The Case for High School Activities

The National Federation of State High School Associations (NFHS) designates October as “National High School Activities Month.” Each week in October is given a theme for interested schools nationwide to create initiatives celebrating the gamut of sports, clubs and other high school activities. Schools are encouraged to promote the values inherent in high school athletics and other activities such as speech, music, drama, band and spirit squads. Citizenship and emphasis on sportsmanship are also part of the focus for the month. (See schedule below)

- **October 3-8** National Sportsmanship, Fan Appreciation and PA Announcers Week
- **October 10-15** National Performing Arts Appreciation Week
- **October 17-22** National Coaches / Sponsors / Advisors / Officials Appreciation Week
- **October 24-29** National Community Service / Youth Awareness Appreciation Week

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

Unfortunately, there appears to be a creeping indifference toward support for high school activity programs by the general public. This neglect undermines the educational mission of our schools and the potential prosperity of our communities. There is no better time than today to assert “The Case for High School Activities”. Education and community leaders across the nation should be aware of the benefits of the variety of high school activities and that these programs must be kept alive. The NFHS/GHSA and its memberships believe interscholastic sports and fine arts activities promote citizenship and sportsmanship. They instill a sense of pride in community, teach life-long lessons of team work and self-discipline and facilitate the physical and emotional development of our nation’s youth.

Many case studies in a number of national settings underscore the value of high school co-curricular and extra curricular activities. The benefits can be described in three broad categories:

- **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 other students, generally.

- **Activities are Inherently Educational**: Activity programs provide valuable lessons for practical situations – teamwork, sportsmanship, winning and losing 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 the public expects schools to produce in students so that they become responsible adults and productive citizens.

- **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 member of society. Studies have shown a higher percentage of successful corporate executives participated in sports during high school. Additionally, many of these business leaders were involved in student government, music offerings, school publications and a variety of community activities.

Activity programs fulfill students’ basic needs, help in students’ attitudes towards self and others and reduce dropout and discipline problems. Overall, activity programs are an exceptional bargain for our schools and communities.

– Gary Phillips, Executive Director

Join the GHSA social media conversation @OfficialGHSA on Facebook, Twitter and Instagram
REMINDER: GHSA Membership Dues Must Be Paid On Or Before October 15th!

Softball Power Rating Procedures

Below is the timetable and procedures for release of the final 2016 Class A Softball Power Ratings, appeals and seeding of the playoff brackets, as well as the “at large” playoff team in Class 7A:

Oct. 8th  -  Region winners in all classifications must be determined and results entered into MaxPreps web site by the end of day on the 8th.

Oct. 10th -  Region playoff qualifiers in classes 2-A through 7-A (except for the “at large” team) must be submitted to the GHSA office by 9:00 a.m.

Oct. 10th -  MaxPreps’ final Class A power ratings will be posted on the GHSA web site.

Oct. 11th:

(1) Any Class A school that believes its final power rating points are incorrect may file an appeal in writing to GHSA softball coordinator Ernie Yarbrough between 8 - 11 a.m. A fax is acceptable (706-647-2638) or you may e-mail directly to ery@ghsa.net. The appeal letter must be accompanied by a complete list of results and points earned for each game!

(2) A GHSA Softball Appeals Committee will verify the results (including any appeals), break any ties and determine the Class A playoff brackets.

(3) The results of the appeals and the Class A playoff brackets will be posted by 4:00 p.m., on the GHSA web site.

(4) The “At Large” team in Class 7A also will be determined by the Appeals Committee at this time and the advancing team will be posted to the 7A bracket by 4:00 p.m., on the GHSA web site.

NOTES:

(1) Teams winning a Region championship will be placed in the Class A brackets (public school or private school) first based on their power rating numbers. Then the rest of the Class A brackets will be completed based on the power rating numbers.

(2) Once posted, the brackets are FINAL.

NFHS Network Lowers Subscription Rate

The NFHS Network is excited to announce a new price model for fans. Subscribing to the Network will now be at the low price of $9.95 per month.

Eliminating the day pass helps to simplify subscription options and give fans a better value by giving them a month’s worth of content for the same low $9.95 pass price.

To subscribe to the NFHS Network, go to this link: http://www.nfhsnetwork.com/subscribe/retail.

NFHS Network - High School Happens Here!
Nominations Open For Vince Dooley Awards & Positive Athlete Georgia!

Nominations are open for the 2016-17 Vince Dooley Awards and Positive Athlete Georgia. These programs recognize the character building benefits of GHSA sports and activities participation.

Athletes for a Better World nominations for the 10th Annual Vincent J. Dooley Awards are open until February 28, 2017. The athletic director of each school may designate the Senior Class male and female recipient of the Awards for their school. For more information visit www.abw.org.

