

**VIRGINIA HIGH SCHOOL LEAGUE
1642 STATE FARM BOULEVARD
CHARLOTTESVILLE, VIRGINIA 22911**

EXECUTIVE COMMITTEE MINUTES FEBRUARY

TIME: Tuesday, February 17, 2009

3:00 p.m. Personnel and Operations Committee

3:00 p.m. Finance Committee

3:00 p.m. Technology and Communications Committee

3:00 p.m. Policy and Programs Committee

Wednesday, February 18, 2009

TIME: 8:30 a.m. -- Full Executive Committee convenes

PLACE: DoubleTree Hotel
990 Hilton Heights Road
Charlottesville, Virginia

- I. **Roll Call:** Nelson Simpkins, Bill Owen, Rob Arnold, Mike Lane, Tony Francis, Lawrence Whiting, E. G. Bradshaw, Cynthia Watson, Pete Koste, Jim Stemple, Mike Campbell, Charles "Mike" Harris, Charles Turner, Rusty Fairheart, Keith Rowland, Dan Lyons, Anthony Brads, Don Stowers, Jim Thornton, Raymond Kohl, Dan Checkosky, Judy Brinsfield, Clay Moran, Denise Bowman-Scott, and Ken Tilley.

Members absent: Gene Kotulka, Vanessa Wigand, Bob Tata and John Miller.

Also attending were VHSL staff Tom Zimorski, Jim Garman, Joyce Sisson, Lisa Giles, Tom Dolan, Hannah Catherine Munro, Mike McCall and Lora Bickley, as well as Les Cummings, Loudoun County Schools; Bill Curran, Fairfax County Schools; Buck Smith, Warren County Schools and William Gouldthorpe, Amherst County Schools.

Chairman Simpkins introduced the two new Executive Committee members, Tony Francis, Region III representative, replacing Jim Whorley and Keith Rowland, Region 4 Superintendent, replacing Randy Thomas.

A moment of silence was held for Jim Whorley, Region III representative, who lost his life in a boating accident in December.

- II. **Agenda Approval:** Denise Bowman-Scott moved, E. G. Bradshaw seconded and the committee voted 24-0 to approve the agenda as presented.
- III. **Minutes:** Rob Arnold moved, Denise Bowman-Scott seconded and the committee voted 24-0 to approve the December 3, 2008, Executive Committee minutes as presented.

IV. **Announcements and Call for New Business:**

- A. Committee schedule and procedures were reviewed.
- B. March Meeting hotel arrangements – Lora updated the hotel arrangements for group board officers.
- C. Recognitions: Sharon Condoulis was not able to attend the meeting to receive her plaque for 25 years of service due to the inclement weather.
- D. Call for New Business.

- 1. Northern Region Representative Mike Campbell requested that the start date for basketball be moved from December 2 to December 1 in order to have basketball games on December 1 and wrestling matches on December 2.

2. Northwest Region Representative Jim Stemple requested a change in the state field hockey format.
3. Northwest Region also requested a change in the handbook to address the terms of executive committee members as it applies to the chairman rotation.

V. **Concerns from the Public:** None.

VI. **Committee Reports:**

A. **Finance:** Chairman Rob Arnold reported the findings of the Finance Committee. No items required action by the Executive Committee.

1. Reviewed the VHSL Balance Sheet and Income and Expense Report through January 31, 2009. The investments have not taken a significant hit in view of the current economy and are in line with last year's budget.
2. Reviewed the VHSL Foundation, Inc., Balance Sheet and Income and Expense Report through January 31, 2009. The Foundation investments have taken a more significant hit.
3. Review Preliminary FY2010 budget. The new budget presented reflects a 2% raise for staff as requested in December by the Finance Committee. The final budget will not be voted on until May.
4. The committee took no action on the NFHS Licensed Product Pilot Program. Hannah Catherine will bring back specifics at the May meeting.
5. Announced that the Cash for Quotes Program sponsored by Allstate is now statewide and asked region representatives to promote the program as a potential revenue source for schools.
6. Reviewed the minutes of the Admission and Pass Policy Committee. Pete Koste indicated he is requesting additional information from the districts and regions.

Rob Arnold moved, Pete Koste seconded and the committee voted 24-0 to accept the Finance Committee report.

B. **Personnel:** Chairman Bill Owen reported his committee findings:

1. **Review progress on executive director's goals:**

Goal #1 – Budget: A balanced budget is being provided in February to the Executive Committee. The budget reflects a 2% salary increase as directed by the Finance Committee.

