

VHSL Weekly Update, August 17, 2016

“Fair isn't everyone getting the same thing. Fair is everyone getting what they need in order to be successful!”

- Anon

ATTENTION: Principals, athletic/activities directors, superintendents, fall coaches, cheer 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

September Executive Committee agenda items due

The deadline to submit agenda items for the September 21 Executive Committee meeting is August 31. Agenda and legislation items should be forwarded to Lora Bickley (lbickley@vhsl.org) no later than Wednesday, August 31.

All fall season rules clinics and attendance reports online

VHSL/NFHS rules clinics for cheerleading, field hockey, football and volleyball have all been posted on each sport's landing page of the VHSL website. They are also posted under "Rules Clinics." Deadline for completion by coaches for all clinics except cheerleading is August 21, 2016. Both sideline and competition cheer coaches must view the online clinic. Deadline for cheer coaches is September 5, 2016. Cheer coaches and officials who attended the in-person training at Black Wolf Lodge in Williamsburg are exempt from this requirement. Failure to complete the annual rules clinic results in a \$50.00 fine assessed to the offending school. Fall sport officials must sign in to Arbiter to view the online clinics.

Reports showing clinic attendance as of 8/13/16 have been posted on each fall sport's landing page on the VHSL website. Please remind your coaches to complete the clinic in their sport by August 21. Clinics are not provided for cross country or golf.

Corrections to NFHS Spirit Rules Book

The National Federation of State High School Associations (NFHS) has published a correction to the printed Spirit Rules Book for this year. The correction is available on the VHSL website (<http://www.vhsl.org/athletics.cheer-competition>).

Any questions should be directed to Bill Ahern, VHSL Spirit Rules Interpreter (bahern@varsity.com) or Shawn Knight (sknight@vhsl.org).

VHSL recommendation regarding use of drones at VHSL contests

The following FAA guidelines currently apply to drone usage in and around sporting event stadiums:

1. The FAA prohibits flight at or below 3,000 feet above ground level within a 3 nautical mile radius of all sporting event stadiums having a seating capacity greater than 30,000 people.
2. The temporary flight restrictions begin one hour prior to the start of the sporting event and end one hour after the sporting event has concluded.

Based on safety concerns VHSL staff recommends adherence to these regulations with the addition that there be no restriction on seating capacity, and includes all VHSL events (scrimmages, jamborees, benefit, regular and postseason contests).

PREVIOUS UPDATES

2016-17 AD calendar

The 2016-17 AD Calendar has been posted on the opening page of our website: www.vhsl.org. Please refer to this as a reminder when items are due in the League Office or meeting dates. Be sure to check Weekly Updates for any changes.

Conference and region fall calendar

If you have not previously sent in your information for the Fall Calendar of Conference and Region Events, please make sure this information is forwarded to the League Office no later than September 1. We realize a lot of conferences and regions are beginning to meet. Forms can be found under Forms – Miscellaneous: Click here: <http://www.vhsl.org/forms.miscellaneous-forms>. Forward your form to: Lora Bickley – lbickley@vhsl.org

Cheer coaches on-line clinic has been posted

The deadline for coaches to view the clinic is Monday, September 5. Sideline and competition coaches shall view the clinic. <http://www.brainshark.com/arbitersports/vhsl2016cheercoaches>.

Football Schedules

This is a reminder, if you make changes to your football schedule, please advise Lora Bickley at the League office (lbickley@vhsl.org). We want to make the schedule as accurate as possible, and contacting our office with updates will help us tremendously. Also, schools have until September 15 to add games to their schedules for the rating system. No games can be added after that date. A revised schedule will be posted next week to incorporate any errors, omissions or changes to the current schedule posted. The complete schedule with the out-of-state and the private schools will be posted by August 10.

Fall Preseason Awareness – Heat Awareness – Fall Practice Guidelines

Heat and Humidity

Member schools are reminded to take all necessary precautions when dealing with high heat and humidity. It is important in all practice situations to offer plenty of hydration opportunities and to know the basic early warning signs of heat distress. The following links are provided for member school use in preparation for fall practice and the establishment of appropriate protocols.