Positive Athlete Georgia will be accepting nominations for high school athletes in any grade, in any sport, from any public or private school in the state of Georgia until March 31, 2017. For more details go to www.georgia.positiveathlete.org.

Stay Connected to the GHSA!

For all coaches, athletic directors, schools and teams, join the conversation on social media @OfficialGHSA on Twitter, Facebook and Instagram for all the latest association news and information.
Volleyball Finals Live on NFHS Network

The NFHS Network will stream live coverage of the GHSA Volleyball State Championships, presented by Mizuno, on Saturday, October 29 from Marietta High School and Holy Innocents’.

If you can’t be there in person, family and friends can watch all the action at NFHSnetwork.com. Subscribing to the Network is now at the low price of $9.95 per month. NFHS Network - High School Happens Here!

Webcast partners include: Mizuno, Georgia Farm Bureau Insurance, Sports Imports Net Systems and Molten.

2016 GHSA Cross Country Dates, Deadlines and Schedule

Oct. 21 INITIAL deadline for electronic submission of Region or Area rosters on GHSA MIS site (https://app.ghsa.net/node). Changes to rosters may be made until the deadline established by each Region or Area prior to the beginning of the Region/Area Meet.

Oct. 29 Deadline to complete Region/Area Meets

Oct. 31 9:00 a.m., deadline for electronic submission of Region/Area results on GHSA MIS site (https://app.ghsa.net/node)

Oct. 31 5:00 p.m., deadline for Head Coaches of State Meet qualifying teams to confirm projected seven (7) runners at state meet (https://app.ghsa.net/node)

Nov. 4-5 State Meet at Carrollton High School (www.ghsa.net/ghsa-state-cross-country-championships)
GEORGIA HIGH SCHOOL ASSOCIATION
STATE EXECUTIVE COMMITTEE MEETING
AGENDA
Thomaston-Upson Civic Center - THOMASTON, GEORGIA
October 26, 2016 - 10:00 a.m.

Call To Order .................................................................Glenn White, President
Pledge of Allegiance ........................................................Lisa Moore Williams, Vice President
Invocation .................................................................Carroll Wright, Associate Director
Roll Call ................................................................Steve Figueroa, Media Director
Adoption of Agenda .........................................................Executive Committee

APPOINTMENTS: 10:00 am:
Mary Frances Stewart, Principal, Jones County High School
Appeal of student eligibility - Antonio Evans

OLD BUSINESS:

1. Proposal to amend Article IV, Section 3 by adding new Subparagraph “D” to read as follows:
   (1) The Board of Trustees shall be authorized and empowered in exigent circumstances, as determined by the President, to exercise the powers of the Executive Committee including, but not limited to, the power to amend the by-laws of the association, and to otherwise make decisions relating to the association and its member schools as otherwise allowed to be made by the Executive Committee under the constitution and by-laws of the association.
   (2) A majority of the Board of Trustees shall constitute a quorum thereof for the purposes of this Subsection D and action shall be authorized and taken by a majority of the votes cast.
   (3) The meeting of the Board of Trustees under this section shall be noticed by the Executive Secretary or President by any reasonable means and any meeting of the Board of Trustees may be held electronically. In addition, such vote may be taken by telephone polling of the Board of Trustees by the Executive Director if appropriate in the discretion of the President.
   (4) Any action taken by the Board of Trustees under this Subsection D shall be subject to affirmation, rejection or modification at the next meeting of the GHSA Executive Committee or thereafter. Note: This proposal is a Constitutional Amendment and this is the Second Vote.

2. Proposal to amend Article IV, Section 3-A and Section 8-A, F & G on Pages 8, 9 and 11 so that the terms of election for the President and Vice President of the GHSA, and all other members of the State Executive Committee, shall coincide with the length of each reclassification cycle instead of the current terms of two (2) years. Note: This proposal is a Constitutional Amendment and this is the Second Vote.

3. Proposal to amend Article IV, Section 3-C on Page 8 to read as follows (changes in italic):
The Board of Trustees reviews pertinent issues relative to the successful operation of the organization. The Board of Trustees reviews the recommendation by the Executive Director concerning the budget, recommends committee appointments, evaluates and recommends length of term of contract for the Executive Director.
Note: This proposal is a Constitutional Amendment and this is the Second Vote.

