

**MAY
2009**



Colorado High School Activities Association

UPDATE

**COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION
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MAY 2009

May 2009

TO: CHSAA ATHLETIC DIRECTORS AND SUPERINTENDENTS
(Please share with your Principals, Board Members and Activities Directors)

RE: ***CHSAA UPDATE***

FROM: WILLIAM READER, COMMISSIONER

INTRODUCTION

Communication! One of the most difficult things to determine is the effectiveness of a person's ability to communicate. The CHSAA knows full well that communication is a primary function of our jobs. In this regard, this document is provided to help you understand the current practices, procedures and rules of the Association. This is one way that we use to communicate with our member schools. We also try to be very available by phone, email and with face-to-face meetings and conferences.

But we don't always know how effective we are with our communication skills. Please, let us know how we can better give you the information you need to meet the expectations of member schools. We want to communicate and help.

BUT, it is important to remember that effective communication is a TWO-WAY process. Help us so that we can help you.

SUMMARY OF THE APRIL 2009 BOARD OF CONTROL MEETING

(Please see the February Update for action at the January Board of Control)

A combined January and April set of minutes will be included in each school's box but the following will provide a more easily digestible summary of the Board's action. The CHSAA's 69-member Board of Control, representing each league in the state, meets twice a year, in January and April, at the Red Lion Denver Southeast to consider a number of by-law changes and committee reports. A packet of the proposals and committee report amendments and reports are mailed to all Board of Control members and posted on the CHSAA website prior to each meeting. Highlights of action taken by the April Board of Control to go into effect for the 2009-10 school year, unless otherwise stated:

By-law Changes

Constitutional Proposals

- ❖ Constitutional Article 3 – Equity Code – approved updated language regarding the participation of transgender students.

Administrative Proposals

- ❖ By-law 1500.1 – Defeated a proposal to add a 3A girls' tennis championship.
- ❖ By-law 1800.2 – Defeated a proposal to increase to 11 the number of games at the sub-varsity level and an individual is restricted following a non bona fide family move.
- ❖ By-law 1800.44 – Bona Fide Family Move Clarification – approved updated language regarding the definition of a "bona fide" family move.
- ❖ By-law 2310.5 – Required Day Off – defeated a proposal to change the "Sunday Contact" rule to a school designated 24 hour period of rest once each seven days.
- ❖ By-law 2330.1 – Penalty for Exceeding Team Participation Limits – defeated a proposal that would allow an appeal for team participation, but not the varsity coach, when exceeding the designated game limits for each sport.

Sport Proposals

- ❖ Defeated proposals in each sport to reduce game limits by 10%.
- ❖ By-law 2920 – defeated two different proposals to increase by 3 game limits in baseball.
- ❖ By-law 2930 – defeated a proposal to increase the number of innings in which an individual may participate in baseball.
- ❖ By-law 2960.2 – defeated a baseball proposal to increase the number of innings in which an individual may pitch.
- ❖ By-law 4010 – defeated a proposal to increase the number of games that can be scheduled for a softball team.
- ❖ Revised calendar – approved a calendar change to adopt the NFHS standardized calendar with changes to take effect starting in the 2013-2014 school year.
- ❖ By-law 4100 & 4120-A5 – Spirit – approved a championship event for "hip hop" beginning at the 2009 Spirit Championships.

Committee Report Changes

Administrative Committee Reports

Sportsmanship

- ❖ Approved collecting "Random Acts of Sportsmanship" to emphasize the many positive sportsmanship behaviors that happen at our member schools.

Officials' Fees

- ❖ Reconsidered and approved a reduction of the Denver area officials' travel stipend from \$4 to \$2.

Equity

- ❖ No major changes.

CLOC

- ❖ Reconsidered and approved the placement of Skyline girls' golf to the 5A classification.

Budget and Property Administration

- ❖ Approved a freeze of the CHSAA dues and fees for 2009-10 and added a small increase in dues and fees for the 2010-11, 2011-12 and 2012-13 school years. Also, approved a \$230,000 refund to member schools to be distributed in May 2010 and an increase in courtesy card cost from \$45 to \$50.

Activity Committee Reports

Music

- ❖ No major changes.

Speech

- ❖ No major changes.

Sport Committee Reports

Wrestling

- ❖ Approved the realignment of 5A regional wrestling groups.

Track & Field

- ❖ Reconsidered the 2009 report to move Arickaree from 2A-Region 1 to 2A-Region 2.

Swimming

- ❖ Approved the report that established new qualifying times, required Hy-tek software for state entries and moved the boys' state swim meet back to one week later.

Spirit

- ❖ Approved the requirement that the co-ed partner must demonstrate a minimal skill level during the competition.

Skiing

- ❖ Approved a minimum of two races in a specific discipline and finish in the top 45% of at least one race in order to qualify for the state championship and that each participating school will automatically qualify a minimum of three individuals in each discipline.

Ice Hockey

- ❖ Added Monarch as an ice hockey team.

Football

- ❖ Reconsidered and approved a different common site to Grand Junction if both 2A and/or 3A state championship finalists are from west of the Continental Divide.

Basketball

- ❖ Approved:
 - A 24-team 1A championship bracket
 - Changed the 3A seeding/pairing criteria
 - Changed the sites of the 4A and 5A preliminary games in the 2nd round and Round of 16.

Baseball

- ❖ Reconsidered and approved playing the 1A-2A state championship games on the same weekend as in the past.

JEWISH HIGH HOLIDAYS

Please be advised that Rosh Hashanah is from sundown Friday, September 18 to sundown Saturday, September 19. Further, Yom Kippur is from sundown Sunday, September 27 to sundown Monday, September 28. Many people of the Jewish faith choose to celebrate these high holidays and eliminate extra curricular activities during this time. I encourage you to have your coaches determine any conflicts with your Jewish students' participation on these days and make any appropriate changes to your regular season schedules.

CLASSIFICATION AND LEAGUE ORGANIZING COMMITTEE UPDATE

There have been significant changes with the system used to classify member schools in the CHSAA. These include:

- The school enrollment counts will be received via print-out from the Colorado Department of Education and used to classify schools.
- There will be no enrollment count appeal either through the CLOC or Executive Committee after the counts are received from the CDE.
- Schools may request that students enrolled in specific programs be exempt from their CDE enrollment count. This information was sent to schools asking for program exemptions to be submitted to the CLOC by May 1, 2009.
- The former system used for play up declarations and requesting school enrollment counts will again be used during November 2009.
- The CLOC meeting is scheduled for November 17, 2009. At this time, eligible schools can request league changes and the opportunity to play down. The CLOC agenda will also consider new member schools and assess classification changes.

ALL-SCHOOL SUMMIT

The tentative schedule and a reservation card for the second CHSAA All-School Summit were mailed to member schools on April 23, 2009. The All-School Summit will be held Tuesday and Wednesday, August 4-5, 2009 at the Double Tree Denver Tech, 7801 East Orchard Road, Greenwood Village, CO 80111. It is our goal to have a representative from all 336 CHSAA member schools present at this Summit Meeting.

This meeting will also include the New Athletic Directors, District Athletic Directors and League Presidents meeting that occur each fall. Additional information will be forwarded to schools.

The intent of this All-School Summit is to provide school Athletic Directors the necessary information and materials needed to insure a successful and educationally valid athletic program for the year.

In an attempt to help Athletic Directors with the challenges that we face daily in our interactions with the public and parents, we will provide materials that validate the educational basis and rationale for all we do. We hope to give you the resources to effectively administrate your programs within the CHSAA philosophy of participation and by-laws.

Lastly, the CHSAA staff would like to have some interactive discussions on key issues within our state that impact athletics. Most importantly, we want to gather ideas about the direction and future of your association.

There is no cost for the All-School Summit Meeting materials for the two-day workshop. You will be responsible for all meals and your hotel if needed. Hotel reservations can be made by calling 1-800-327-2242 or 303-779-6161 and asking for the group code of CSA. Alternatively, guests can book via our website www.denvertch.doubletree.com and enter the code of CSA.

