

Raise the Bar

Sportsmanship Matters!

August 2010 - Volume 24, Number 1

Changes and Updates for 2010-2011

By UHSAA Executive Director Rob Cuff



Since 1927, the UHSAA has led the development of education-based interscholastic athletic and fine arts activities that help students succeed in their lives. The UHSAA is committed to stressing educational and cultural values, improving the participation experience in activities, promoting life skills and lessons involved in competitive activities, fostering citizenship and sportsmanship and assisting those who oversee high

school sports and activities in our member high schools.

The Board of Trustees, Executive Committee and staff have been busy preparing, planning and organizing the changes and updates for the 2010-11 school year. As administrators, athletic directors, coaches and teachers in our member schools, YOU are US and WE are YOU. By working together, we can provide the best experiences and quality opportunities for the young people we serve. Through education-based activities, we can promote the development of character and ensure the teaching of positive values, philosophies and principles of educational value that will last a lifetime.

We can do this by creating positive learning laboratories where practical life's lessons are taught to promote sportsmanship by enforcing standards of excellence which enhance the educational experience for high school students. Through the new statewide sportsmanship program, we must expect high levels of sportsmanship by enforcing standards of excellence within all of our activities at all times. We must answer the call to use TEAM (Teach, Enforce, Award, Model) to create appropriate and ethical behavior. As a result, we will enjoy the positive products of our programs as our athletes and performers grow and develop in so many ways.

All member schools will receive a sportsmanship booklet outlining the details of the program and a sportsmanship banner for the gymnasium. These items will be delivered to principals in a fall Region Board of Managers meeting.

Every school can be a winner when it comes to good sportsmanship. We encourage all who are involved in high school

activities to make the commitment to education-based activities by teaching, enforcing, awarding and modeling the principles of this new statewide sportsmanship program. We invite all member schools to TEAM-up to Raise the Bar, Earn Your Star because Sportsmanship Matters!

Other changes and updates for 2010-11 are as follows:

Handbook and Yearbook: Much of the summer has been utilized in revising the UHSAA Handbook. You will see a different look in the format and organization of the by-laws, interpretations and guidelines of the Association. We hope it will help you in finding information more effectively. We have included question and answer sections, which will continue to grow, to assist school personnel in interpreting the by-laws. Handbooks and yearbooks will not be printed and distributed to schools; however, they are available for printing at our new and improved website. This will allow for changes and updates to be added throughout the year when necessary.

Website: The UHSAA website will have a new look and new features that will provide a great resource for our member schools. We encourage you to go online (www.uhsaa.org) and become familiar with the format and contents of the new website.

Transfer Rule: After a survey to our member schools last fall, numerous meeting discussions and a vote from our member schools, the new transfer rule will be implemented on September 1, 2010. Prior to that date, member schools will continue to operate under the current transfer rule using the current transfer of eligibility forms found on our website. Senator Howard Stephenson has drafted potential legislation addressing the new transfer rule. Since we will be facing legislation in January, we need everyone to contact legislators with input concerning the transfer rule and any proposed legislation.

Realignment Proposal: The Board of Trustees has discussed a proposal to change the procedure for aligning member schools. We ask that you review the press release, the explanation of the proposed procedure and the power point slides found on the UHSAA website. Our Board needs feedback—from those in support of the change or from those not in support of the change—to be submitted through the following link: (<http://www.uhsaa.org/realignment/comment.htm>). The Board of

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Trustees will hold a public hearing at 5:00 pm on August 25, 2010, at the UHSAA offices (199 East 7200 South, Midvale). We invite all to attend and express thoughts and concerns regarding school alignment.

Hazing/Bullying: The State Board of Education has passed board rule R277-613, requiring districts and/or schools to address hazing and bullying issues. A memo has been released by the State Office of Education outlining hazing and bullying prevention training for all students, employees and volunteers participating in a public school sponsored athletic program, both curricular and extracurricular, or extracurricular club or activity. This training must be provided by the district, school, or charter school sponsoring the activity. A training DVD produced by the National Athletic Directors Association (NIAAA) has been approved for the training of both students and adults as required by R277-613. However, those who choose to use the DVD for training should also include the following items required by the rule that are not covered on the DVD: (1) notification that the Board Rule also prohibits cyber bullying; (2) notification of specific activities prohibited by district/school policy; and (3) notification of the potential consequences for violation of the State Rule, school/district policy, or State Law. The DVD may be purchased by going to www.niaaa.org and selecting publications and products.

