are Georgia Electric Membership Corporation, Regions Bank, GaCollege411.org and State Farm. DVDs will be available at GHSA.tv.

GHSA.tv will carry select games live / on demand during each round of the playoffs, including the semifinals from the Arena at Gwinnett (AAAAA/AAAA). On demand viewing of play-off games also will be available on Comcast located at the "Get Local" section of your ON DEMAND menu on Comcast cable. Production will be by Score Atlanta and PlayOn Sports.

Traditional Wrestling State Champions - 2010



Class AAAAA Champion: Collins Hill



Class AAAA Champion: Alexander



Class AA Champion: Jefferson



Photos of the championship teams represented in this newsletter were provided by **Photographic Arts**. Other photos from the various GHSA state events can be found at www.schoolpix.biz.



Class AAA Champion: Gilmer



Class A Champion: Bremen

GHSA Reminders:

FOOTBALL SCHEDULES: Coaches and/or Athletic Directors are reminded that 2010 varsity Football Schedules were due in the GHSA office no later than March 1, 2010 and are now **past due**. If your school has not filed its schedule, please do so immediately to avoid a fine to your school.

OPEN MEET DEADLINE: Member schools are reminded that April 1, 2010 is the deadline to notify the GHSA of entry in Open Meet State Events such as Volleyball, Lacrosse, AA/A Soccer, Wrestling, Riflery and Gymnastics for the school year 2010-2011. The form for notification can be found on the GHSA web site.

SPRING CHEERLEADING TRYOUTS: Cheerleading practice/tryouts are limited to a maximum of 10 consecutive days per school between February 1 and the last day students are in school. Once tryouts are complete, no further practices may be held until school is out.

DEAD WEEK: Coaches and administrators are reminded that the mandatory "Dead Week" for this year is Sunday, July 4, 2010 through Saturday, July 10, 2010.

Home 'Pink' is OK for April 12-17

In observance of "Cancer Awareness" the GHSA will allow member schools to wear "pink" uniforms at their HOME soccer games during the week of April 12 - 17.

The home team **MUST** inform the visiting team that pink uniforms will be worn, and the visiting teams must wear their "dark" uniforms. Other requests must be approved by GHSA Soccer Administrator Ernie Yarbrough at ery@ghsa.net.

Two New Licensees Join GHSA

The GHSA has added two new licensees, Hothead Sports and Hibiclens / Hibistat.



Hothead Sports, a division of Hothead Technologies, Inc., is an Atlanta-based company founded in 2006 offering a patented and proprietary monitoring solution termed the Heat Observation Technology (H.O.T.) system.

Using this early-detection technology, coaches and athletic trainers are able to prevent heat-related illness by monitoring every player's temperature from the sidelines. For more info go to: <http://hotheadtechnologies.com>.

Hibiclens & Hibistat, based in Norcross, is applied like a normal soap but is a broad spectrum antimicrobial skin cleanser that has bonds to the skin and provides up to 6 hours of continuous killing action.

Hibiclens has been proven to kill many harmful bacteria including MRSA and viruses that are common in sports. For more info go to: <http://www.hibiclens.com>.

GHSA SPORTSMANSHIP STATEMENT

Please insure that the following statement is read as a public address announcement prior to the start of **every GHSA sanctioned contest**:

"The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today's event."

2010 STATE GOLF SITES

The sites for the 2010 State Golf Tournaments have been finalized and are as follows:

BOYS		GIRLS	
AAAAA	Reynolds Landing Golf Club, Greensboro Tournament Director: Tally Johnson	AAAAA	Reynolds Plantation, Greensboro Tournament Director: Tally Johnson
AAAA	Oleander Golf Course, Jekyll Island Host: Glynn County Schools	AAAA	Indian Mounds Golf Course, Jekyll Island Host: Glynn County Schools
AAA	Maple Ridge Golf Club, Columbus Host: Columbus High School	AAA	Country Club of Columbus Host: Northside-Columbus High School
AA	Crabapple Golf Club, Alpharetta Host: Westminster School	AA	Alpharetta Athletic Club - East, Alpharetta Host: Westminster School
A	Green Island Golf Club, Columbus Host: Brookstone School	A	Bull Creek Golf Club, Columbus Host: Brookstone School



The Case for High School Activities

Introduction

The National Federation of State High School Associations (NFHS) and its membership believe that interscholastic sports and fine arts activities promote citizenship and sportsmanship to the 11 million students who participate nationwide. Activity programs instill a sense of pride in community, teach life-long lessons of teamwork and self-discipline and facilitate the physical and emotional development of our nation's youth.