If you will not be returning to your position, but know your replacement, please help us by replying for that person. The CHSAA staff looks forward to continuing our mission of professional development “outreaches” for our member schools. Your attendance and opinions are valuable to reaching our educational goals.

THE FUTURE AND THE CHSAA

I attended the North Central League Meeting recently, where I was asked to give my opinion of what the future holds the interscholastic program and our Association. The following are a few thoughts:

- Next year will be financially more difficult than this year.
- Don't anticipate any game limit changes now or in the near future.
- Probably a greater look at 8 or 16-team brackets that are more geographically drawn.
- Refunds will probably go away for a while, until corporate income and investment income increases.
- We probably will see more co-op teams – use integrity and ethics if you do this.
- We could see a return to school sites for playoff activities.
- The broadcast of championship events will go from TV to video/web streaming.
- I believe that this Association will remain stable with no major changes.
- We will see a continued return to basic values – greater support for school, teams, kids and communities.
- Things going on with the economy and society will increase the value of what we all do and what we all stand for.

COMPUTER SYSTEMS USED TO CHECK ELIGIBILITY

The Association had some situations this year where the computer systems used by schools to determine both periodic and semester eligibility failed to provide correct information. If an ineligible athlete participated due to a computer problem or failure, that participant is still ineligible and a forfeiture of that game will result. An appeal of a forfeiture in this situation is not likely to be approved.

Schools using computer generated lists to determine eligibility should have back-up plans to determine eligibility to verify the accuracy of computer systems. Please do not live and die with the belief that computer generated lists are always 100% accurate.

GAME LIMITS

A school that schedules more contests than allowed by the game limit rules, but discovers the mistake prior to its team actually playing the game, shall have that program placed on probation for one year. The game not played results in a forfeit win for the opponent and a forfeit loss for the offending school.

A school that schedules more contests than allowed by the game limit rules, and actually plays the game, shall have that program placed on restriction for one year. The game played is a forfeit for the opponent and a forfeit loss for the offending school, along with removal from the playoffs. Under CHSAA By-law 2330.1, any team that plays contests that exceed the game limits is placed on restriction with no opportunity for appeal. This was considered for change at both the January and April Boards of Control with no change made.

SUMMER SCHOOL – ELIGIBILITY REGAIN

At the end of the year, identify students who may regain eligibility for next fall by summer school participation. A class in an area required for graduation may be taken to replace Carnegie units failed in an elective class. A student who was not enrolled in 2.5 Carnegie units in second semester may not regain eligibility through summer school. A make-up class must be accepted by the school and placed on a school transcript for each student who regains eligibility.

SUMMER SCHOOL MAKE-UP RULE OFFERS STUDENT INCENTIVE

The Summer School Rule has been successful in providing incentives in addressing our stated goal of making more students eligible and increasing participation in member schools. Since it is a rule we apply only once a year, a review of some pertinent interpretations follows:

Q1: A student takes four classes (two Carnegie units) in the spring and fails one class. May he regain eligibility in the fall by taking a failed class in summer school?

A1: No. The student was enrolled in only two Carnegie Units in the spring and may not make up for that deficiency in summer school.

Q2: May a student take three classes in summer school to make up three classes failed in the spring semester?

A2: Yes.

Q3: Must the three classes the student takes in the summer be the same as the classes failed in the spring semester?

A3: No. The classes taken in summer school must have been previously failed (in any previous semester) and must carry credits toward graduation in the same curricular area.

Q4: A student fails two electives (wood shop and auto shop) spring semester. Neither class is offered in summer school. The student takes a math and English class to replace the two electives failed. May the student regain eligibility by passing both in summer school?

A4: Yes.

Q5: A student fails math and English his sophomore year. He then fails history, P.E. and science the second semester of his junior year. He then takes and passes math and English in summer school. May he regain eligibility for the first semester of his senior year?

A5: Yes.

Q6: If a student takes five classes and fails four during the spring semester, may he become eligible by passing three of those failed classes in summer school?

A6: Yes, only if under Plan A eligibility.

Q7: May a student make up a class failed by taking and passing a correspondence course?

A7: Yes. As long as the student's school accepts the course as a replacement for a class failed and grants credit toward graduation (placed on the student's transcript). School policy should be consistent for all students -- athletes and non-athletes -- related to correspondence courses.

VARSITY COMPETITION FOR RESTRICTED (SUB-VARSITY) ATHLETES

Beginning with the 2008-2009 school year, if a student is restricted to sub-varsity, that student may not play against varsity competition in any class or in any sport.

Examples:

If your JV basketball team plays against the varsity team from another school, students who have sub-varsity eligibility due to the CHSAA Transfer Rule cannot play in this game until their period of restriction is over.

A restricted wrestler or track & field athlete may not compete in a varsity meet even if the athlete scores for a sub-varsity team.

Brackets or heats in a varsity event are no longer able to be filled with restricted sub-varsity athletes.

TRANSFER WAIVER REQUESTS

If you are asking for a waiver of the CHSAA Transfer Rule due to a hardship, Form 9-Transfer Waiver is the only waiver form that must be submitted. (Form 7-Transfer Contact Information must be submitted with the transfer waiver request.)

Form 9-Transfer Waiver must be completely filled out, both front and back with all the necessary documentation to justify a hardship. Once the necessary information is compiled, this information must be sent to the sending school (previous school of attendance) for their verification of the hardship facts and to give a recommendation, or not, for approval. The materials would then go to your league for a recommendation. This recommendation shall be made with a vote indicating those who approve and those who do not approve. Once all this information is gathered and completed, it is then forwarded to the Commissioner for approval consideration.

While any waiver can be based on emotional factors, the CHSAA by-laws allow for a waiver of the by-laws based on a documented hardship and not emotions. A hardship is defined as "an unforeseen, unavoidable and/or uncorrectable act, condition or event that imposes a severe, non-athletic burden upon the student and/or his family." Essentially, a hardship is something beyond the control of a student and/or his family. Many times a decision is made to transfer to a different school without a bona fide family move based on choice and not a hardship. Obviously, a waiver in this situation would not be approved.

If you have questions about transfers, please contact the CHSAA office for interpretations. We all must work diligently to avoid misinterpretation of the CHSAA by-laws that result in the participation of ineligibles.

CHSAA TRANSFER CHECK LIST

The Form Book, found on the CHSAA web site under "About Us", contains a form schools should use to avoid forfeitures based on any incomplete facts about incoming transfer students. The Transfer Eligibility Worksheet (Form #8) asks schools to complete a checklist of such things as previous ejections, academic eligibility, number of semesters, age and other factors that could render students ineligible and cause a forfeit. This list can aid your efforts in determining if or if not a transfer student is eligible.

2008-09 MANDATORY COACH/OFFICIALS MEETINGS ATTENDANCE

The final tabulations for coaches who attended a mandatory coach/official's rules meeting for the 2008-2009 school year will be completed June 1, 2009. Please make sure that you have entered your spring season coaches on the CHSAA website. If you have not, go to the login tab and use your school ID# and password to access the corresponding link. Remember those varsity coaches only who did not attend a meeting during 2008-2009 will be placed on probation. A second offense is restriction. Thank you for your assistance with this documentation.

MANDATORY COACHES MEETINGS FOR 2009-10

Check the CHSAA website (www.chsaa.org) for upcoming coaches/officials meetings. Remember if you want to plan a meeting around a league varsity coach meeting, a scrimmage, or some other event prior to the season, please contact Tom Robinson at 303-344-5050 or trobinson@chsaa.org for assistance and guidelines.

