

VHSL Weekly Update, December 14, 2016

“The hard thing is not making a decision. It’s thinking about the results of what you have decided.”

- anon

ATTENTION: Principals, athletic/activities directors, superintendents, debate coaches, theatre coaches, academic activity coaches, basketball, gymnastics, wrestling, indoor track, swim/dive, football coaches

Weekly Update, distributed on Wednesday of each week by email, contains current League news and information. Weekly Update is also posted on the VHSL website (<http://www.vhsl.org/about.weekly-update>). Please forward this message to each of the coaches or activity advisers to whom this information pertains.

NEW UPDATES

Holiday office hours

The League Offices will officially close Friday, December 23 and not re-open until Thursday, December 29. The office will again be closed Friday, December 30 and not reopen until Tuesday, January 3. Some staff members will be in the office intermittently during this period. Should you call the office and need an answer in the interim, please leave a message on the appropriate assistant director’s voice mail. You may also continue to contact staff members by email.

The entire League staff wishes everyone the happiest of holidays and the very best new year!

Swimming and diving qualifying standards (with metric) CORRECTION

Qualifying standards for the state swimming and diving championships are available on the VHSL website. The following correction has been made to the standards as posted on 11/23/16:

2A Boys 200 individual medley has been corrected to 2:15.89.

The corrected standards are currently posted on the VHSL website.

Sanctions

If you are hosting a sanctioned event over the Holiday Break, please be sure to get your sanction request in immediately. You can email the form to Lora Bickley (lbickley@vhsl.org) and then drop the check and original form in the mail. We will be unable to sanction any events after **DECEMBER 21st** since the office will be closing on December 22nd. If you have any questions, contact Lora Bickley.

Fall season wrap-up

Saturday wrapped up the fall season for the VHSL with six football champions being crowned in three cities. Congratulations to all of this year’s fall champions. Listed here: <http://www.vhsl.org/vhsl-2016-17-champions>

Watch action from the fall season VHSL championships by visiting the NFHS Network <http://www.nfhsnetwork.com/associations/vhsl>

Debate ballots due no later than Jan. 4

Please take a moment and submit your debate topic selection ballot if you have not already done so. The VHSL office will submit Virginia's official selection on Jan. 6. It is important that as many coaches as possible make their wishes known so we can have input into the final selection. The ballot is posted on the VHSL debate page, <http://www.vhsl.org/doc/upload/deb-final-ballot-2017-182.doc>.

VHSL all-state selection process

Please review the all-state selection process. Each classification/Group Board must schedule a selection meeting for each sport and report results to the League office within 2 weeks of the state tournament in the applicable sport. Each meeting will be coordinated by a Region Tournament Director in the applicable sport, **North and East regions** will be hosting/organizing and reporting in 2016-17. For example, the meeting coordinators for all-state football selection meetings this year are the Region Football Directors in 6A North, 5A North, 4A East, 3A East, 2A East and 1A East. Meetings may be held electronically as determined by each classification. There are a number of electronic options available including [Go-To-Meeting](#) (subscription required) and [AT Conference](#) (pay as you go, no monthly fee). [Click here for a complete summary of the VHSL All-State Selection process](#). Please establish your meeting dates for each sport at your next region meeting and send a list of your all-state coordinators to Mike McCall (mmccall@vhsl.org). Questions may be referred to Mike McCall at the League office.

The following all-state teams have not been reported to the VHSL for release:

Field Hockey – 5A and 6A

Volleyball – 5A girls, 6A girls, 5A boys, 6A boys

Football – N/A, championships just completed

Give to the VHSL Foundation

The VHSL Foundation continues to support our schools and we hope that you will consider making the VHSL Foundation part of your generosity this year. To make a gift:

Checks may be made out to the VHSL Foundation and mailed to:

VHSL Foundation

1642 State Farm Blvd.

Charlottesville, VA 22902

Or, [Click to give](#).

Or type the following into your browser <http://www.vhsl.org/foundation.online-giving>

PREVIOUS UPDATES

Pitch count passes unanimously by executive committee

Pursuant to the National Federation of State High School Associations (NFHS) Baseball Rules Book change requiring the implementation of pitching regulations based on the number of pitches thrown, the VHSL Executive Committee passed legislation mandating specific rest periods based on the number of pitches thrown in a game. Passed as emergency legislation, the amendment to 56-4-2 of the VHSL *Handbook and Policy Manual* is effective immediately and the digital version of the *Handbook*, available on the VHSL website

(<http://www.vhsl.org/about.vhsl-handbook>), now reflects the new language. This policy is effective for the 2017 baseball season.

Please contact Shawn Knight (sknight@vhsl.org) in the League office should you have questions about this policy.