There is no better time than today to assert "The Case for High School Activities." Education and community leaders across the nation must be made aware of the facts contained in this material. From interscholastic sports to music, theatre and debate, activities enrich a student's high school experience, and the programs must be protected and kept alive.

At a cost of only one to three percent (or less in many cases) of a school's overall budget, high school activity programs are one of the best bargains around. It is in these vital programs – sports, music, speech, theatre, debate – where young people learn lifelong lessons that complement the academic lessons taught in the classroom.

To review the complete report, you can download it from the NFHS Web site, www.nfhs.org.



Benefits of Cocurricular Activities

- **Activities Support the Academic Mission of Schools.** They are not a diversion but rather an extension of a good educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally.
- **Activities are Inherently Educational.** Activity programs provide valuable lessons for practical situations – teamwork, sportsmanship, and hard work. Through participation in activity programs, students learn



self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities students need if they are to become responsible adults, productive citizens and skilled professionals.

- **Activities Foster Success in Later Life.** Participation in high school activities is often a predictor of later success – in college, a career and becoming a contributing healthy member of society.

Following are some of those benefits, with case studies, where applicable, listed to document the benefits. While many of the studies refer to “extracurricular activities,” the NFHS prefers the use of the term “cocurricular activities,” believing that activities support the academic mission of schools and are inherently educational.

Participation in high school activities is a valuable part of the overall high school experience.

- In their 2006 report, *Effects of Title IX and Sports Participation on Girls’ Physical Activity and Weight*, Professors Kaestner and Xu of the University of Illinois at Chicago, found that the dramatic increase in sports participation among girls in the aftermath of the passage of Title IX was associated with an increase in physical activity and an improvement in weight and body mass among adolescent girls. They conclude that Title IX and the increase in athletic opportunities among adolescent females it engendered had a beneficial effect on the health of adolescent girls.

Students who compete in high school activity programs make higher grades and have better attendance.

- According to the National Governors Association Center for Best Practices, students who participate in the arts nine hours or more each week for at least a year are four times more likely to be recognized for academic achievement, win a school attendance award, participate in a science and math fair and win an award for writing. They are also three times more likely to be elected to class office.
- A Minnesota State High School League survey of 300 Minnesota high schools showed that the average GPA of a student-athlete was 2.84, compared with 2.68 for the non-participating student, and that student-athletes missed an average of only 7.4 days of school each year, compared with 8.8 for the non-participating student. (Trevor Born. High Standard for GPA, in *Minneapolis Star Tribune*, May 14, 2007.)



Participation in activity programs yields positive results after high school as well.

- Participation in extracurricular activities provides all students – including students from disadvantaged backgrounds, minorities and those with less-than-distinguished academic achievements in high school – a measurable and meaningful gain in their college admissions test scores according to researchers Howard T. Everson and Roger E. Millsap, writing for the College Entrance Examination Board in 2005.
- In a 2006 research project published by the Center for Information & Research on Civic Learning & Engagement (CIRCLE), it was found that 18- to 25-year-olds who participate in sports activities while in high school were more likely than nonparticipants to be engaged in volunteering, voting, feeling comfortable speaking in public settings, and watching news (especially sport news).

From a cost standpoint, activity programs are an exceptional bargain when matched against the overall school district's education budget.

Examinations of various school districts' budget information across the country reveals that activity programs make up very small percentages of school budgets. In the 2007 school year, the city of Chicago's Public School Board of Education's overall budget was \$4.6 billion, and activity programs received only \$36.2 million. In the Charlotte-Mecklenburg area, activity programs received only \$4.7 million of the overall \$1.2 billion budget for 2008. Finally, in the Seattle Public School System, its Board of Education has a 2008 overall budget of \$339.7 million, while setting aside \$3.2 million for activity programs. All of these examples are less than one percent. There is no better or more effective investment being made in America's education programs today.



Activity programs fulfill students' basic needs, help in students' attitudes toward self and school, and minimize dropout and discipline problems.

- Researcher Richard Learner, writing in *Promoting Positive Youth Development through Community After-School Programs*, found that informal educational and developmentally supportive experiences offered to young people in the context of after-school or community-based programs are a potent source of resources – increasing the probability of positive development among youth.
- In 2003, the *Journal of Adolescent Research* reported that extracurricular activity participation is linked to lower rates of dropping out of school, greater civic involvement and higher levels of academic achievement. Moreover, research tracking participation from eighth through twelfth grades and examining outcomes in the postsecondary years concluded that consistent participation has positive effects.

Cocurricular activities teach lessons that lead to better citizens.