EVALUATE YOUR COACHES

Coaches are some of the best teachers you have in your building and, like your teachers, they deserve to be evaluated with an eye on improving their skills and techniques. If you don't have a coaching evaluation form, ask an athletic director from a neighboring district what they are doing in the area of evaluations or contact the CHSAA. Reminder: Should a coach be placed on probation, remember to respond as soon as possible in order that the probation be automatically lifted the following year, if there are no further incidents. Please notify this office if a coach on probation leaves your school.

COACHING REGISTRATION

Athletic Directors need to make sure their coaches are registered with CHSAA if the coach does not have a current teaching certificate or substitute teaching certificate from CDE, or if the coach does not teach at least 50% of the time in a private school. **Athletic Directors will not be given a Coaching Registration Booklet for 2009-10.** The Coaching Education Committee made the decision to put the registration in the Form Book and also online. Coaches must fill out the registration form, attach proof that the coaches' test has been passed with 100% accuracy and pay the \$75 fee. Coaching registrations can be checked on the CHSAA website by going to www.chsaa.org and "Find Registered Coach by Last Name".

The 2009-10 CHSAA Coaches' Test will be available online July 1, 2009 and can be accessed at www.chsaa.org. All Athletic Directors and coaches are required to take the coaches' test every year, prior to the beginning of their season, including those coaches with a permanent registration and those with a current teaching certificate (CHSAA Bylaw 1620). Each individual taking the test must do a New Login to set up their username and password. Information from 2008-09 will NOT be saved. Athletic Directors, please remember to submit a list of all coaches who have taken the test to the CHSAA office before the end of the 2008-2009 school year. This form is available in the Form Book (Form 20). A current list of all coaches who have taken the online coaches test is available at www.chsaa.org and "Find Coaches Who Have Taken the Online Coaches Test".

NFHS COACHING EDUCATION PROGRAM

CHSAA, in cooperation with the National Federation of State High School Associations, is offering school coaches a great opportunity for professional development. The NFHS Fundamentals of Coaching course meets the CHSAA requirements for a permanent coaching registration for your non-building coaches, as well as your building teacher coaches. This course is designed to assist them in meeting your school's professional development plan for the coaching staff. To take the course, simply go to the following website: www.nfhslearn.com.

The National Federation offers Fundamentals of Coaching and also the First Aid for Coaches which provide a unique student-centered curriculum. Both courses have been designed to meet the needs of educating non-teaching coaches and teacher coaches by providing an affordable, accessible and relevant educational experience. The goal is to prepare interscholastic teacher/coaches for their role in promoting a healthy and age appropriate athletic experience that supports the educational mission of our nation's schools. The key to the CHSAA/NFHS courses are that they can be taken on your time and at your pace. The Fundamentals of Coaching course cost is only \$37.00.

Finally, the NFHS continues to add coaching education programs pertinent to athletic coaching needs of our schools. These programs include: Fundamentals of Coaching Wrestling, Fundamentals of Coaching Football, Fundamentals of Coaching Soccer and Engaging Effectively with Parents.

SPORTSMANSHIP

It is important to know that the efforts to change the way we think about sportsmanship, whether as an individual who helps another player up after being knocked down in a game, or not seeking to get an edge on an opponent by trash talking to fans, cheering for good plays made by an opponent, or simply cheering for their team only, is happening across the state. With your role modeling, student-athletes are beginning to know what is right and wrong in the arena of competition. There is no need for an athlete to taunt to be at his or her competitive best. There is no place for fans to taunt players and officials to affect the result of a contest. A competitive spirit can survive within the concept of a civil and caring environment. And in the end, individual athletes, coaches, schools and communities feel good about themselves. It is called pursuing victory with honor. Join in.

WELCOME NEW SCHOOL

The CHSAA welcomes Mead High School for the 2009-2010 school year:

Mead High School
12750 County Road 7
Longmont 80504

Principal – Jim Sundberg
AD – Frank Buck
DAD – Rob Berry

Grades 9-10 – 330 students – 3A classification for the 2nd year of the cycle

SCHOOL BOX INFORMATION

Boxes filled with materials necessary for the 2009-10 school year will be ready for pick-up at the CHSAA office beginning on Monday, July 27, 2009 between 7:30 a.m. and 4:00 p.m. **Please note that the CHSAA will be closed on Monday, August 3 for CHSAA Day.** It is very important that these materials be distributed to coaches and participants at or before the beginning of the fall sports season. Please arrange to have someone from your school or your geographic area/league pick up these school boxes well in advance of the start of practice. If you call to make arrangements in advance, school boxes can be picked up at the site of the All-School Meeting.

ELECTED TO THE EXECUTIVE COMMITTEE

Joe Shehan, Athletic Director at Skyview High School, will replace **Kevin Land** to represent District 4 (Jefferson County, Skyline).

Carl Lindauer, Athletic Director at Las Animas, succeeds **Richard Hargrove** as the District 9 representative (Arkansas Valley, Santa Fe, South Central, Southeastern).

Randy Miller, Superintendent of the Eaton School District, will replace **Don Anderson** as the Colorado Association of School Executives Superintendent representative.

Shelli Miles, Athletic Director at Widefield High School will serve as the CHSAA President for 2009-2011.

STUDENT LEADERSHIP SUMMER CAMP INFORMATION SUMMARY

EVENT: 45th Annual CHSAA Colorado State Leadership Camp

SPONSOR: Colorado High School Activities Association

DATE: Monday, July 13th – Thursday, July 16th, 2009

PLACE: Colorado State University, Fort Collins, Colorado
Ingersoll, the Academic Village and Summit Residence Halls

WHO IS ELIGIBLE TO ATTEND?

All Colorado high school students who will be 9th through 12th graders in 2009-2010

DELEGATE LIMIT: 10 students per school

IS THERE ANY WAY TO SEND ADDITIONAL STUDENTS?

No students will be accepted after the camp maximum of 500 and only 10 students from each school prior to the maximum will be accepted.

MUST AN ADULT SPONSOR ACCOMPANY THE STUDENTS?

No, but the advisor program will help motivate and inspire the adult sponsor for the upcoming school year. Total supervision is provided by the experienced adult staff and junior counselors. Students will not be allowed to leave the camp or to attend camp for specific dates only. Please do not register delegates that cannot commit for the entire camp. **(NO EXCEPTIONS)**

A special adult sponsors' group class is available for college credit. The sponsors' group is conducted in conjunction with the camp and a leadership curriculum is provided.

WHAT IS THE COST OF STUDENT COUNCIL LEADERSHIP CAMP?

Registration fee is \$220.00 per delegate and must be submitted in the form of a school check. Fee includes room and board, all instructional materials and a camp T-shirt.

TRANSPORTATION:

Each school/delegate is responsible for providing their transportation

HOW TO REGISTER:

1. Each delegate must complete the online delegate registration form found on our website www.chsaa.org → Sports and Activities → Activities → Student Leadership → 2009 Registration Form. Fill out the online form, print it, and then have it signed by the Principal, Parent, Delegate and Advisor **(NO EXCEPTIONS ON SIGNATURES)**. Then mail it to the CHSAA, 14855 E. 2nd Avenue, Aurora, CO 80011. Be sure to keep a copy of all your registration papers.
2. Each sponsor wishing to attend must complete the sponsor registration form and mail it to the CHSAA.
3. The school should submit (no later than June 1, 2009) to the Colorado High School Activities Association:
 - all registration forms with signatures
 - all parent permit forms with signatures
 - one check for all delegates, alternates and sponsors made payable to CHSAA (number attending x registration fee)

CONFIRMATION:

Confirmation will be sent to each registered delegate. Sponsors may assume that all their delegates have been accepted unless we notify you personally.

PLEASE NOTE: ANY ALTERNATES WILL ONLY BE ACCEPTED IF THEY ARE OF THE SAME GENDER AND FROM THE SAME SCHOOL AS THE PERSON THEY WILL BE REPLACING. THERE WILL BE ABSOLUTELY NO EXCEPTIONS TO THIS RULE!!!