Swimming and diving qualifying standards (with metric) POSTED

Qualifying standards for the state swimming and diving championships, **yards and meters**, are available on the VHSL website. As a reminder, each conference and each region is responsible for calculating their respective standards, based on last year's conference and region meet results.

Soccer rules clinics to be done face-to-face

The 2016-17 VHSL soccer rules clinics will be done face-to-face at the following times and locations:

1/7/17 – 10:00 AM – Heritage H.S. (Leesburg) – Café
1/13/17 – 6:30 PM – Turner Ashby H.S. (Bridgewater)
1/14/17 – 1:00 PM – Abingdon H.S. (Abingdon) – Auditorium
1/20/17 – 7:00 PM – Lafayette H.S. (Williamsburg) – Lecture Hall
1/21/17 – 2:00 PM – First Colonial H.S. (Virginia Beach) – Cafeteria
1/27/17 – 7:00 PM – Cosby H.S. (Midlothian) – Auditorium
1/28/17 – 10:00 AM – VHSL Building (Charlottesville) – Lower Conference Room
2/4/17 – 12:00 Noon – South County H.S. (Lorton)
2/11/17 – 2:00 PM – Roanoke College (Roanoke)
2/12/17 – 2:00 PM – Randolph College (Lynchburg)

This schedule is also posted on the Soccer landing page of the VHSL website. An online clinic will be made available after 2/12/17 for make-up purposes. Schools that do not have someone in attendance at one of the face-to-face meetings will be fined \$50.00 in accordance with the VHSL Handbook. Remember, you must have one coach from your girls program, and one coach from your boys program attend one of these state rules meetings.

Still missing the following 2016-17 WINTER conference and region calendar information

Please send missing information to Faustina Lee (flee@vhsl.org)

- Monitor Merrimac Conference 2
- Conference 6
- Conference 15
- Conference 16
- Conference 17
- Conference 19
- **4A WEST**
- Conference 24
- 3A EAST
- Conference 26
- Conference 27
- Conference 28
- Conference 32
- Conference 33
- Conference 36
- **2A WEST**

- Conference 38
- Conference 41
- Conference 42
- **1A WEST**
- Conference 48

Team travel reimbursement

Schools participating in fall state championship events that qualify for team travel reimbursement are reminded that they must submit a properly completed Travel Reimbursement Request (State Events) form within three (3) calendar weeks of the event to receive their reimbursement. The form may be found on pages 62 and 63 of the on-line Financial Policy Manual or under “Financial Forms” on the VHSL website. After completing the form you may attach it to an email to Denise Marshall (dmarshall@vhs.org) or David Hopkins (dhopkins@vhs.org), fax it (fax number 434-977-5943), or mail it to either Denise or David at the VHSL office located at 1642 State Farm Blvd., Charlottesville, VA 22911. Please remember that requests not submitted within three (3) calendar weeks of the event are considered late requests. Late requests for team travel reimbursements are subject to additional submission guidelines and are reimbursed on a declining pro-rata basis tied to how late the request is submitted.

For your convenience, a chart containing all sports and activities for which travel reimbursement is available and reimbursement rates may be found on page 123 of the VHSL Handbook.

State debate site announced

The 104th VHSL State Debate Championships will be held at Cosby High School, 14300 Fox Club Parkway, Midlothian, VA 23112 on April 21-22, 2017. Your tournament directors are:

- Ted Sheckels (Policy, PF, L-D) – tsheckel@rmc.edu, 804.752.7288
- Nick Kalagian (Congress) – nkalagian@gmail.com, 540.729.8118

2017-18 final debate topic ballot now posted

The final debate topic ballot has been posted to the VHSL website. The two topics being considered for 2017-18 are “Energy Policy” and “Education Reform”. It is important that you make your feelings known regarding the topics being considered. Please take a moment and fill out the ballot posted on the VHSL website. Virginia’s vote for the final topic will be based on the results of ballots received. The ballot has been posted at <http://www.vhsl.org/doc/upload/deb-final-ballot-2017-18.doc> and must be returned no later than Jan. 4. Please email ballots to scondoulis@vhs.org.

Academic activities rules clinics

The free period for online rules clinics for VHSL academic activities (forensics, theatre, debate, media, Scholastic Bowl) is now over. Fines are being processed and mailed. Clinics are now re-opened through December 31 during the penalty period. Coaches must complete clinic by December 31 to avoid further penalty.