- Generally budget has been met.
- Region income in some fall sports is down.
- Still missing several region reports and checks.
- Staff has made cut in expenses, primarily in the area of travel and professional development.

In reviewing the football income and expenses as of January 31, Ken reported that staff discussed ways to cut expenses and questioned if it is worth considering hosting state finals at high school sites. This could possibly mean splitting the divisions in football and not hosting doubleheaders.

Goal #2 – Building: Action on this goal is postponed and the time table will need to be adjusted due to economic concerns and the need to replace some committee members since some of the original committee declined to serve.

Goal #3 – Develop a new classification system: VHSL staff met this goal by developing a new Five Division Playoff Model. In addition, staff also developed a Six Division Playoff Model for comparison purposes.

The Division Playoff Study Group met and recommended an entirely different system – leave Group AAA as is and allow both Group A and Group AA to develop a different classification system to address the inequities in each group as the respective group boards would deem appropriate.

Goal #4 – Prioritize years three and four of the Strategic Plan: Due to financial and budget concerns, formal issues will be presented to the Executive Committee in May.

2. **Conduct preliminary evaluation of executive director:** It was the consensus of the Personnel Committee that the executive director is doing a stellar job managing all the various aspects of the Strategic Plan and has embraced working strategically.
3. **Review Strategic Plan Operations and Personnel Critical Issues:** The committee reaffirmed the critical issues for 2008-09 and 2009-10.

The committee discussed the following:

- The importance of the Foundation and the work done by the two new consultants,
- The possibility of a breakout session at the March Meetings dealing with how school divisions are coping with the economic situation.
- The statewide Allstate Cash for Quotes program as a potential new revenue source.
- Ways VHSL might assist schools with budget cuts.
- The possibility of eliminating one Executive Committee meeting. In view of voting on legislation, it was suggested that the current February meeting be held only to vote on legislation. The meeting would begin at 10:00 a.m., thus eliminating overnight accommodations (except for a limited number of members) and some meal expenses.
- The growing partnership with Jostens, including an appearance by the national CEO from Jostens as the keynote speaker at the March Membership Meeting.
- The importance of regional representatives encouraging attendance at the Membership Meeting.

Bill Owen moved, Denise Bowman-Scott seconded and the committee voted 24-0 to accept the Personnel and Operations Committee report as presented.

C. **Policy and Programs:** Chairman Mike Lane reviewed the committee's findings, and it was noted that no items required action by the Executive Committee at this time.

1. **Sports Medicine Advisory Committee (SMAC):** Reviewed the February 4 meeting minutes.
2. **Coaches Ed Committee:** Reviewed the January 12 meeting minutes.
3. **Legislation:** Reviewed all legislative proposals as appropriate and recommended adoption or approval of proposals presented.
4. **State Playoff Sites for 2009-10** were reviewed.
5. **Basketball Super Sites:** Joyce Sisson reported on the progress made to secure Super Sites for the basketball quarterfinals.
6. **Reviewed Strategic Planning Policy and Programs Critical Issues.**

Mike Lane moved, Denise Bowman-Scott seconded and the committee voted 24-0 to accept the report of the Policy Committee.

D. **Technology and Communications:** Chairman Jim Stemple reviewed the committee's findings:

1. **Update on Clearwired:** The new website has been launched, and it was the consensus that our site has a professional look.

2. **Reviewed Strategic Planning Technology/Communications and Presence/Advocacy Critical issues:**

Committeeman Jim Thornton requested consideration of VHSL banners for each high school to display in their gyms. This could be paid through the contingency funds that currently contain over \$1 million.

Rob Arnold moved, Denise Bowman-Scott seconded and the committee voted 24-0 to send this recommendation to the Finance Committee to study.

Jim Stemple moved, E. G. Bradshaw seconded and the committee voted 24-0 to approve the Technology and Communications Committee report as presented.

VII. **Legal Report:** No report.

VIII. **Division Playoff Study Group:** Executive Director Tilley reported that the Division Study Group met and made the following recommendations to the Executive Committee for consideration:

1. Suspend further consideration of the most recent Five Division / Six Division proposals.
2. Leave the R&R process unchanged; meet in 2009-10 to align for 2011-12 and 2012-13.
3. Encourage respective group boards to develop guidelines for determining football and basketball division formats. The guidelines will address the following issues:
 - a. Number of qualifying teams.
 - b. Schedules meeting VHSL handbook requirements.
 - c. Potential financial impact on region and state revenue.
 - d. Placement of schools within divisions.

E. G. Bradshaw moved, Pete Koste seconded and the committee voted 24-0 to approve the recommendations of the Division Playoff Study Group.