SUMMER TEAM CONTACT CAMPS

At the April 2007 Board of Control, the membership approved a change in the rule that specifies under what conditions a school may issue football equipment outside the formal season (Rule 3310 in the CHSAA Constitution and Handbook). The aspects to the rule will allow a school to issue equipment for a camp held on the school's own campus.

Schools attending a team contact camp – whether on its own campus or one sponsored by a college/university or commercial organization – must provide notification to the CHSAA of their intention. Schools that do not provide this information are subject to penalties as established by the CHSAA by-laws.

Please make sure that if you are planning on attending a summer team contact camp, whether on your campus or as part of a college/university or commercial organization, you need to let this office know what you are doing. As a team (entire program – sub-varsity and varsity), you are allowed to attend just one team contact camp. You can access the form at www.chsaa.org on the football page.

CHSAA By-law 3310 – Equipment Dates – Addresses the Summer Contact Rules and is listed below:

No pads or other components of regular football uniforms except shoes, jerseys, and helmets may be worn by the players until the third day (exclusive of Sundays) of the formal sports season. (Note: For 2009, August 19.) On the third day of the formal sports season, players may wear a full regular football uniform and pads while engaging in blocking and tackling exercises that do not include physical contact between players.

(a) ISSUE RESTRICTIONS – The issuing of protective football equipment except during the formal sports season is a violation.

PENALTY – Schools, which violate this regulation, will be immediately placed on a minimum of probation until the school has provided the Commissioner with a detailed report of the incident(s) and administrative procedures have been put in place to ensure no repeat of the violation. A second violation of this regulation will result in the school being placed on restriction for a minimum of one season from state qualifying competition.

EXCEPTION: An individual or camp may use Colorado high school-issued protective football equipment under the following criteria:

1. The issuing of the equipment is approved by the local school district.
2. Camps must be conducted by a college/university or an appropriate commercial organization or an individual high school.
 - a. High schools may develop their own team camp on site or at any other location.
3. The camp must show proof of liability insurance.

4. Camps must be for students and/or teams from a variety of different schools if it is conducted by a college/university or an appropriate commercial organization. Players from a minimum of six schools must be involved in the camp. Individual school camps limit participation to those students who have completed the registration process for enrollment into that high school. (Note: only students from the high school sponsoring the camp may participate.)
5. The camp should be for a period of time that is typical for camps/clinics (3-5 days) at a college/university or an appropriate commercial organization. Camps held at individual high schools can be a maximum of 10 days at the individual school site over a period of 14 calendar days.
6. Issuing equipment for camps held at individual school sites will mirror the restrictions of the formal football sports season. No pads or other components of regular football uniforms except shoes, jerseys, and helmets may be worn by the players until the third day of the team camp. On the third day of the team camp, players may wear a full regular football uniform and pads while engaging in blocking and tackling exercises that do not include physical contact between players. On the fourth day, full player-player contact may begin.
7. Equipment must be returned and collected immediately.
8. Equipment for team camps cannot be issued after August 1.
9. An individual or school may attend only one team camp at any point from Memorial Day to August 1. There is no limit on the number of camps an individual player attends while using high school issued equipment, provided there is no team structure if it meets the parameters established in the section above.

Note: This exception does not change the date for issuing equipment for the season.

The following questions are designed to provide clarification on the recently changed Summer Camp Rule. They are actual questions that have been asked regarding the expanded rule.

Q – Can a school hold both a team contact camp at a college and then have one on our campus?

A – No. The by-law specifies one or the other.

Q – Can a player attend both a full contact camp with his team and go to the Mile High Football Camp (or some camp like that for individual players)?

A – Yes. This change does not affect an individual player's ability to go to multiple individual skills camp and use school issued equipment, even if they are contact oriented.

Q – When can a school have the team contact camp on its campus?

A – The by-law specifies dates for both a team camp at a college or sponsored by a corporation or the team camp at a school as being from after Memorial Day until August 1. No contact team camps are allowed after August 1. Individual players may attend individual contact camps after that date.

Q – Who can participate in a team camp held at a school and sponsored by that school?

A – Only those students who are registered as students with your school. Incoming ninth graders are also eligible if they have completed the registration process with your school.

Q – What are the primary differences between the camp sponsored by a school and one run by a college/university or commercial organizations?

A – Camps that are run by a college/university or commercial organizations must have multiple teams involved, are held for the typical number of days (3-5) most other similar camps are and there is a scrimmage element to them. No work up into pads is required. The camp sponsored by the school may be up to 10 days in length in a 14-day period, the players work up into full pads like they do in the fall and there is no interscholastic scrimmage.

Q – Can a school charge a fee for a team camp that takes place on our campus?

A – Yes.

Q – Can a varsity team go to a contact camp sponsored by a college or commercial organization and its sub-varsity teams hold a team contact camp on my school's campus?

A – No. You need to determine if all levels of your team will go to a team contact camp sponsored by a college/university or commercial organization, or if it will hold a team contact camp at the school.

Q – School A is holding a team contact camp on its campus from June 1 to June 14 and School B is holding a similar camp on those same dates. Can the two schools meet for a scrimmage at any point during the camps?

A – No. There is no provision for an interscholastic scrimmage in the expanded by-law. Each school may hold an intra-squad scrimmage, though.

Q – School A is planning on attending the 5-day team contact camp at a college/university. Can it also use the five days preceding the camp to prepare its athletes using any kind of player equipment (helmets, pads, etc.)?

A – No. A school must choose which kind of camp it will be participating in. The school may prep its athletes prior to the team contact in a non-contact camp (no pads).

Q – How long each day may the team practice if they hold their own team contact camp? What other limitations are placed on the activities of a school-sponsored team contact camp?

A – There are no limitations to length of practices. That is a coach- and school-related issue. It is important that all coaches remember the safety needs of the players, particularly those heat-related issues. Any limitations should follow those that have been established by the school for the regular season.

Q – What is the definition of a football "team contact camp?"

A – The definition of a team camp is one where 11 or more members of a school team attend the same camp in 11-man football, in 8-man the number would be 8 or more and in 6-man, 6 or more players must attend.

Q – Some colleges have team contact camps and then invite specific individuals from schools that do not send their teams to this camp. What happens if five individuals from School A are invited to a camp like this?

A – That camp would count as an individual camp for those players, but as a team camp for those teams that attend. The question above provides the parameters of what the membership has determined a team for a team contact camp.

Q – We have camps where no equipment is issued and occasionally those camps occur outside the summer team contact camp calendar. What is the status of those camps?

A – Nothing changes with the camps that do not issue equipment. By-law 3310 addresses specific Equipment Dates, how the equipment is issued and under what conditions it may be issued.

Please do not hesitate to contact Harry Waterman with your questions.

WHEN DOES SUMMER START?

For purposes of CHSAA rules, the summer starts on the Sunday (May 24) before Memorial Day. The CHSAA Sunday prohibition of coach and student contact applies only to the school year. Remember that outside competition for a spring sport athlete (unless he/she has the principal's permission) may begin on the day following the end of his/her particular season. If a J.V. baseball player's season ends on May 1 and the varsity is still involved in the playoffs, the J.V. player may join a summer team and begin competition provided he will not play on the varsity team during the playoffs.

SUMMER GUIDELINES

Spring annually brings a number of questions from school administrators related to rules involving summer participation. The CHSAA Board of Control has determined that CHSAA does not take jurisdiction over summer programs. The following suggestions may be helpful to you in answering questions within your building and from your community about summer programs.