NFHS Heat Acclimatization and Heat Illness Prevention Position Statement

<http://nfhs.org/media/1015650/2015-nata-heat-illness-handout.pdf>

NFHS Heat Illness Prevention Course

<http://nfhslearn.com/courses/34000/heat-illness-prevention>

NFHS Position Statement and Recommendation for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness

http://www.nfhs.org/media/1014751/nfhs_smac_hydration_position_statement_october_2014.pdf

National Weather Service Heat Index Chart

<http://www.nws.noaa.gov/om/heat/index.shtml>

OSAA Heat Index Calculator

<http://www.osaa.org/heatindex/>

Preventing Sudden Death (IATF 2015)

<http://www.vhsl.org/doc/upload/smac-preventing-sudden-death.pdf>

http://www.nfhs.org/media/1014153/nfhs_guidelines_for_lightning_october_2014.pdf

Fall practice requirements

These fall practice guidelines are intended for use in the following sports: Football, Volleyball, Cheerleading, Cross Country, and Field Hockey.

27-10-4 Fall Practice Guidelines-Schools will follow practice guidelines which would apply to all students in all fall sports except golf. If schools choose not to follow the guidelines listed in the *Handbook* they must have locally approved policies and procedures that are reasonably calculated to keep student athletes safe from hot and humid weather conditions, and meet adequate conditioning, based on current sports medicine research and recommendations.

The first violation will result in an official warning.

(1) During their first six days of tryouts:

- (a) No practice session, full or walk-thru, may exceed three hours.
- (b) Total practice time per day is limited to five hours.
- (c) Only one full practice session is permitted per day; it may be broken into two sessions.
- (d) One walk-thru session is permitted on the day of a full practice.
- (e) Two walk-thru practices may be substituted for a full and a walk-thru session(s).
- (f) A one-hour minimum recovery period must be included between sessions.

(2) For weeks two and three the following regulations apply in addition to (a) through above:

- (a) Two full practices are permissible per day provided they do not exceed five total hours, or three hours in a single session.
- (b) No more than three full practices may be conducted in two consecutive calendar days.

(3) For the purpose of the regulations above, a full practice is defined as a session allowing the use of any available equipment, involving all levels of activity permitted in the specific sport and includes necessary conditioning and weight training. A walk-thru session is a limited exertion session that includes skill-based, educational technique and oriented activities using sports appropriate equipment. Conditioning and weight training may not be included as part of a walk-thru session. Recovery period is defined as a session in which the athlete is not involved in physical activity.

Note: The following restrictions are in place for football only: Day 1-3 helmets only; Day 4-5 helmets and shoulder pads; Day 6+ full pads.

Multimedia Contest Finalists Announced

Congratulations to all VHSL Multimedia Contest finalists, which are now posted at:

- Newspaper <http://www.vhsl.org/doc/upload/activities-multimedia-finalists-newspaper1.pdf>
- Literary Magazine <http://www.vhsl.org/doc/upload/activities-multimedia-finalists-magazine1.pdf>
- Yearbook <http://www.vhsl.org/doc/upload/activities-multimedia-finalists-yearbook1.pdf>
- Broadcast <http://www.vhsl.org/doc/upload/activities-multimedia-finalists-broadcast1.pdf>

Advisers with finalists are reminded to e-mail digital copies of submissions to Lisa Giles (lgiles@vhsl.org) ASAP so that they may be incorporated into the Media Championship presentation in October where winners will be announced!

Save the Dates for Media Championship Week

Don't miss the 46th annual VHSL Regional Media Championships to be held:

- October 3 in Richmond (Greater Richmond Convention Center)
- October 5 in Roanoke (Sheraton Hotel Roanoke and Conference Center)
- October 6 in Fredericksburg (Fredericksburg Expo and Conference Center)

Scheduled to appear: Gary Lundgren (MN), Brian Martinez (TN), Margaret Sorrows (AR), Cindy Todd (TX), Bruce Watterson (GA), Mark Murray (TX) and Virginia's own Chris Waugaman! More info to come. Save the dates!

Fall Meetings and Hall of Fame accommodations reminder

The VHSL fall meetings and Virginia High School Hall of Fame Banquet are both held in October at the Doubletree Hotel. A block of rooms has been reserved for attendees. To avoid problems later, please take time now to reserve your rooms for these events before the block is full and you have to look for accommodations elsewhere. Rates will be \$125 per night and must be made by Sept. 15. The link for reservations is below:

<https://doubletree.hilton.com/en/dt/groups/personalized/C/CHOSHDT-VHS-20151013/index.jhtml>

Coaches exception rule (non-faculty), sanctions and assistant principal and AD card requests

If you have not already sent in your requests for the Coaches Exception Rule (non-faculty), sanctions and the request for Assistant Principal and AD cards, we encourage schools to get these forms into the League Office for the fall season by August 17th. Otherwise, these may not get taken care of until after September 6th due to vacation. All requests should be sent to Lora Bickley (lbickley@vhsl.org).