Concussion in Sports: In a national study completed by the NFHS, concussions were the second most common injury among the country's high school athletes after ankle sprains and strains. In addition, about 40% of those with concussions return to play before being cleared by qualified medical personnel. The UHSAA has organized a Sports Medicine Advisory Committee to discuss concussion management and other medical items. That committee has already met and will be sharing proposals with the Executive Committee in the August meeting concerning concussion in sports. All NFHS sport rule books for this year, as well as the UHSAA Handbook, will contain suggested guidelines for concussion management and administration. A free course developed by the NFHS is available on-line (www.nfhslearn.com) and is an excellent resource on concussion management. The 20-minute course provides education and instruction for administrators, coaches, game officials, parents and students about concussions and the actions to take when a concussion is present. All the latest information regarding concussion in sports can be found at the NFHS website (www.nfhs.org).

Coaches' Education: The USOE/UHSAA SCORE coaches' certi-

fication database is no longer managed by USOE. The database will be available at the UHSAA offices for historical information only. Districts, private schools and charter schools are now responsible to make sure coaches are certified. Districts and/or schools will need to be proactive in maintaining current certification records in the event of problems or issues that may arise with their coaches. All head coaches and paid assistant coaches must be certified—beginning this year drill team head coaches and paid drill team assistant coaches are also included in the certification requirement. The four components to coaches' certification are the coaches' principles course, first aid certification, CPR certification and a background check. Coaches who have PE majors, PE minors, coaching minors, or those endorsed to teach PE by the USOE, are considered trained. The coaches' principles course can be taken online at www.nfhslearn.com. To confirm that a coach has completed the coaches' principles course, use the "coach search" icon on the nfhslearn.com website.

Electronic Programs: Event folders with rosters and brackets will continue to be provided at a minimal cost at the state tournaments. In addition, a complete electronic tournament program with team pictures and other items will be available online for printing at the UHSAA website for those interested in a souvenir program prior to the event.

Electronic Ticketing: The UHSAA will be experimenting with on-line ticketing at a few state tournaments this school year. Other states have had success in providing the opportunity to fans who want the convenience of purchasing their tickets ahead of time and avoiding long lines at the event. Pre-sale ticketing by our member schools could be done through e-ticketing and still allow the benefit of a rebate on those pre-sale tickets.

Online Registration and Background Checks for Officials: All officials will be required to have a background check prior to officiating. The background check will take place when the official registers on-line to officiate. All officials' items, training and testing will be moved from the UHSAA website to the Arbiter website (www.uhsaa.arbitersports.com) where officials currently receive their game assignments and other officiating announcements.

Many great things are happening in our Association and with our member schools. Our vision for the future is to continue to offer the very best resources, services and programs to our member schools. Whenever we can assist you please contact us by e-mail or phone. We appreciate your support of the UHSAA and hope your school year is both exciting and enjoyable!

In future UPDATE issues, Executive Director Rob Cuff will share his thoughts in an "Off the Cuff" column.



L-R: Mike Petty, Becky Anderson, Rob Cuff, Kevin Dustin, and Bart Thompson

Responsibilities of UHSAA Directors

Executive Director Rob Cuff: Overall supervision of UHSAA staff, board meeting agendas & summaries, Executive Committee meeting agendas & summaries, legal issues, hearings & appeals, transfer of eligibility, foreign student eligibility

Assistant Director Bart Thompson: Cross country, soccer, speech/debate, track & field, wrestling, academic all-state, sports medicine

Assistant Director Becky Anderson: Drill team, music, softball, swimming & diving, tennis, volleyball, handbook and yearbook supervision, tournament programs, UHSAA Newsletter editor, sportsmanship and citizenship

Assistant Director Kevin Dustin: Baseball, basketball, drama, football, golf, corporate sponsors & marketing, coaches' education & training, christmas moratorium adjustment, sports record book

Supervisor of Officials Mike Petty: Director of officiating, arbiting, ref pay, player & coach ejections, officials' associations, officiating issues and concerns



Raise the Bar

Statewide Sportsmanship Program

The UHSAA is excited to implement their first statewide sportsmanship program, Raise the Bar, for the 2010-11 school year. The program was developed by the UHSAA Sportsmanship Committee which included coaches, athletic directors, UIAAA, UHSAA, principals, Executive Committee and BOT members.