NEW BUSINESS:
The Baseball Committee proposes the following modifications (shown in italic) to the new pitch count rule, which was adopted at the August State Executive Committee meeting:
1. Maximum Pitches in One Game: Varsity 110; sub-varsity 90.
2. Required Rest Periods:

<table>
<thead>
<tr>
<th>Varsity</th>
<th>Sub-Varsity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-35 Pitches</td>
<td>1-24 Pitches</td>
</tr>
<tr>
<td>36-60 Pitches</td>
<td>25-44 Pitches</td>
</tr>
<tr>
<td>61-85 Pitches</td>
<td>45-64 Pitches</td>
</tr>
<tr>
<td>86-110 Pitches</td>
<td>65-90 Pitches</td>
</tr>
</tbody>
</table>

Note: A pitcher shall not throw more than 110 pitches (90 for sub-varsity) cumulative over a two-day period, and cannot pitch more than two consecutive days. The rest period is based on the total pitches thrown during a given two-day period.

(more)
AGENDA, continued

3. A pitcher at any level (varsity or sub-varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, but must be replaced immediately when that at-bat ends.

4. A “Day of Rest” is defined as a calendar day. Example: a varsity level pitcher who reaches the 110-pitch limit on a Tuesday would not be allowed to pitch again until the following Saturday.

5. Tabulation of Pitch Counts – This process will be done by a GHSA registered umpire from the host school’s assigned local association. This official recorder will be paid a one-half game fee plus travel (similar to the football ECO). It will then be the responsibility of the recorder to enter the pitch count information for each school following the completion of the game in the GHSA MIS system.

6. A standard GHSA “Pitch Count Form” will be available for download on the GHSA web site. It will be the responsibility of each school to keep a copy of the completed form for each game played and have those forms available for review at the request of the GHSA office.

7. State Tournament – The format for all rounds will be a “best-of-three” series with the first two games being played on the first day. During the State Tournament no pitcher shall be allowed to throw more than 120 pitches over a three-game series (unless affected by weather delays).

8. If a school is found to have violated any of the provisions of this policy, the offending school shall be fined $250.00 and the head coach assessed a two-game suspension. Any subsequent violation during the same season will result in penalties being doubled and the head coach being required to meet with the Executive Director prior to being reinstated to coach. EFFECTIVE IMMEDIATELY.

The GHSA Office proposes to reword Section 12, Items “A & B” of the Constitution on page 12 to read as follows:

A. The State Executive Committee of the Georgia High School Association shall meet in the spring of each year on such date as may be designated by the Executive Director.

B. In addition to this meeting, special meetings may be called by the State President or the Executive Director at any time or place upon giving reasonable notice to the members of the Committee. Note: This is a Constitutional Amendment and will require two votes.

Get Special GHSA Rates at Choice Hotels

GHSA is proud to remind you of its partnership with Choice Hotels International, one of the largest and most successful lodging franchisors in the world. Choice Hotels has more than 6,300 Comfort Inn®, Comfort Suites®, Quality Inn®, Sleep Inn®, Clarion®, Cambria Suites®, MainStay Suites®, Suburban Extended Stay Hotel®, Econo Lodge®, Rodeway Inn® and Ascend Collection® brands worldwide, so there is sure to be a hotel on the road to your game.

As a Preferred Hotel Partner of the GHSA, all schools, teams, officials, families and friends receive a 15% discount while staying at participating Choice hotels.* To take advantage of the discount and make a reservation either:

- Call the Choice Sports Desk at 877-224-OAWAY (2929) and provide the GHSA Discount Code: 00213510, or

* Discount subject to availability at participating hotels and cannot be combined with any other discount or promotion. This discount is not available by contacting the hotels directly.

GHSA Official Balls

Coaches and school administrators are reminded that the GHSA State Executive Committee has approved “Official” balls for all GHSA state playoff events. Listed below are the balls that will be provided for GHSA state playoff events. These balls are effective through June 30, 2020.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Make/Model</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>WILSON</td>
<td>A1010</td>
</tr>
<tr>
<td>Basketball</td>
<td>WILSON</td>
<td>WAVE “SOLUTION” Boys: B0610 Girls: B0611</td>
</tr>
<tr>
<td>Football</td>
<td>WILSON</td>
<td>F1003 Or F1005</td>
</tr>
<tr>
<td>Soccer</td>
<td>SELECT</td>
<td>“Royale” 01-253</td>
</tr>
<tr>
<td>Softball (optic yellow 12”)</td>
<td>WILSON</td>
<td>A9011 BSST</td>
</tr>
<tr>
<td>Volleyball</td>
<td>MOLTEN</td>
<td>IV58L-3-HS “Super Touch”</td>
</tr>
</tbody>
</table>
Dear Athletic Directors, Activities Directors and Staff,

We’re excited to announce a campaign to showcase the tremendous value high school sports and activities bring to students. Our campaign, #MyReasonWhy, highlights engaging stories told by students, parents, coaches, officials and community members.

We know that high school sports and activities help students do more than build skill and character development; participate in sports and activities gives students a sense of self and community - and research shows that 92 percent of parents are in agreement that participation in sports and activities leads to healthier lifestyle later in life.