Assistant Principal and AD cards will be sent out beginning the week of August 8th.

Taking coaches pass requests now

Taking Coaches Pass requests NOW for the 2016-17 school year. For schools wanting to order their passes before the end of this year for the following year, please send in your 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 \(clittle@vhs.org\)](mailto:clittle@vhs.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](mailto:clittle@vhs.org), 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@vhs.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.vhs.org/doc/upload/coaches-pass-request-form-multi1.docx>

Approved sanctions for 2016-17

The 2016-17 List of Approved Sanctions are posted on the VHSL our website. Click on this link: <http://www.vhs.org/forms/sanction-requests>. Remember to submit your requests if you are hosting a sanctioned tournament and check the list if you have been invited to a sanctioned meet to make certain it has been approved. If you have any questions, contact Lora Bickley (lbickley@vhs.org).

Sanctions

This is a reminder that schools should be sending in their requests for fall sanctioned events. Requests not received in the League Office 15 days prior to the event are assessed an additional \$50. If you fail to send it in and you feel the form may not get to our office by the 15-day cut-off, simply email your form to Lora Bickley (lbickley@vhs.org), with a note that the original form and check are being mailed out to our office.

If you are inviting schools that border Virginia, be sure you use the Border State Form to submit your request. Click here to access the border state form: <http://www.vhs.org/doc/upload/adm-border-sanction.docx>. Forms received on the In-state form have to be transferred to the Border State form before it can be sent to the appropriate state(s). Contact Lora Bickley if you have any questions concerning your sanction request (lbickley@vhs.org). A listing of the approved sanctions to date are posted on the VHSL website.

March meeting dates moved up

In view of the fact that the format for the state basketball tournament has changed to a Thursday, Friday and Saturday, we are moving the Group Boards and Membership Meetings from Wednesday-Thursday, March 8-9 to Thursday-Friday, March 9-10. Please mark your calendars accordingly and keep this in mind when making your overnight accommodations.

The hotel will provide us a link next week for schools to make their reservations.

2016 VHSL area meeting UPDATE

The League staff will conduct a series of meetings throughout the state earlier this year in order to review VHSL eligibility regulations as well as provide information on all aspects of the League's athletic and non-athletic programs before the school year gets well under way – August and September. The meetings will be conducted by Tom Dolan, Assistant Director for Compliance and the new Executive Director Billy Haun when his schedule permits.

All meetings will begin at 10:00 a.m. and conclude by 12:00 noon

Tuesday, August 2	Abingdon, Abingdon High School	Room 400
Wednesday, August 3	Salem, Glenvar High School	Glenvar Middle Lecture Forum
Thursday, August 11	Lynchburg, Brookville High School	Multipurpose Room
Tuesday, August 16	Bridgewater, Turner Ashby High School	Lecture Room
Tuesday, August 23	Fairfax, James Robinson Secondary***	Russell Theatre
Wednesday, August 24	Hampton, Bethel High School	Auditorium
Thursday, August 25	Virginia Beach, Landstown High School	Schola Room
Tuesday, August 30	Richmond, J. R. Tucker High School	Auditorium
Thursday, September 1	Charlottesville, VHSL Office	Lower Conference Room

Photo ID is required for admittance to James Robinson Secondary School

2016-17 Debate

1A, 2A and 3A schools, please confirm (via e-mail to lgiles@vhs1.org) your intent to participate in VHSL Debate in 2016-17 so that we may consider multiclass conference and region groupings. So far, those that are confirmed are:

Abingdon
Auburn
Battle, John
Blacksburg
Broadway
Bruton
Cave Spring
Central-Woodstock
Christiansburg
Clarke County
East Rockingham
Fluvanna
Fort Defiance
Hidden Valley
Madison County
Manassas Park
Mason, George
Monticello
Prince Edward
Randolph-Henry
Riverheads
Spotswood
Staunton River
Strasburg
Tabb
Turner Ashby
Walker, Maggie

Wilson Memorial
York

Patriot High School offers to host 2016-17 state gymnastics – site needed for 2017-18

Patriot High School (Nokesville) has stepped up and offered to host the VHSL State Gymnastics Meet on February 17-18, 2017. Patriot last hosted in 2014-15. The VHSL Executive Committee will be asked to approve Patriot as the site at their September meeting. A site is still needed for 2017-18. Contact Joyce Sisson (jsisson@vhsl.org) at the League office if interested.

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. The principal and athletic director will receive their cards automatically in the July School Mailing. They should be sure to be on the lookout for the envelope marked "PRINCIPAL" and "ATHLETIC DIRECTOR". 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.