Approved by both the Executive Committee and the Board of Trustees, the sportsmanship program will promote the philosophy of education-based athletic and fine arts activities and the responsibilities that come with the privileges of participation. Extracurricular activities are an extension of the school day, another type of learning lab, which provides valuable and unique opportunities to learn life skills and universal values including - respect, teamwork, personal responsibility, honesty, integrity and leadership.

This is a call to action for all 138 member schools to join forces to Teach, Enforce, Award and Model positive and ethical behavior at all of our high school events.

Throughout this school year the new "Raise the Bar" Sportsmanship Program will be a point of emphasis in the UHSAA E-Newsletter and on the UHSAA website, new Sportsmanship Page (uhsaa.org).



Photo by Michael Brandy, Deseret News



Photo by Michael Brandy, Deseret News

Program Goals

- Promote the philosophy and purpose of EDUCATION-BASED activities.
- All associated with high school activities will demonstrate good sportsmanship.
- Teach, Enforce, Award and Model Positive & Ethical Behavior (TEAM).
- Implement a "School Sportsmanship Banner Award Program".
- Maintain a Sportsmanship web page to share resources, strategies & successes.
- Sponsor a UHSAA/UIAAA Statewide Student Leadership Summit on Saturday, June 23, 2012, with participation from all member schools.

Strong scholastic programs combined with quality athletic and fine arts activities work hand in hand in developing successful students and productive citizens. Winning is secondary to the education and positive development of our youth.

Quotes from Former NFHS Executive Director, Robert Kanaby:

"Whether administrators, teachers or coaches, we hope to instill in our students the desire to act with character, not just because they believe it is expected but because they believe it is right."

"Winning at the high school level should be a pleasant outcome to fulfilling the TRUE PURPOSE of sport in school... which is to serve the complete educational needs of those who choose to participate. The PREEMINENT PURPOSE of sports and activities is not to teach someone how to hit a three-pointer or to throw a curve ball but how to harness the discipline, desire and commitment that come from striving to achieve these goals and then channeling those traits into overcoming the challenges of everyday life."

UHSAA Member Schools TEAM-Up to Raise the Bar

With the start of a new school year it is with great excitement and anticipation that the UHSAA is rolling out a new sportsmanship program. I would like to take a few moments and share with you some of the concepts that the sportsmanship committee and staff have worked on over the past year. We are going to focus on a few items like **"DO ROWDY RIGHT - Cheer for your team!"** and focus on the positives that good sportsmanship is all about. In order for this program to be successful we must unite our efforts as administrators, athletic directors, coaches, players, students, parents and all those who support high school activities. First is the T.E.A.M. concept. We must **TEACH, ENFORCE, AWARD and MODEL (TEAM)** the appropriate behavior that we expect from everyone involved.

As educators, our first responsibility is to teach what is appropriate behavior at our high school contests/events. We are asking you to **TEACH** your patrons and students that cheering for their team is not only appropriate behavior but it is the right thing to do. Challenge them to be better and have a higher standard than those we see at the college and professional level. Those who play, perform or compete at the high school level do it for the love of the game and not for a paycheck.

Next, be willing to step up and **ENFORCE** appropriate behavior. As an administrator, I know that we would never allow some of the behavior we see at games take place in our classrooms. High school activities are and have always been an extension of the classroom and we are asking that we treat it as such. If it becomes necessary, be willing to ask students, parents or fans to leave the game or contest if their behavior is inappropriate. Even in the heat of the battle, we are asking coaches, players, students, parents and fans to display appropriate behavior.

We also need to **AWARD** those who display appropriate behavior. Every school in the state will be given a sportsmanship banner to hang in their gymnasium. Each banner will have empty spaces for gold stars which can be earned by the school by completing the criteria outlined on the "School Sportsmanship Award Application" (see page 7). Schools will identify areas of success and needs improvement as part of the application. Schools that have excessive coach or player ejections, for example, will not be given the gold star to place on the banner for the following year. The UHSAA will post on the newly designed Sportsmanship Web Page "best practices" that have been submitted from schools so that we can share with each other what is working from around the state. Right now, so many schools are doing so many things "right" as it pertains to sportsmanship.