We need your help capturing stories from The Georgia High School Association to share with a nationwide audience by encouraging students, parents, coaches, officials and community members to share their reasons for participation and influential moments - big or small - using the hashtag #MyReasonWhy. We’re also collecting stories at nfhs.org/myreasonwhy to feature on our site and social channels, in advertising and in public displays and high schools across the country.

Watch our campaign video and learn more at nfhs.org/myreasonwhy. We greatly appreciate your support.
ghsa@ghsa.net
RESILITE

GHSA MAT SALE

Pre-Order from October 1, 2016 through January 2, 2017

RESILITE IS THE OFFICIAL MAT OF THE
2017 GEORGIA HIGH SCHOOL WRESTLING CHAMPIONSHIPS

38’ x 38’ Championship Mats

- Resilite LiteWeight Mat: 38’ x 38’ $6,575 * Delivered
- Resilite Zip Mat: 38’ x 38’ $7,675 * Delivered
- Resilite Custom DigiPrint Mat: 38’ x 38’ $7,564 ** Delivered
- Resilite Custom DigiPrint with Zip: 38’ x 38’ $8,761 ** Delivered

40’ x 40’ Championship Mats

- Resilite LiteWeight Mat: 40’ x 40’ $7,196 * Delivered
- Resilite Zip Mat: 40’ x 40’ $8,456 * Delivered
- Resilite Custom DigiPrint Mat: 40’ x 40’ $8,420 ** Delivered
- Resilite Custom DigiPrint with Zip: 40’ x 40’ $9,679 ** Delivered

42’ x 42’ Championship Mats

- Resilite LiteWeight Mat: 42’ x 42’ $7,860 * Delivered
- Resilite Zip Mat: 42’ x 42’ $9,294 * Delivered
- Resilite Custom DigiPrint Mat: 42’ x 42’ $9,320 ** Delivered
- Resilite Custom DigiPrint with Zip: 42’ x 42’ $10,643 ** Delivered

Resilite’s Zip Mat features our exclusive patent-pending Resi-Lock Connection System for a truly tape-free mat.

Resilite’s custom DigiPrint mat uses high definition graphics with an exclusive low stuff, color-enhancing top coated surface.

* Artwork, logos, lettering or other custom markings are not included and will be priced accordingly.

** Custom DigiPrint mats include all artwork, logos, and other customized graphics.

Mat prices shown include delivery within the state of Georgia only.

Contact Your Local Resilite Sales Representative Today:
Bud Hennebaur
(678) 794-5756 • budresilite@gmail.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Deadline to notify entry in One Act Play &amp; to set Riflery schedules</td>
</tr>
<tr>
<td>3</td>
<td>Earliest date for Riflery match</td>
</tr>
<tr>
<td>7</td>
<td>Deadline date to file Riflery schedules with GHSA office</td>
</tr>
<tr>
<td>8</td>
<td>Complete Region Softball; Determine Area Volleyball winners</td>
</tr>
<tr>
<td>10</td>
<td>Report Region Softball &amp; Area Volleyball winners by 9 a.m.</td>
</tr>
<tr>
<td>11</td>
<td>Hardship/Appeal Committee Meeting; Deadline for posting Cross Country rosters</td>
</tr>
<tr>
<td>12</td>
<td>First Round State Volleyball in 3A, 5A &amp; 7A</td>
</tr>
<tr>
<td>12, 13</td>
<td>First Round State Softball Playoffs</td>
</tr>
<tr>
<td>13</td>
<td>First Round State Volleyball in A, 4A &amp; 6A</td>
</tr>
<tr>
<td>15</td>
<td>Deadline for payment of GHSA membership dues</td>
</tr>
<tr>
<td>17</td>
<td>Earliest date for swimming practice</td>
</tr>
<tr>
<td>18</td>
<td>First Round State Volleyball in 2A; Second Round in Class A &amp; 3A-7A</td>
</tr>
<tr>
<td>19, 20</td>
<td>Second Round State Softball Playoffs</td>
</tr>
<tr>
<td>22</td>
<td>State Volleyball Quarterfinals</td>
</tr>
<tr>
<td>24</td>
<td>Earliest date for Wrestling Practice</td>
</tr>
<tr>
<td>25</td>
<td>Hardship/Appeal Committee Meeting</td>
</tr>
<tr>
<td>26</td>
<td>State Volleyball Semifinals</td>
</tr>
<tr>
<td>27-29</td>
<td>Softball State Tournament</td>
</tr>
<tr>
<td>29</td>
<td>Volleyball State Finals; Area/Region Cross Country; Area/Region One Act Plays</td>
</tr>
<tr>
<td>31</td>
<td>Earliest date for Swim Meet &amp; for Basketball practice</td>
</tr>
</tbody>
</table>

**GHSA Sponsors**