- Nancy Darling, et al., writing in the 2005 *Journal of Leisure Research*, notes that extracurricular activities allow youth to form new connections with peers and acquire social capital. Activity programs are one of the few contexts, outside of the classroom, where adolescents regularly come in contact with adults to whom they are not related.
- Students who spend no time in extracurricular activities are 49 percent more likely to use drugs and 37 percent more likely to become teen parents than those who spend one to four hours per week in extracurricular activities (United States Department of Education. *No Child Left Behind: The facts about 21st Century Learning*. Washington, DC: 2002.)



About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7½ million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

GEORGIA HIGH SCHOOL ASSOCIATION

STATE EXECUTIVE COMMITTEE MEETING

AGENDA

RAMADA INN / Convention Complex - FORSYTH, GEORGIA

March 22, 2010 - 9:00 A.M.

Call To Order..... Dr. Gary Holmes, President
Invocation..... Dr. Ralph Swearngin, Executive Director
Roll Call..... Joyce Kay, Associate Director

- APPOINTMENTS:**
- Monday - 9:00 am: Mike Cloy, Johns Creek High School
Appeal of student eligibility - Hoffman (eight-semester)
 - Monday - 9:15 am: Bob Murphy, Principal, The Walker School
Appeal of student eligibility - Fendler (eight-semester)
 - Monday - 9:30 am: Dr. Brian Bolden, Principal, Stephenson High School
Appeal of student eligibility - Malone (eight-semester)

COMMITTEE REPORTS:

Board of Trustees

Proposal for change to By-Law #1.72 concerning
“undue influence”
Clarify wording about restitution to opponents when
football contracts are cancelled
Request that either Lacrosse or Soccer be moved to
the winter sports season

Basketball Committee

Report on 1st & 2nd Round Finances
Proposal to prohibit teams from warm-ups during half-
time of another game

Calendar Committee

Proposal for change in Softball, Soccer, Tennis season
calendar (also sent to each sport's committee)
Make adjustments in playoff calendar for Class A
(Region 9 sports - softball, basketball, tennis, base
ball)

Cheerleading Committee

Proposal to allow 4 teams to advance from Region to
Sectionals in Class A
Proposal to eliminate all tumbling and stunting by spirit
squad at basketball games

Coaches Committee

Add wording to specify that a Community Coach may
not function as varsity head coach nor be named
varsity head coach by school
Request that Community Coaches be allowed to travel
with the team without a school personnel present at
JV/9th grade level

Eligibility Committee

Beginning July 1, 2011, delete By-Law 1.62(1) that waives
the transfer rule for private schools listed
Develop a policy for revised Dual Enrollment program
and "Move on When Ready" law
Develop guide lines for accepting a school's hardship
request due to limited curricular offerings

Golf Committee

Proposal to change golf to a fall sport

Literary Committee

Appointment: Debate coaches concerning decision
made at last meeting
Request for stronger language in One Act Play morals
statement on entry form

AGENDA, Continued**Officials Committee**

Proposal that officials not work back-to-back games in post season games

Proposal to assign officials associations to schools in Volleyball

Proposal to reduce number of basketball officials to two
Review of January 27 Officials Advisory Committee Meeting

Reclassification Committee

Any region subdivided for geographic reasons may play full schedule with two-thirds vote of region's Principals

Proposal for a rule that a school can only be moved up one classification only

Proposed Revision of By-Laws 4.21 thru 4.24

Soccer Committee

Appointment: John Bowen, McIntosh - concerning Soccer season

Several proposals for season date changes

Softball Committee

Proposal for change in Softball season dates

Proposal for Spring Softball practice

Swimming Committee

Proposals from Swim Coaches Association:

Increase number of scoring places from 16 to 20

Site for 2011 Championships

Consequences for fraudulent entries

Allow swim coaches to coach after May 1

Selection of diving judges

Coaches education

Tennis Committee

Proposal for change in Tennis season dates

Track Committee

Appointment: Chris Carter, Brookwood HS,

Proposal for Sectional meets

DIRECTOR'S REPORT:


1. Financial Report
2. Budget for 2010-11

OLD BUSINESS:

Second Vote on Constitutional Change: To amend Section 2 of Constitution (and By-Law 4.21) by reducing the reclassification period from every four years to every two years.

NEW BUSINESS:

1. Election of officers for 2010-11

ADJOURNMENT


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www.GHSA.tv

Events available on
comcast.
ON DEMAND

Go To Get Local Select Top Picks Select GHSA

Schedule for State Literary Meet

The state literary meet for all classifications will be held at two sites on Saturday, March 20, 2010. Classes AA and AAA will be held at Houston County High School, while Classes A, AAAA and AAAAA will be at Northside High School in Warner Robins. Admission is free to all events.