And finally, be proud to **MODEL** that behavior that is appropriate at games and activities. Administrators, be clear with your coaches what your expectations are as they represent you and your school. Coaches are a critical component to good sportsmanship. The behavior they display has a tremendous impact upon players and fans. Make sure that they have high expectations for their players and that they are clearly on display at all times.

I know that with the outstanding administrators, coaches, players, parents and fans we have in this great state we can make this program work. Good sportsmanship is everyone's responsibility. Together we can make this happen.

By Craig Hammer, Washington School District, UHSAA Executive Committee Chair and Sportsmanship Committee Chair

Join forces to Raise the Bar

Submit stories of exemplary sportsmanship on the Sportsmanship Web Page at UHSAA.org.



Photo by Craig Adams



RAISE THE BAR Sportsmanship Initiatives

The UHSAA is excited to implement five new sportsmanship initiatives for the 2010-2011 school year as part of the Raise the Bar, TEAM program.

1. DO ROWDY RIGHT!

- Do Rowdy Right: "Cheer for Your Team" and not against your opponent.
- Post a "Code of Ethics & Expectations for Positive Sporting Behavior" in visible area.
- Activities are an extension of school day - appropriate conduct is required!
- POSITIVE PARTICIPATION from players, coaches, officials, spectators and fans.
- TEAM-UP to RAISE THE BAR and we are ALL WINNERS!

2. "WE WILL" Sportsmanship Pledge

- Encourage schools to make the "We Will" Sportsmanship Pledge.
- Schools are asked to create a "We Will" DVD using their athletes & coaches.
- Create UHSAA Sportsmanship PSAs to be played prior and during games/contests.

3. STATEWIDE STUDENT LEADERSHIP SUMMIT (Saturday, June 23, 2012)

- The UHSAA & UIAAA will join forces to hold a statewide student conference.
- All members schools will be invited to send two students to participate.

4. PROMOTE the POSITIVE

- Submit Stories of "Exemplary Sportsmanship" and inspiring photos.
- Recognize "Legends of the Game" who exemplify the highest of ideals and character.
- Select "FANTom FANS" who will attend games and report on a blog spot on the Sportsmanship Page.
- Recognize deserving individuals/teams with the "GOOD SPORT AWARD."



5. RAISE THE BAR, EARN YOUR STAR!"

- School Sportsmanship Banner Award Program.
- Schools receive a "School Sportsmanship Banner" to hang in their gym/school.
- "School Sportsmanship Banner Award Application" outlines the required criteria to earn a star.
- The completed application and requested documentation are due by June 15th each year.
- Any school that meets all of the criteria will receive a STAR to attach to their banner.
- "Five Star Schools" (2011-2015) will be honored at a celebration event.

RESPECT

INTEGRITY *personal responsibility*
Honesty Leadership **Teamwork**

“We Will” Sportsmanship Pledge

The Utah High School Activities Association invites their member schools to participate in the “We Will” Sportsmanship Pledge. The “We Will” Pledge promotes good sportsmanship, ethical behavior, self-control, respect, positive citizenship, and the values of teamwork. The UHSAA and the Utah Interscholastic Athletic Administrators Association (UIAAA) encourage schools, players, and coaches to make the “We Will” Pledge.



WE WILL... RAISE THE BAR!

We will...

Play fair and play by the rules
Represent our schools with integrity

We will...

Treat our opponents with the dignity that they've earned
And respect coaches and officials

We will...

Value our opportunity to compete
And thank those who support us

We will...

Always do our best to achieve what we can achieve
Individually and more importantly - as a team

And when the game is over

We will shake hands - win or lose

It's the right thing to do.

Do Rowdy Right!

By Bill Boyle

The Utah High School Activities Association is supporting positive sportsmanship by reminding fans of a basic principle: **Cheer for your team!** What a simple concept. However, sportsmanship problems in high school activities often begin when fans forget this basic idea. Instead of cheering for their team, they begin to cheer against the competition.

Focusing negative energy on the other team can lead to derogatory cheers, which can quickly lead to trash talking, taunting, and humiliation. This never results in a good outcome.