Forensics - <http://www.brainshark.com/arbitersports/2016-174n6>

Theatre - <http://www.brainshark.com/arbitersports/2016theatreRC>

Debate – <http://www.brainshark.com/arbitersports/2016-17debate>

Media (Yearbook, Newspaper, Magazine, Online, Broadcast) -

<http://www.brainshark.com/arbitersports/2016studentmedia>

Scholastic Bowl - <http://www.brainshark.com/arbitersports/SchoBo16>

Film – <http://www.brainshark.com/arbitersports/film2016-17> – penalty period through February 3

Call for national Heart of the Arts Award applications

Have a student who excels in a VHSL activity (film, forensics, theatre, debate, Scholastic Bowl, creative writing, newspaper, magazine, yearbook, online, broadcast), in the classroom, displays integrity and ethics, and goes above and beyond through demonstrated leadership and service to that activity, to his/her community, and/or has overcome challenging circumstances or adversity? Then nominate him/her for the NFHS Heart of the Arts award!

The recipient could be any student, adult or group associated with the school's academic activities program. This award seeks to recognize those individuals who exemplify the ideals of the positive heart of the arts that represent the core mission of education-based activities. The award may be given in recognition of a specific act or for an activity of longer duration.

- See 2015 national winner here: <https://www.youtube.com/watch?v=vczrfaZc2lY>
- See 2016 section winners here: <https://www.youtube.com/watch?v=BLTbX2KFABU>

We are looking for more than just good students and accomplished artists. We are looking for good students and accomplished artists who make a difference in their community and beyond through service and citizenship.

Application may be obtained at <http://www.vhsl.org/doc/upload/awd-nf-heart-of-the-arts-form.doc> and must be submitted to Lisa Giles (lgiles@vhsl.org) by **January 27**.

Freedom-South Riding to host 2017 Ken Tilley Student Leaders Conference

Freedom High School (25450 Riding Center Drive, South Riding, VA 20152) will host the 2017 VHSL Ken Tilley Student Leaders Conference on April 28-29, 2017. The conference will feature keynote speakers Keith Hawkins and Kyle Scheele. For more information, go to <https://sites.google.com/a/lcps.org/vhslfreedomhs2017/>. Registration is open! Save the date, and check the website regularly for updates. Questions may be directed to Joseph Gabalski (joseph.gabalski@lcps.org 703.957.4300) or Lisa Giles (lgiles@vhsl.org 434.977.8475). #UndefinedPossibilities

Nominations sought for Larry Johnson SMAC Award

The VHSL Frank C. McCue Sports Medicine Advisory Committee (SMAC) is soliciting nominations for the Larry Johnson SMAC Award. Nominations are due to the League office (jisison@vhsl.org) no later than **December 31, 2016**. The nomination form can be accessed at <http://www.vhsl.org/about.awards.larry-johnson-smac-award>.

The Larry Johnson Sports Medicine Advisory Committee (SMAC) Award was developed in 2003 to honor Larry Johnson and to recognize individuals who emulate many of the qualities Mr. Johnson demonstrated during his 40 years of service to the young athletes in the Commonwealth of Virginia as a teacher, coach, athletic director, official and Assistant Director of the Virginia High School League. He was the liaison to the VHSL SMAC for 15 years. His leadership, wisdom, insight, sense of fair play, and awareness of the importance of maintaining integrity and participation equity in sports for all, guided him in his duties and allowed him to bring together and build consensus among disciplines with different perspectives and opinions as they worked toward common goals of health, safety and fun for interscholastic athletes in Virginia. This award was established to recognize those who have contributed in an exceptional manner to the development and implementation of policies and programs intended to promote the health and safety of our student athletes. Selections are made by the VHSL Frank C. McCue Sports Medicine Advisory Committee and approved by the VHSL Executive Committee. **The award can be given to an MD, DO, ATC, administrator, or individual in any discipline involved with interscholastic athletics who has gone the extra mile to enhance the health, safety, fun, participation equity and sportsmanship for student athletes in Virginia.**

Coaches passes and ejections

Please send all coaches passes requests to Carrie Little at clittle@vhsl.org. Also send notice of ejections to Tom Dolan tdolan@vhsl.org and Carrie Little clittle@vhsl.org. It has been brought to our attention that AD's are sending them to Tom as well as to Theresa May, who is no longer with the VHSL, and whose email is disabled.

Is your EAP up to date?

Remember, every school should have an Emergency Action Plan for every team, all levels, all venues. Make sure everyone knows their role in case of an emergency. A well-executed EAP can be the difference between life and death.

Download the rSchool App

Please report all football scores using the rSchoolToday Activities Scheduler. This will require that you put your football schedule in rSchool. There is a free rSchool app that you can download that will allow you to enter scores from any mobile device. Go to the App Store and search for "rschool." Then, just download the Activity Scheduler and you're in business.

Use rSchool to calculate standings

Did you know that you can use rSchool to calculate district and/or conference standings? Rschool will calculate results based on win/loss record, or based on points (if you are using some type of power point system). To enter your scores, click on "Edit Scores and Standings." Select the game you want. If your district or conference is using points, just click at the top where it says "Points Determine Standings," and where it says "Check here if use Points for this Activity." Enter your score in the 1st box, opponent's score in the 2nd box, and number of points in the 3rd box. There are also check boxes that allow you to specify whether or not the game counts toward team and/or Conference standings. To view standings for your District or Conference, go to the VHSL website and click on "Standings" (in the secondary navigation menu). You can then use filters to display the standings you want to see.