1. CHSAA by-laws are specific that no student may be required to attend a summer sports camp as a condition of his or her participation the following year. This is undoubtedly a widely abused rule and we would encourage a meeting with your coaches to reiterate that summer participation cannot be required. Participation in summer leagues and other forms of competition cannot be required as a condition of making the team. A coach may not require an athlete to compete on a specific summer team.
2. School Equipment Use – The CHSAA receives several questions about the use of school equipment during the off-season. While it is not necessarily a violation, caution and care should be exercised with the following conditions:
 - a. A school team cannot represent the school during the off-season or outside of the CHSAA designated season. School A cannot send a basketball team representing School A to a tournament after the state basketball championship.
 - b. The use of school equipment during the off-season can tie the school to any liability claim since a connection between the plaintiff and the school can be established through the use of this equipment (even a jersey!).
 - c. When a camp or clinic is held in a school facility, the school could very well have liability. The risk for the school grows when the directors (probably school personnel) are not supervised nor are required to follow district policies, while they use these facilities. A common way for schools to avoid liability would be to rent the gym/fields to the camp/clinic director and require that they show evidence of insurance.
3. Check your insurance policy and have the coach check his/her insurance to determine if there is coverage for liability for any suit of negligence against the coach or the school. The governmental immunity schools enjoy during the school year may not extend to camps or summer activities.
4. Several questions related to booster club or school participation in tuition for summer camps have been asked. While we do not recommend the school paying any camp fees (because it is one more tie between the school and the participant), there is no violation of CHSAA rules if tuition is paid for a student. Tuition grants, however, should be based on need or be available to any student wishing to attend. It is a violation of the amateur rule to provide tuition based on the ability of the player. It is suggested that if tuition is to be paid by the school for the student, that it be paid directly to the camp.

INSURANCE FOR OUT-OF-SEASON CAMPS AND CLINICS

Please check with your insurance company to make sure your school and/or coach are insured for off season and summer camps and workshops. We are under the impression that very specific conditions must be met for your normal coverage to apply. Just because a camp or workshop is a school activity does not automatically guarantee coverage for the event. Typically a coach making money from a camp would make him/her an independent contractor and therefore not covered by your regular insurance. Again please check before you assume anything.

SPORTS PHYSICAL EXAM RULE

1. A physical form must be signed (also include the stamp of the person providing the physical) by a medical doctor licensed to practice in Colorado, a nurse practitioner or physician assistant (out-of-state transfer students who have had physicals legal by the rules of other state associations will be eligible based on that physical). A chiropractor, who is licensed as a Doctor of Chiropractic, School Physical Certified, may also sign the form under a by-law passed by the Board of Control.
2. A physical is good for one calendar year and then an athlete becomes ineligible on the anniversary date of his last physical. BEWARE OF UNDERGRADUATES TAKING PHYSICALS IN MAY. Their eligibility will terminate a year from the date of the physical and they will be ineligible for the last few weeks of the spring season.
3. School physicals are required for spirit squad members.

SAVE YOUR 2008-09 DIRECTORY

Remember that new directories will not be part of the school boxes. The 2009-2010 CHSAA Directories will be mailed to schools on the first of October. The basic school information in your current directory will see you through until October.

DIRECTORY INFORMATION

The directory is only as good as the information you submit. You will receive the instructions for updating your Directory information in mid-August. The on-line updating of your Directory information takes just a few minutes. Please help by providing a prompt and accurate response. The prompt entry of the information is tied to your school's complimentary Courtesy Cards and the 20-year coaches' cards. The deadline for return of directory information is August 14, 2009.

Athletic Directors, please be responsible for the information you provide to the Association. We know that some coaching positions aren't filled when you complete the information in late August and early September, but those that are should be listed accurately along with phone numbers and years of experience. Thanks for your help in improving this publication.

COURTESY CARDS

The CHSAA will collect the names of all superintendents, principals, athletic directors and activities directors to place on the 2009-2010 courtesy cards. This information will be received from the annual school directory information collected in early August. If a school's directory information is received by the August 14, 2009 deadline and the school has no outstanding invoices with the Association, then these named courtesy cards will be distributed in time for use at the September 3, 2009 fall season inaugural athletic contests.

All schools may order up to 14 CHSAA courtesy cards at \$50 per card. A courtesy card order form can be found in the CHSAA Form Book and on the CHSAA web site under forms. Schools may purchase Courtesy Cards at \$50 for Board Members, school personnel and exceptional community members.

Courtesy Cards are good for the bearer and one guest for all regular season, district, regional and state contests. Complimentary cards for superintendents are mailed directly to the superintendent's office. Complimentary cards for the athletic director, activities director and principal are mailed to the school **following the receipt by the CHSAA of directory information and providing there are no outstanding accounts.** Please note beginning with the 2003-04 school year, if one person has multiple positions (i.e. principal and athletic director), only one card will be issued.

In order to ensure the appropriate use of courtesy cards, a courtesy card fact sheet will be placed in each school box. It will be noted on this fact sheet and will be the practice of the CHSAA at most state playoff events, that an I.D. will be required when the card is used. This will help ensure that the person named on the card is the person who will gain admittance. Please remember the CHSAA courtesy cards are not transferable. We encourage schools to use this same procedure at their events during the regular season.

Courtesy card orders are processed in the order in which they are received. Only school checks are accepted (no individual personal checks) and please do not fax and mail the same order. Donna Welch is the contact person.

20-year coaches complimentary cards are issued (to the principal) after the directory is published. To qualify, a coach must have been the same sport/position at the same school for 20 years or more.

ACADEMIC ELIGIBILITY OPTION DECLARATION

Each school in the Association bases the eligibility of all its students on either Plan A or Plan B of academic eligibility.

Plan A states that the student must take at least five classes and fail no more than one.

Plan B states that the student must be passing five classes and does not address the number of failures.

If you are unsure as to which option your school is under, please contact the CHSAA office. If you wish to change your option, Form 3 is included the Form Book. If no form is received by September 15, your school will remain with the same option it declared last year. You will also declare on the same form the duration of your periodic eligibility checks (weekly, bi-weekly, etc.).

SUNDAY TRAVEL

The CHSAA allows travel opportunities on Sunday for teams that have played in an interscholastic contest late Saturday night. If you are traveling for practice, a team camp or social opportunity, the travel must be complete before Sunday. Any travel on Sundays would be a violation of the CHSAA Sunday Contact Rule unless traveling home or traveling to a competition.

VISION COMMITTEE SURVEY

School athletic directors and district athletic directors will receive a survey via email from the CHSAA Vision Committee asking questions about various topics of interest. You can respond to these questions directly on the form and return your responses via email. This will help to establish direction for policy formation and action needed by the CHSAA office. I appreciate your thoughts and consideration with a quick response by May 15, 2009.

BANDIMERE HIGH SCHOOL DRAG DAYS SET FOR MEMORIAL DAY & LABOR DAY

Bandimere Speedway will continue its popular Pepsi All-American High School Drag Days with two programs scheduled for Monday, May 25 and Monday, September 7. Bandimere, the first organization to receive the CHSAA's Youth Contributor Status, will be sending information pamphlets to schools throughout the state. For further information call the Hotline (303) 697-4870.

BY-LAW 1800.44 – BROKEN HOME EXCEPTION

To enable By-law 1800.44-Broken Home Exception to be implemented successfully and to avoid confusion, a clear definition of a "broken home" is required.

A "broken home" is defined as a situation where there is a finalized and permanent dissolution of a marriage by court order.

When a student transfers to a new high school as a result of moving from one parent to another and meets the above broken home definition, then the student will have full varsity eligibility on the first move of this type, without approval of a waiver of the CHSAA Transfer Rule.

A legal separation, a separation or pending divorce would not meet the above "broken home" definition. If there is a hardship as defined by CHSAA by-laws associated with a school transfer in a separation, legal separation, pending divorce, etc., a school can apply for a waiver of the CHSAA Transfer Rule if a hardship exists.

If a student whose parents are separated, legally separated or involved in a pending divorce transfers to a new school without a bona fide family move and plays without seeking a waiver of the transfer rule, then forfeitures will result.

SAT, ACT DATES

NOTE: The CHSAA calendar of events is established for next year. Encourage your coaches and participants to be aware of conflicts and to plan accordingly.