Be passionate, be enthusiastic, be supportive. Cheer for your team; encourage the best from your side; create momentum by building up rather than tearing down. Simply put: **DO ROWDY RIGHT!**



Photo Credit: Keith Johnson



GET LOUD
BE PROUD
STAY POSITIVE



**UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION
SCHOOL SPORTSMANSHIP AWARD APPLICATION
"Raise the Bar, Earn Your STAR!"**



School _____ Classification _____ Date _____



UHSAA member schools are challenged to **"Raise the Bar and Earn A Star"** by completing the requirements listed under the four STAR components. The completed application and documentation must be received by the UHSAA office by June 15, 2011. *The UHSAA School Sportsmanship Banner Award Program has been endorsed by the UIAAA.*

SUPPORT the UHSAA "Raise the Bar" Program in your school by completing ALL of the following criteria:

- Hang your school's UHSAA Sportsmanship Banner in your main gym.
- Prominently post your school's SPORTSMANSHIP policy which must clearly communicate the standards of behavior that are expected when attending or participating in school activities.
- Student-athletes and parents sign the UHSAA Sportsmanship Pledge (See Tryout Checklist Form).
- Zero coach ejections in 2010-11. If a coach is ejected he/she must complete the NFHS Course: *Teaching and Modeling Behavior (nfhslearn.com) within 30 days of ejection.**
- Present the "Raise the Bar" Sportsmanship Program, the "We Will" Sportsmanship Pledge and the "Do Rowdy Right" Sportsmanship Initiative to your staff and student body (i.e. Assembly).

TEACH the principles of positive and ethical behavior by accomplishing THREE of the following:

- Utilize the NFHS "Sportsmanship: It's Up To You" materials.
- Develop a "We Will" Commitment DVD and show to the student body.
- Read a sportsmanship message prior to every home varsity sporting event.
- Hold Player-Parent Orientations prior to the first contest that address proper conduct.
- In scheduled meetings, review with all team captains the personal responsibility they have to provide leadership, demonstrate respect and be a positive role model for good sportsmanship.
- Have students participate in a Leadership Conference or Sportsmanship Summit.

AWARD or acknowledge individuals that have modeled, inspired or shared the ideals of education-based athletic and fine arts activities. Provide evidence that three individuals/teams from your school or community were recognized or honored by your school for their example or contribution (i.e. article in school paper, recognized at assembly, posted on school web site).

REVIEW your school's areas of success and specific areas of needs improvement in regards to sportsmanship in an end of year meeting with students, student-athletes, coaches, faculty and administrators/athletic directors. Provide the UHSAA one area of success and one area of needs improvement (just a brief explanation).

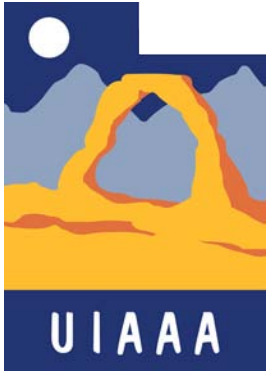
Principal _____ Date _____

Athletic Director _____ Date _____

***Multiple coach ejections during 2010-11 may eliminate your school from receiving this award.**

A Call to Action: NOW IS THE TIME!

By Marc Hunter, Jordan High AD, UIAAA Executive Director, UHSAA Sportsmanship Committee Member



Shaquille O'Neal once said, "Excellence is not a singular act but a habit. You are what you do repeatedly." If we as educators expect our students to act properly, their behavior must become habitual for the good. Knute Rockne spoke to this issue with this quote, "One person practicing sportsmanship is far better than a hundred teaching it."

In January of 2010 the UIAAA Board approved the first 5-year UIAAA Strategic Plan. Two of the program goals (items #5 and #6) addressed sporting behavior and the establishment of a statewide student leadership conference in conjunction with the Utah High School Activities Association.

Teaching our students the value of proper sporting behavior goes a long way in shaping their characters.

June 23, 2012 has been set as the date of the 1st annual UIAAA/UHSAA Sportsmanship Summit. While this date is almost 2 years away, it is important to publicize this date and invite your school to begin thinking about and selecting two students to attend that summit. It is an ambitious undertaking, but is something that will only improve the atmosphere for our students in Utah. The UIAAA is also implementing this year the inaugural "Director Cup." The "CUP" will be awarded to the school with the highest point total in each classification based on state tournament results in every sport, and the successful implementation of the "Raise the Bar" sportsmanship initiative. Details will be published in late September of this year.