IX. **Consent Agenda:**

Tony Brads moved, Mike Lane seconded and the committee voted 24-0 to approve the following two-vote legislative items.

27-13-6	Sportsmanship Rule --- Prescribes the same consequences for pre-season activities as currently exist in all other contests.	Adopted 24-0 (Brads moved, Lane seconded)
28-6-2	Transfer Rule – Modify the requirements for student transfers from a non-member school to match the intent of this rule.	Adopted 24-0 (Brads moved, Lane seconded)
70-6-1	Golf – Determining State Championships – Allows coaches more freedom to instruct players during competition without delaying play.	Adopted 24-0 (Brads moved, Lane seconded)
80-3-1	Swim and Dive – Reduces the number qualifying from region to state.	Adopted 24-0 (Brads moved, Lane seconded)

X. **Legislation:**

Emergency

77-3-2	Interrupted (Lacrosse) Girls Post Season Tournament Games -- Develop a consistency with other sports regarding game interruption.	Adopted 24-0 (Lane moved, Bowman-Scott seconded)
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77-3-3	Interrupted (Lacrosse) Boys Post Season Tournament Games – Develop a consistency with other sports regarding game interruption.	Adopted 24-0 (Lane moved, Bowman-Scott seconded)
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First-Vote

27-2-5 27-2-6 27-2-7 30-5-1	Coaches Education Requirement State and Local Knowledge Requirement Penalty Specific Penalties (17) FINES. Provide the means whereby all coaches in VHSL schools are trained in fundamental coaches competencies.	Rec. 21-1-2 (Bowman-Scott moved, Brads seconded, Whiting voting no; Turner and Campbell abstaining)
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30-5-1	Specific Penalties (13) – To include an official VHSL Warning to specific sports programs when substitute players or bench personnel enter the playing field/court.	Rec. 24-0 (Owen moved, Harris seconded)
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54-8-1	Contest Limitations – Will enable volleyball teams to play in tournaments that are played in a “game” format rather than a “match”.	Rec. 16-8 (Brads moved, Bowman-Scott seconded; Simpkins, Koste, Bradshaw, Moran, Whiting, Watson, Brinsfield, Checkosky voting no)
	and	
86-1-1	Volleyball schedules In order to play volleyball in a tournament format conducive to rally scoring. Amended 22-1-1 (Lane moved, Bowman-Scott seconded; Bradshaw Voting no; Moran abstaining) to delete the word “games” and replace with “sets”.	

XI. Action Agenda:

1. **2009-2010 Golf Calendar Dates (Requested by Region III and Southwest District):** E. G. Bradshaw moved, Tony Francis seconded and the committee voted 24-0 to move the first play date for golf from August 10, 2009, to August 4, 2009 for all schools.
2. **Out-of-Season – Appendix 6 (Policy Manual):** Pete Koste moved, Denise Bowman-Scott seconded and the committee voted 20-3-1 (Moran, Brinsfield, Checkosky voting no; Whiting abstaining) to approve the revisions, clarifications and expansion of Appendix 6 of the Policy Manual.

APPENDIX 6

VHSL OUT-OF SEASON PRACTICE RULE INTERPRETATIONS

1. Practice is defined as any organized activity scheduled and/or supervised by a coach. Schools may conduct an organizational meeting (for the purpose of issuing equipment, explaining squad policies, taking physicals, etc.) prior to the sports season.
2. Because out-of-season activities are not conducted under the auspices of the VHSL or any member school, they are not covered by VHSL catastrophic insurance.
3. Out-of-season activities may not be required of any student athletes or potential student athletes.