2009-2010 SAT Test Dates

October 10, 2009
November 7, 2009
December 5, 2009
January 23, 2010
March 13, 2010
May 1, 2010
June 5, 2010

2009-2010 ACT Test Dates

September 12, 2009
October 24, 2009
December 12, 2009
February 6, 2010
April 10, 2010
June 12, 2010

LARGE GROUP MUSIC FESTIVALS

Each year, CHSAA member schools music programs participate in the annual Large Group Music Festivals. Nearly 500 vocal, band and orchestral groups performed at 15 sites over 25 days across the state. The groups were adjudicated by members of the Colorado Music Adjudicators Association who have been trained to provide sound educational advice on those performances. The major attraction of the CHSAA festivals is the educational piece it provides. First, the groups are judged on their performance of pieces they have prepared over several weeks. Then, they are tested on their ability to "sight read" or "sight sing" music they have never seen before. This last aspect to the festival is a test few, if any, other festivals provide. The CHSAA festivals are not competitive events, but designed to give positive feedback to the students and their directors, along with advice on how to improve the group. The CHSAA festivals continue to serve more students than any other festival in the state. Special thanks need to go out to the schools that provided their facilities for these events. We extend our appreciation to the site managers listed below and the administration of each school:

Denver I Orchestra – Denver School of the Arts, Ruben Romero, Site Manager
Denver II Instrumental – Rock Canyon High School, Joel Naegele, Site Manager
Denver III Vocal – Arvada High School, John Miller, Site Manager
Denver IV Vocal – Rock Canyon High School, Annette Marsden, Site Manager
Denver V Band – Sheridan High School, David Evans, Site Manager
Southwestern Vocal/Instrumental – Montezuma-Cortez H.S., Marla Sitton, Site Manager
Western Vocal/Instrumental – Central High School (Grand Jct.), Maurine Rettig, Site Manager
Northeastern Instrumental – Sterling High School, Sarah Vogel, Site Manager
Northern Instrumental – Mountain View, Mark Kubichek, Site Manager
Northern Vocal – Thompson Valley High School, Mark Kubichek, Site Manager
Northwestern Vocal/Instrumental – Grand Valley High School, Van Merritt, Site Manager
Colorado Springs Instrumental – Coronado High School, Frank Montera, Site Manager
Colorado Springs Vocal – Mitchell High School, Todd DiCamillo, Site Manager
Colorado Springs Orchestra– Mitchell High School, Frank Montera, Site Manager
Southern Instrumental – CSU-Pueblo, Mike DeLuca, Site Manager
Southern Vocal – Pueblo South High School, Wayne Genova, Site Manager
Arkansas Valley Instrumental – Lamar High School, Bob Seay, Site Manager

Nearly 37,000 students participate in CHSAA music programs, both vocal and instrumental, across the state making it the largest activity sanctioned by the CHSAA. The Association has been an active participant and supporter of the music community with support in the area of performance events and legislative initiatives. Websites for more information: www.chsaa.org; www.festivalmanager.com/chsaa.

Congratulations to the following schools for achieving a superior rating at one or more CHSAA Large Group Festival. This list only contains information from festivals that reported their scores. Results will be updated at on the CHSAA website (www.chsaa.org) as they are received.

Arkansas Valley: Lamar High School

Crowley County High School
Fowler High School
Lamar Middle School
Trinidad High School

Colorado Springs Vocal: Mitchell High School

Doherty High School – Eclectic
Doherty High School – Odyssey
Falcon High School – Chamber Choir
Jenkins Middle School – 8th Grade Show Choir
Lewis-Palmer High School – Chamber Singers
Lewis-Palmer High School – Mo-Town Pipes
Lewis-Palmer High School – Treble Voices
Limon High School – MS/HS Choir
Mesa Ridge High School – Women's Ensemble
Mitchell High School – Madrigals
Palmer High School – Chamber Singers
Palmer Ridge High School – Choir
Pine Creek High School – Chambers Singers
Pine Creek High School – Festival Singers
Pine Creek High School – Women's Ensemble
Ponderosa High School – Pegasus
Russell Middle School – Antares-Vega Choir
Russell Middle School – Nova Choir
Sand Creek High School – A Cappella Choir
Sand Creek High School – Chamber Choir
Sand Creek High School – Men's Ensemble
Sand Creek High School – Women's Ensemble
Sand Creek High School – Women's Select Choir
Wasson High School – Bella Voci-Women's Choir
Watson Middle School – Mixed Select Choir
Widefield High School – Women's Ensemble
Woodland Park H.S. – Madrigals

Denver II Instrumental: Rock Canyon High School

Arapahoe High School – Concert Band
Arapahoe High School – Symphonic Band
Arapahoe High School – Wind Ensemble
Douglas County High School – Symphonic Band
Douglas County High School – Symphonic Band
Englewood High School – Symphonic Band
Englewood High School – Wind Ensemble
Fairview High School – Symphonic Band
Fairview High School – Wind Ensemble
Heritage High School – Wind Ensemble
Ranch View Middle School – 8th Grade Band
Rock Canyon High School – Chamber Orchestra
Rock Canyon High School – String Orchestra
Rocky Heights Middle School – Orchestra
Rocky Heights Middle School – Symphonic Band
Ponderosa High School – Wind Ensemble

Northeastern Instrumental: Sterling High School

Greeley West High School – Symphonic Band

Northern Vocal: Thompson Valley High School

Berthoud High School – Master Choir
Centaurus High School – Fermata the Blue
Estes Park High School – Concert Choir

Northern Vocal: Thompson Valley High School

Fort Collins High School – A Cappella
Fort Collins High School – Concert Choir
Fort Collins High School – Men's Choir
Fort Collins High School – Women's Choir
Greeley Central High School – Chamber Choir
Loveland High School – Advanced Women's Choir
Loveland High School – Chamber Choir
Loveland High School – Men's Choir
Poudre High School – Impalaphonics
Poudre High School – Men's Choir
Ridgeview Academy – Concert Choir
Ridgeview Academy – Intermediate Choir
Ridgeview Academy – Madrigal Singers
Rocky Mountain High School – Con Brio
Rocky Mountain High School – Capriccio
Rocky Mountain High School – Bel Canto
Thompson Valley High School – Eagle Singers
Trail Ridge Middle School – Festival Choir
Trail Ridge Middle School – Men's Choir
Trail Ridge Middle School – Women's Choir
Windsor Middle School – 8th Grade Choir
Windsor Middle School – 7th Grade Choir

Southern Instrumental: CSU-Pueblo

Cheyenne Mountain High School – Concert Band 3
Cheyenne Mountain Middle School – Concert Band
Cheyenne Mountain Middle School – Symphonic Band
Classical Academy – Wind Ensemble
Dakota Ridge High School – String Orchestra
Ftn.-Fort Carson High School – Symphonic Band
Mountain Ridge Middle School – Symphonic Band I
Mountain Ridge Middle School – Symphonic Band II
Pueblo South High School – String Orchestra
Pueblo South High School – Concert Band
Pueblo South High School – Symphonic Band
Sand Creek High School – Symphonic Band

Southern Vocal: Pueblo South High School

Custer County High School – Choir
Ftn.-Fort Carson High School – Women's Select Choir
Heaton Middle School – Bel Canto Choir
Pueblo Centennial High School – Choralaires
Pueblo Centennial High School – Schola Cantorum
Pueblo East High School – Les Jongleurs
Pueblo South High School – Advanced Ladies
Pueblo South High School – Bel Canto
Pueblo South High School – Cecilian Chorale

Western Instrumental: Central High School

Grand Junction High School – Wind Ensemble
Grand Mesa Middle School
Palisade High School – Wind Symphony A

Western Vocal: Central High School

Central High School (G.J.) – Concert Chorale
Grand Junction High School – Cantanti
Grand Junction High School – Meistersingers

Thank you to the following high schools for their participation in one or more CHSAA Large Group Music Festival this Spring.