Classes AAA and AA Houston County High School

Girls Dramatic Interpretation:

AAA	9:30 am	Room 215
AA	11:00 am	Room 215

Boys Dramatic Interpretation:

AAA	9:30 am	Room 205
AA	11:00 am	Room 205

Girls Extemporaneous Speaking:

AAA	8:30 am	Room 305 (Drawing)
AAA	9:30 am	Room 308 (Speaking)
AA	10:00 am	Room 305 (Drawing)
AA	11:00 am	Room 308 (Speaking)

Boys Extemporaneous Speaking:

AAA	8:30 am	Room 305 (Drawing)
AAA	9:30 am	Room 301 (Speaking)
AA	10:00 am	Room 305 (Drawing)
AA	11:00 am	Room 301 (Speaking)

Boys And Girls Essay:

AAA	9:00 am	Room 317
AA	9:00 am	Room 317

Girls Solo:

AAA	9:15 am	Theater
AA	9:30 am	Choral Room

Boys Solo:

AAA	10:30 am	Theater
AA	10:45 am	Choral Room

Girls Trio:

AAA	11:30 am	Theater
AA	11:45 am	Choral Room

Boys Quartet:

AAA	1:30 pm	Theater
AA	1:45 pm	Choral Room

Music warmup area is in the Band Room.

Note: GHSA Headquarters, Scoring and Awards located in Cafeteria at both sites.

Classes AAAAA, AAAA and A Northside High School, Warner Robins

Girls Dramatic Interpretation:

AAAAA	9:30 am	Room 902
A	11:00 am	Room 902
AAAA	1:00 pm	Room 902

Boys Dramatic Interpretation:

AAAAA	9:30 am	Room 906
A	11:00 am	Room 906
AAAA	1:00 pm	Room 906

Girls Extemporaneous Speaking:

AAAAA	8:30 am	Room 702 (Drawing)
AAAAA	9:30 am	Room 703 (Speaking)
A	10:00 am	Room 702 (Drawing)
A	11:00 am	Room 703 (Speaking)
AAAA	12:00 noon	Room 702 (Drawing)
AAAA	1:00 pm	Room 703 (Speaking)

Boys Extemporaneous Speaking:

AAAAA	8:30 am	Room 702 (Drawing)
AAAAA	9:30 am	Room 708 (Speaking)
A	10:00 am	Room 702 (Drawing)
A	11:00 am	Room 708 (Speaking)
AAAA	12:00 noon	Room 702 (Drawing)
AAAA	1:00 pm	Room 708 (Speaking)

Boys And Girls Essay:

AAAAA	9:00 am	Room 501
A	9:00 am	Room 503
AAAA	9:00 am	Room 505

Girls Solo:

AAAAA	9:00 am	Tabor Chorus Room 607
A	9:15 am	Tabor Cafe
AAAA	9:30 am	Theatre

Boys Solo:

AAAAA	10:15 am	Tabor Chorus Room 607
A	10:30 am	Tabor Cafe
AAAA	10:45 am	Theatre

Girls Trio:

AAAAA	11:15 am	Tabor Chorus Room 607
A	11:30 am	Tabor Cafe
AAAA	11:45 am	Theatre

Boys Quartet:

AAAAA	1:15 pm	Tabor Chorus Room 607
A	1:30 pm	Tabor Cafe
AAAA	1:45 pm	Theatre

GHSA - March Calendar - 2010

March

- 1 Deadline to submit Football Schedules to GHSA office
- 2, 3 Second Round State Basketball
- 5 Complete Area Riflery
- 5, 6 Quarterfinal Round State Basketball
- 9 Hardship/Appeal Committee Meeting
- 10-12 Semifinals and Finals State Basketball (AAAA & AAAAA)
- 10-13 Semifinals and Finals State Basketball (A, AA & AAA)
- 13 Complete Region Literary
- 15 File reports of Region Literary winners with GHSA by noon
- 15 Complete Riflery Sectionals
- 16 File reports of Riflery Sectionals with State Coordinator and GHSA office
- 20 State Literary Meet; Complete Riflery Semifinals
- 22 State Executive Committee Meeting
- 23 Hardship/Appeal Committee Meeting

April

- 1 Deadline to submit notification of entry in Gymnastics, Lacrosse, Riflery, Softball, Soccer, Volleyball & Wrestling for 2010-11

GHSA Sponsors