4. Attendance or non-attendance in out-of-season activities may not be utilized for team selection/evaluation.
5. A school team coach may coach his/her players on non-school teams provided the team is composed of students representing at least two high schools.
6. "Open gym" or "Open field" activities are defined as general recreational, free-play opportunities for students. They must be open to all students. The dates and times of the open gym/field must be publicized well in advance and in such a manner that all students are aware of the open gym/field. If only team members or potential team members from a specific sport attend, the activity must be cancelled. If a sport team coach is present, he/she may only be engaged as the designee of the principal for school facility supervision purposes. He/she may not organize or direct activities, participate with students, coach in any manner whatsoever, evaluate students or use the opportunity for team selection. Sports specific equipment such as rebounders, pitching machines, batting cages, hurdles, blocking sleds/dummies, starting blocks, or any other school provided equipment designed to improve sport specific skills may not be used during open gym/field activities.
7. "Conditioning" is general physical conditioning and may not involve any sport specific drills or activities. A school can organize and supervise a conditioning program anytime as long as the program is general in nature and includes only exercises designed to promote physical fitness and as long as the program is open to all members of the student body. This program could include weight lifting, running and exercise. Conditioning sessions must be optional and may not be used for evaluative or team selection purposes. No coaching may occur and no sport specific equipment, activities or drills of any kind may be utilized in any way.
8. Weight lifting is exclusively limited to activities (free weights or weight machines) to improve/maintain individual strength. Weight training may be combined with conditioning sessions as long as all activities are general in nature and not sports specific.
9. A coach may be employed by the Recreation Department or other governmental agency (to teach only his specified sport and nothing else) as a part of the recreational program if the program is open to everyone in the community and that portion taught by the coach is an integral part of the community's diversified Recreational Program. School facilities may be used for the Recreation Program if approved by the administration.
10. Specialized sports camps sponsored by and conducted by any member schools are permissible as long as the camp is open to everyone. Schools may not pay student registration fees and no camp may be scheduled during the 14-day period prior to the first permissible practice date of the specific sports season. A school is permitted (even encouraged) to set up a separate school account for camp funds which are raised by the students themselves for that purpose. Schools may not transfer funds from other accounts into the camp fund. Schools may provide transportation for students attending a specialized sports camp. Schools may also issue equipment to students attending such camps.
11. A coach is permitted to coach his/her team members during an organized "team camp" as long as there is individual skill instruction in which a coach also interacts with students from other teams as well as his/her own students. Team camps hosted by member schools may not be scheduled during the 14-day period prior to the beginning of that sports' season. Practices may not be conducted in preparation for team camps. Team camps must involve a minimum of four school teams.
12. 7 on 7 passing leagues are permitted out-of-season provided there is a specific instruction period in which a coach interacts with students from other teams as well as his/her own team. 7 on 7 leagues may not occur in the 14-day period prior to the beginning of the fall season. Practices may not be conducted in preparation for 7 on 7 passing leagues.

13. **Potential violations of the Out-of Season Rule may include but are not limited to:**

- a. Meeting with team members to discuss strategies or view tape.
- b. Conducting an open gym/field activity with the coach organizing the teams and directing the activity.
- c. During a weight training activity, organizing/conducting sport specific drills.
- d. Informing athletes formally or informally that attendance at out-of-season activities is “required” or using attendance as a pre-requisite for making the team.
- e. Conducting baseball hitting and throwing drills for the baseball team at an off-school site.
- f. During a basketball conditioning session, allowing participants to use a rebounding device.
- g. During weight training for baseball, having a batting cage available for use.
- h. Limiting any out-of-season activity to team members or potential team members.
- i. Utilizing out-of-season activities as formal or informal “tryouts” for a school team.

3. **Reduction in Contest Limitations:** At several superintendents region meetings in December, there seemed to be interest in having the League reduce the Contest Limitation Rule in order to help schools cut travel costs. It was the consensus of the committee that this item should be placed on the group board agenda for discussion by the individual group boards.
4. **Swim/Dive Inclement Weather Policy:** Denise Bowman-Scott moved, Mike Harris seconded and the committee voted 24-0 to approve this policy for inclusion in the Policy Manual. This policy had been recommended in 2003, but was never formally approved by the Executive Committee.

XII. **Discussion and Information Agenda**

- A. **Appeals:** The matrix for the appeals to date was provided.
- B. **NFHS Winter Meeting:** Ken Tilley and Mike Harris attended the annual NFHS Winter Meeting from January 2-5, 2009. Besides the NFHS Board of Directors Meeting, some of the key sessions and roundtable discussion consisted of:
 - Recruiting Officials
 - Relationship with US Soccer
 - Handling Other People’s Money – A Guide for Non-Profits
 - Providing Tangible Value for Sponsors through “Scalable Grass Roots”
 - The Seven Keys to Leadership in the 21st Century
 - Coaches Education Update
 - A soon-to-be-released Sportsmanship Video
 - Controlling State Association Expenses
 - Innovative Ideas for Generating Revenue
 - Contract Management and Benefit Packages for Chief Executive Officers
 - Recent Civic Rights (ADA) Legislation
 - Event Security
 - Investment Policies
 - Officials Education
 - Direct Placements of Foreign Students
- C. **NFHS Student Leaders Conference:** The NFHS National Student Leadership Conference will be held July 16-19, in Indianapolis, Indiana, at the Indianapolis Hilton Hotel. The NFHS anticipates attendance of 300 student delegates from around the nation. Virginia will be allowed to send six students – rising sophomores and juniors – with conference registration, housing and all meals free to registered student delegates from a grant by T-Mobile USA, Inc. The National Student Leadership Conference provides a forum for student and adult leaders to discuss contemporary issues facing education-based athletics and activities. Through interactive, large- and small-group discussions, these leaders will learn to promote respect, positive values, sportsmanship, teamwork, healthy lifestyles, community service and perspective. Last years’ students were from Washington & Lee (Region A), Radford (Region C), Orange County (Region II), Kettle Run (Region II),