Adams City H.S.	Douglas County H.S.	Loveland H.S.	Resurrection Chr. H.S.
Air Academy H.S.	Durango H.S.	Manzanola H.S.	Ridgeview Classical Sch.
Alamosa H.S.	Eagle Valley H.S.	Meeker H.S.	Rock Canyon H.S.
Arapahoe H.S.	Eaton H.S.	Mesa Ridge H.S.	Rocky Ford H.S.
Aurora Central H.S.	Englewood H.S.	Middle Park H.S.	Rocky Mountain H.S.
Bayfield H.S.	Estes Park H.S.	Mitchell H.S.	Roosevelt H.S.
Berthoud H.S.	Fairview H.S.	Moffat County H.S.	Sand Creek H.S.
Boulder H.S.	Falcon H.S.	Monte Vista H.S.	Sheridan H.S.
Brighton H.S.	Fort Collins H.S.	Montezuma-Cortez H.S.	Sierra H.S.
Broomfield H.S.	Fort Morgan H.S.	Mountain Range H.S.	Silver Creek H.S.
Canon City H.S.	Ftn.-Fort Carson H.S.	Mountain View H.S.	Skyline H.S.
Castle View H.S.	Fowler H.S.	Northridge H.S.	Skyview H.S.
Centaurus H.S.	Frontier Academy	Overland H.S.	Springfield H.S.
Central H.S. – G.J.	Fruita Monument H.S.	Palisade H.S.	Steamboat Springs H.S.
Chaparral H.S.	Gateway H.S.	Palmer H.S.	Sterling H.S.
Cherokee Trail H.S.	George Washington H.S.	Palmer Ridge H.S.	Swink H.S.
Cheyenne Mtn. Charter Acad.	Grand Junction H.S.	Paonia H.S.	The Vanguard School
Cheyenne Mountain H.S.	Grand Valley H.S.	Pine Creek H.S.	Thompson Valley H.S.
Classical Academy	Grandview H.S.	Plateau Valley H.S.	Thornton H.S.
Clear Creek H.S.	Greeley Central H.S.	Platte Valley H.S.	ThunderRidge H.S.
Coal Ridge H.S.	Greeley West H.S.	Ponderosa H.S.	Trinidad H.S.
Columbine H.S.	Harrison H.S.	Poudre H.S.	Trinity Lutheran School
Conifer H.S.	Hayden H.S.	Prairie View H.S.	Vista Ridge H.S.
Coronado H.S.	Heritage H.S.	Pueblo Centennial H.S.	Wasson H.S.
Crowley County H.S.	Highlands Ranch H.S.	Pueblo County H.S.	Weld Central H.S.
Custer County H.S.	Holy Family H.S.	Pueblo East H.S.	Westminster H.S.
Dakota Ridge H.S.	Ignacio H.S.	Pueblo Sch (Arts/Science)	Widefield H.S.
Denver School of the Arts	La Junta H.S.	Pueblo South H.S.	Windsor H.S.
D'Evelyn H.S.	Lake County H.S.	Pueblo West H.S.	Woodland Park H.S.
Discovery Canyon H.S.	Lamar H.S.	Ralston Valley H.S.	Wray H.S.
Doherty H.S.	Legacy H.S.	Rangeview H.S.	
Dolores H.S.	Limon H.S.	Ranum H.S.	

Thank you to the following elementary, middle, and junior high schools for your participation in one or more CHSAA Large Group Music Festival this Spring.

Aspen M.S.	Falcon M.S.	Mountain Ridge M.S.	Skyview M.S.
Belmar Elementary	Fountain M.S.	North M.S.	Sproul M.S.
Brentwood M.S.	Grand Mesa M.S.	O'Connel M.S.	Steamboat Springs M.S.
Broomfield Heights M.S.	Gypsum Creek M.S.	Pagosa Springs J.H.	Timberview M.S.
Carmel M.S.	Heath M.S.	Panorama M.S.	Trail Ridge M.S.
Cheyenne Mountain M.S.	Heaton M.S.	Peyton M.S.	Trinidad M.S.
Classical Academy J.H.	Holmes M.S.	Pitts M.S.	Ward M.S.
Cortez M.S.	Horizon M.S.	Platte Valley M.S.	Watson M.S.
Craig M.S.	Irving M.S.	Ranch View M.S.	Wellington J.H.
Creekside M.S.	Janitell J.H.	Risley M.S.	West M.S.
Creighton M.S.	Jenkins M.S.	Rocky Heights M.S.	Westlake Village M.S.
Eagle Valley M.S.	Lamar M.S.	Roncalli M.S.	Windsor M.S.
Eagleview M.S.	Lewis-Palmer M.S.	Russel M.S.	Woodland Park M.S.
Elizabeth M.S.	Louisville M.S.	Sabin M.S.	
Escalante M.S.	Mann M.S.	Silver Hills M.S.	

MEMBER FEES

School membership and participation fee invoices were sent to all member schools in May. Participation fees will be assessed based on 2008-09 information. If you have added new sports/activities, this information should be shown on the form returned to the CHSAA office. Schools will be billed for the full amount of their membership dues and participation fees. Included with the statement will be a check for each school's refund. The refund will total \$231,000 given back to member schools. Colorado Athletic Directors Association dues are included as a separate and voluntary item.

DO NOT INCLUDE "INTERSCHOLASTIC ATHLETICS" IN IEP'S

Our contact with principals, special education teachers and athletic directors leads us to the conclusion that all students benefit from the incentive of meeting CHSAA academic requirements as established by our Board of Control. Do not create a roadblock to this important incentive by allowing a requirement for participation in interscholastic athletics to be included in a student's IEP.

"INCOMPLETE" CANNOT BE MADE UP

A reminder to athletic directors that CHSAA by-laws treat incompletes on the transcript in the same manner as F's. While there is a provision for a principal to request a period of time for students to make up work at the conclusion of the semester, this is not intended to allow a student who receives an incomplete, through his own lack of effort, to make up the "I" for eligibility purposes.

ELIGIBILITY REMINDERS

Deadlines for certifying participants' eligibility to the CHSAA remains September 15 (1st semester), December 1 (1st semester supplemental), February 15 (2nd semester) and March 30 (2nd semester supplemental). **PLEASE DO NOT FAX.**

RECRUIT OFFICIALS FROM YOUR SENIORS

For thousands of high school seniors throughout Colorado, athletic careers will end with the final events this spring. The vast majority of those young men and women may never be involved in another organized contest in their sport or activity. There is a great opportunity, however, for that involvement to continue through membership in an officials association recognized by the CHSAA. Identify some of those athletes or speech competitors whom you think would have an interest in officiating and encourage them to call the CHSAA to request information about testing and certification in baseball, basketball, track, wrestling, volleyball, speech, softball, soccer, swimming, football, gymnastics, ice hockey, lacrosse and field hockey. Call Monica Tillman in the Officials' Office at 303-364-1337.