VIAAA scholarships

The VIAAA offers **SIX (6)** \$1,500 scholarships each year to VHSL and Independent schools student-athletes. These scholarships honor John C. Youngblood (4), Claudia Dodson (1), and VIAAA Past Presidents (1). Any Athletic Administrator who is a member of the VIAAA may nominate **ONE** student-athlete from their school for each award. To find out more regarding criteria for each scholarship, as well as print off scholarship applications please go to <http://www.viaaa.org/about-us/scholarship>. This year's application deadline is Monday, January 9, 2017. Any questions can be emailed to viaaa1973@gmail.com.

Taking coaches pass requests now

Only VHSL coaches (paid and/or approved volunteers) are eligible to receive a VHSL Coaches Pass. This form must be completed (except for the principal or his/her designee signature) and emailed to Carrie Little (clittle@vhsl.org) at the VHSL office. Only original electronic forms (no copies) will be accepted to process the requests. In addition to submitting the electronic form, schools should send payment of **\$25.00 per pass** along with a hard copy (with the signature of the principal or his/her designee) of this list to VHSL, ATTN: Carrie Little, 1642 State Farm Blvd., Charlottesville, VA 22911. Forms are listed under FORMS on the VHSL home page in alphabetical order as *VHSL Coaches Pass Request – Multiple* and *VHSL Coaches Pass Request – Individual*. New coaches are to be included on the form; however a separate list of the new coaches must be emailed to clittle@vhsl.org in order to mark these coaches as eligible for the passes. Passes will be mailed to the school for distribution to the individuals on the school request form and directly to the individual on the individual request form.

Here is a link to the coaches pass request form: <http://www.vhsl.org/doc/upload/coaches-pass-request-form-multi1.docx>

Principal ID cards for assistant principals and assistant athletic/activity directors.

The May Executive Committee approved issuing VHSL Cards as Recognized Passes to athletic/activities directors (and assistant athletic/activities directors upon request). With this in mind, we have updated the Principal's Card request form to include assistant athletic/activities directors. Here is the link to the revised request form for assistant principals and athletic/activity directors: <http://www.vhsl.org/doc/upload/adm-principal-cards-request2.doc>.

Order VHSL state championship merchandise on-line anytime of the year

Fine Designs is the authorized supplier of all VHSL merchandise for all VHSL Championship events. Let your school community and teams know that they may order souvenir t-shirts, sweatshirts and VHSL apparel on-line by visiting www.vhslapparel.org.

Call for nominations for Regional Award of Merit, Lifetime Achievement and Torch of Honor awards

Schools are reminded to nominate deserving individuals for their Regional Award of Merit, and regions should designate these people at an upcoming region meeting. Nomination forms for the Regional Award of Merit may be found and for the Torch of Honor and Lifetime Achievement, go to <http://www.vhsl.org/about.awards>.

Selected award designees should be forwarded to Mike McCall at mmccall@vhsl.org; plaques will be sent back to the region for distribution at a future region meeting.

NFHS Network School Broadcast Program

The NFHS Network Sports School Broadcast program provides schools access to streaming software and technology platform. The NFHS Network School Broadcast Program is already being used by over 1,500 schools across the country.

Any Virginia school can be part of a program that includes the following:

- Network Benefits – National exposure, post-season coverage, college mentoring, unlimited free video storage
- Educational Benefits – Provide your students with the opportunities to produce, announce and broadcast professional events live online
- Technology – HD Streaming Capability, Customized Graphics Package, Highlight Creator
- Generate Revenue – Schools can generate revenue from fundraising, advertising and subscription sales
- Service – A dedicated team comprised of a territory manager, account manager, and marketing specialist
- Training – NFHS Network has many training tools available including one-on-one training options, online training, and school mentoring
- Support – Production Tech support, Subscription Customer Service, and Event Marketing support

If you would like more details about the NFHS Network School Broadcast Program and more information or would like to set up a meeting, please contact: Jason Rine at Jason.Rine@nfhsnetwork.com or call 304.281.0298.

Record Book updates needed

The VHSL Book of Records needs your submissions to properly recognize the outstanding achievements of your athletes. To access the record book, go to <http://www.vhsl.org/about.page197>. The record book is now updated on a rolling basis. Schools may submit applications for recognition with corresponding documentation at any time. This application may be found on the last two pages of the record book.

Please, I need your help. Let's recognize the outstanding achievements of your students with their inclusion in the Record Book. Any questions may be directed to Mike McCall at 434-977-8475 or mmccall@vhsl.org.