and Liberty Bealeton (Northwest Region). In 2007, students were from Regions B, C, Central, Eastern, Northern and Northwest. We invite Regions D, III and IV – and other regions – to consider sending students this year. Preferences will likely be given to regions not attending in the past.

- D. **VHSL Student Leaders Conference:** Schools were encouraged to send a delegation to the Thirteenth Annual VHSL Student Leaders Conference at Denhigh High School in Newport News on Friday and Saturday, April 24 and 25, 2009.

Another outstanding program has been planned. Keynoters include Harvey Alston, a nationally renowned motivational speaker back by popular demand after making two previous appearances, and VHSL Alumnus Josh Sundquist, a member of the 2006 US Paralympic Ski Team and a former VHSL scholarship winner who speaks before thousands each year.

A special feature this year will be a self contained leadership track led by Keith Nord, a former Minnesota Viking team captain who now leads a customized leadership program for high school students through Jostens. Each school is **strongly** encouraged to send at least one student to this program which is set for Saturday morning and will engage participants in a variety of leadership exercises based on real-life situations.

- E. **NFHS National High School Spirit of Sport Award:** The NHFS has developed its “National High School Spirit of Sport Award,” which will be conferred to eight section winners as well as one national winner. The recipient could be a coach, athletic administrator, administrator, trainer, student-athlete or any others associated with the school or the school’s athletic program.

The award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based athletics.

Thomas Allen, a senior at Manchester High School, is this year’s Virginia nominee for the National High School Spirit of Sport Award. Thomas is a special needs student who suffers from Cerebral Palsy. Due to his physical disability, Thomas has not been able to participate as an athlete, but he has served as team manager for both the football and basketball teams.

According to his nomination application, Thomas is much more than a team manager. He is part teammate, part coach, part sport psychologist and one hundred percent their inspirational leader. His personal credo of “Never Give Up” is the Lancers athletic teams adopted motto. He is so much admired by the Manchester High School student body they elected him the 2008 Homecoming King.

A four-member national committee will select the section winners and one national winner who will be recognized at the NFHS Summer Meeting’s Conference Luncheon.

- F. **2009-10 Tentative VHSL Meeting Dates:** These dates will be voted on in May.

September 23, 2009	Executive Committee
October 5, 2009	Hall of Fame
October 6, 2009	Group Boards/Membership
December 2, 2009	Executive Committee
February 17 or 24, 2010	Executive Committee
March 11, 2010	Group Boards
March 12, 2010	Membership
May 5, 2010	Executive Committee

- XIII. **March Meeting Schedule:** It was determined that the breakout sessions will include: Sportsmanship, Out-of-Season Practice and Trainers.

Thursday, March 12

8:00 a.m. – 8:45 a.m.	Breakfast and Registration
8:45 a.m. – 9:30 a.m.	Breakout Sessions -- General Topics of Interest
9:45 a.m. – 11:00 a.m.	Group Boards
11:00 a.m. – 12:00 noon	Group A, AA, AAA Breakout Session immediately following adjournment of each Group Board to discuss division playoff proposal

Friday, March 13

8:00 -- 8:45 a.m.

Breakfast/Registration

8:45 – 10:30 a.m.

Membership Meetings

XIV. **Consideration of New Business Items:**

Mike Campbell moved, Denise Bowman-Scott seconded and the committee voted 5-19 to move the start date of basketball from December 2 to December 1, 2009. Thus the motion failed.

The recommendation concerning the regions hosting the field hockey quarterfinals should be taken to the Group AAA Board for discussion and action.

Legislation will be brought forward in May regarding changing the handbook to address the terms of executive committee members as it applies to the chairman rotation.

XV. **Business from the Floor:**

Don Stowers noted that the May Executive Committee dates conflict with the Superintendents' Conference. Staff will need to make adjustments to the dates as presented. He also noted it is a good suggestion to have a meeting in February to address legislation only.

XVI. **Adjournment:** There being no further business, the meeting was adjourned at 12:14 p.m.