The UIAAA is thrilled to team up and join forces with the UHSAA to promote the "Raise the Bar" sportsmanship initiative. This groundbreaking enterprise is the first of its kind in Utah. The depth of this program is something that has never been attempted, and the positive consequences will be far reaching. It is a call to action. It is a call stop merely talking about sportsmanship, and actually accomplishes something constructive to make our sports and activities atmosphere improve for our students. After all, what is it that we are trying to impress upon our students? What is it that we as educators are

trying to teach and model? Which is more important, winning at all cost, or playing fair? The answer is obvious.

In today's world, we cannot stand idly by and simply give lip service to proper sporting behavior. The society around us changes daily and the time is now to make a difference in the lives of our student/athletes. As Bagger Vance once said, "That's right Junah. Settle yourself. Let's go. Now is time."

"The UIAAA is thrilled to team up and join forces with the UHSAA to promote the "Raise the Bar" sportsmanship initiative."

I used these words when speaking about the "Raise the Bar" initiative at the UIAAA conference last April. "It new, It's exciting, and yes, it may be daunting at times. Today we want to address the belief that we can develop the positive characteristics of exceptional young people through sport. My belief is that we, you and I, possess the means to change the direction we are in, and reposition these experiences for the betterment of our society and this nation. But it's not going to happen by itself. Not anymore!" As a leader in your school, you will decide whether or not this program succeeds. The students will look to you.

Mike Singeltary of Chicago Bears fame said, "Do you know what my favorite part of the game is? The opportunity to play!" As educators we must never lose sight of that statement. Perhaps the late singer songwriter, Harry Chapin, said it best when he asked the following question, and I paraphrase. Are we satisfied singing harmony, or are we striving to sing the song? Are we happy just answering the telephone, or is it, I believe, time take the call? Are we content to reach for the shelf, or do we dream to reach for the stars? NOW is the time.



UHSAA & UIAAA will TEAM-Up to sponsor the first Statewide Student Leadership Summit, Saturday, June 23, 2012. Additional details will be sent later in the year.

Coming Events Updates@uhsaa.org

- Aug. 9 Volleyball & Football practice & team selection starts
- Aug. 10 Cross-country, girls tennis, 2A-5A boys golf, and girls soccer competitions may be held
- Aug. 17 Volleyball matches may be held
- Aug. 20-21 Football endowment games may be held
- Aug. 24 Begin acceptance: Academic All-State girls tennis, 2A-5A boys golf
- Aug. 25 First sub-varsity football games may be held
- Aug. 26 First varsity football games may be held
- Aug. 27 Deadline: fall sports eligibility lists
- Aug. 31 Begin acceptance: Academic All-State 1A baseball, girls soccer
- Sept. 6 Labor Day
- Sept. 7 Deadline: Academic All-State girls tennis, 2A-5A boys golf
- Sept. 7 Begin acceptance: Academic All-State cross-country
- Sept. 11 ACT Test
- Sept. 14 Deadline: Academic All-State 1A baseball, girls soccer
- Sept. 20 Beginning practice & team selection for swimming & diving
- Sept. 21 Begin acceptance: Academic All-State volleyball, football
- Sept. 21 Deadline: Academic All-State cross-country
- Sept. 24 Deadline: girls soccer rosters & pictures, 1A baseball rosters
- Sept. 25 Deadline: 2A girls tennis entries
- Sept 27 New Athletic Admin. Training
- Sept. 28 Deadline: 5A boys golf entries

2010-2011 Calendar available on the "Calendar" link at UHSAA.org

Free Online NFHS Concussion Course for Coaches

The National Federation of State High School Associations has announced a new online coach education course: *Concussion in Sports: What You Need to Know*. This 20 minute course provides a guide to understanding, recognizing and properly managing concussion in high school sports. The NFHS is offering this online course at no cost. You can register for this course at www.nfhslearn.com.



Deseret News Photo Credits (clockwise starting at top left): Stuart Johnson, Tom Smart, Mike Terry, Jason Olson, Ravell Call, August Miller, Jason Olson

**Visit the new UHSAA website at uhsaa.org.
2010-11 Handbook & Yearbooks are online.**