RETIRING ADMINISTRATORS

At the April Board of Control meeting, Rhonda Blanford-Green presented the following people retiring this year with a 2009-2010 courtesy card to thank them for their years of service to the CHSAA:

Gene Alvine – District Athletic Director – Thompson R2-J School District – 42 years

Steve Baroch – Principal – Dove Creek High School – 31 years

Bruce Benningsdorf – Athletic Director – Niwot High School – 30 years

Gary Coulter – Superintendent – Plainview School District

Dan Evig – Superintendent – Meeker School District

Carlos Garcia – Superintendent – South Conejos School District – 33 years

John Green – District Athletic Director – Cherry Creek School District – 32 years

Tom Gribben – Athletic Director – Pueblo Centennial High School – 35 years

Henry Herrera – Superintendent – Alamosa School District

John Hostetler – Athletic Director – Gateway High School – 31 years

Linda Klipp – Athletic Director – Roosevelt High School – 29 years

Dean Koester – Superintendent – Peetz Plateau School District – 31 years
 Kevin Land – District Athletic Director – Jefferson County School District (007)
 Richard Lee – Athletic Director – Steamboat Springs High School – 32 years
 Don Magill – Superintendent – Bayfield School District
 Rusty Mathena – Athletic Director – Berthoud High School – 29 years
 Leonard Sherman – Principal – Berthoud High School – 34 years
 Dave VanSant – Superintendent – Strasburg School District – 36 years
 Tom Weston – Principal – Liberty High School – 27 years

SUMMER HOURS

CHSAA will remain open during the summer and would welcome phone calls or visits as we prepare for the upcoming year. Don't hesitate to utilize us as a resource. The CHSAA office will be closed Monday, August 3, 2009 for CHSAA Day and Monday, September 7, 2009 for Labor Day. Our summer hours:

May 26 - July 24
7:00-3:30

July 27 – September 4
7:30-4:00

September 8
7:30-4:30

2009 STATE SPEECH TOURNAMENT RESULTS

LD DEBATE AWARDS:

First Place:	Katie Chapman	Delta High School
Second Place:	Max Dovala	Fairview High School
Third Place:	Sarah Spinuzzi	Pueblo Centennial High School
Third Place:	Christine Doran	Longmont High School
Quarter-finalists:	Brogan Moffet	Thompson Valley High School
Quarter-finalists:	Stephen Lurie	Cherry Creek High School
Quarter-finalists:	Janna Thompson	Moffat County High School
Quarter-finalists:	Amy Le	Littleton High School
Octa-finalists:	Kyle Garner	Longmont High School
Octa-finalists:	Alex Sullivan	Thompson Valley High School
Octa-finalists:	Carson Walker	Kent Denver High School
Octa-finalists:	Lillian Nottingham	Cherry Creek High School
Octa-finalists:	Onna Baker	Durango High School
Octa-finalists:	Heidi Gruber	Delta High School
Octa-finalists:	Amy Kreienkamp	Lakewood High School
Octa-finalists:	Kyle Hoffmann	Lakewood High School

PF DEBATE AWARDS:

First Place:	Marso & Stewart	Chaparral High School
Second Place:	Capshaw & Valdez	Montrose High School
Third Place:	Neslin & Williams	George Washington H.S.
Third Place:	Silverman & Siegel	Cherry Creek High School
Quarter-finalists:	Patz & Pitera	Mesa Ridge High School
Quarter-finalists:	Castle & Miller	Mesa Ridge High School
Quarter-finalists:	Ungerma n & Khalil	Overland High School
Quarter-finalists:	Medina & Peterson	Pueblo Centennial H.S.
Octa-finalists:	Iu & Hains	Air Academy High School
Octa-finalists:	Goldberg & Law	Cherry Creek High School
Octa-finalists:	Cohn & Maltz	Cherry Creek High School
Octa-finalists:	Meeks & Sheffer	Cherry Creek High School
Octa-finalists:	Zimmerman & Haynie	Central (GJ) High School
Octa-finalists:	Segura & Magnuson	Overland High School
Octa-finalists:	Desmond & Brough	Denver School of the Arts

DUO INTERPRETATION AWARDS:

First Place:	Diawara & Duarte	Pueblo East High School
Second Place:	Alterman & Howard	Denver East High School
Third Place:	Johnson & Stelmach	Standley Lake High School
Fourth Place:	Gregor & Mullen	Kent Denver High School
Fifth Place:	Hayes & Kelly	Denver East High School
Sixth Place:	Adair & Blazek	Mountain Vista High School
Seventh Place:	Testa & Simon	Cherry Creek High School
Eight Place:	Cross & Wagner	Classical Academy High School
Ninth Place:	Sorenson & Hassani	Rocky Mountain High School
Tenth Place:	Sloan & Witzel	Classical Academy High School
Eleventh Place:	Buchanan & Wich	Rocky Mountain High School
Twelfth Place:	Matusoff & Scobic	Kent Denver High School

POETRY INTERPRETATION AWARDS:

First Place:	Peter Aquino	Ranum/Westminster H.S.
Second Place:	John Oberly	Cherry Creek High School
Third Place:	Jared Norman	Fruita-Monument High School
Fourth Place:	Reggie Jackson	Overland High School
Fifth Place:	Stormy Pyeatte	Ouray High School
Sixth Place:	Tiffany Gard	Delta High School
Seventh Place:	Claire Hupy	Air Academy High School
Seventh Place:	Megan Geist	Cherry Creek High School
Ninth Place:	Shelby Handler	Denver South High School
Tenth Place:	Jennifer Aaberg	Central (GJ) High School
Eleventh Place:	Rosie Kreitman	Cherry Creek High School
Twelfth Place:	Sam Bodin	Woodland Park High School

HUMOR INTERPRETATION AWARDS:

First Place:	John Lapin	Kent Denver High School
Second Place:	Maddie Danielson	Trinidad High School
Third Place:	Alex Lee Natali	Denver East High School
Fourth Place:	Avery Anderson	Niwot High School
Fifth Place:	Ben Greene	Cherry Creek High School
Sixth Place:	Nathan Vail	Air Academy High School
Seventh Place:	Chelsea Williams	La Junta High School
Eight Place:	Hannah Carrothers	Denver East High School
Ninth Place:	Mike Myers	Cherry Creek High School
Tenth Place:	Brendan Camous	St. Mary's High School
Eleventh Place:	Arielle Baker	Palisade High School
Twelfth Place:	Paula Ninger	Steamboat Springs High School

ORIGINAL ORATORY AWARDS:

First Place:	Joshua Wilson	Palisade High School
Second Place:	Emily Mayer	Kent Denver High School
Third Place:	Albert Chang	Cherry Creek High School
Fourth Place:	Adam Burg	Cherry Creek High School
Fifth Place:	Marley Pierce	Denver East High School
Sixth Place:	Lauren Jones	Canon City High School
Seventh Place:	Elizabeth Cheever	Denver East High School
Eight Place:	Angie Neslin	George Washington H.S.
Ninth Place:	Joseph Zhang	Pine Creek High School
Tenth Place:	Mark Higgins	Ponderosa High School
Eleventh Place:	Joseph Chen	Cherry Creek High School
Twelfth Place:	Paul Carroll	Kent Denver High School

DRAMATIC INTERPRETATION AWARDS:

First Place:	Jake Abbil	Ouray High School
Second Place:	Brendan Kane	Pine Creek High School
Third Place:	Olivia Garard	Kent Denver High School
Fourth Place:	Tawney Wingo	Pomona High School
Fifth Place:	Heather Karey	Woodland Park High School
Sixth Place:	Curtis Lorio	Moffat County High School
Seventh Place:	Casey Kyne	Ouray High School
Eight Place:	Will Samson	Rocky Mountain High School
Ninth Place:	Alex Silverson	Doherty High School
Tenth Place:	Abbigal Smith	Air Academy High School
Eleventh Place:	Katelyn Krieger	Standley Lake High School
Twelfth Place:	Jack Christafferson	Littleton High School

NATIONAL EXTEMPORANEOUS AWARDS:

First Place:	Sunil Damle	Air Academy High School
Second Place:	Karie Schultz	Highlands Ranch High School
Third Place:	Tyler Stephen	Douglas County High School
Fourth Place:	Branden Zimmerman	Pueblo West High School
Fifth Place:	Thomas Gorman	Cherry Creek High School
Sixth Place:	Michael Homiak	George Washington H.S.
Seventh Place:	Jenny Koch	Summit High School
Eight Place:	Jeremy Carlson	Canon City High School
Ninth Place:	Brendan Patrick	George Washington H.S.
Tenth Place:	Elizabeth Engle	Regis High School
Eleventh Place:	Amanda Watson	Palmer High School
Eleventh Place:	Allison Grimme	Widefield High School

INTERNATIONAL EXTEMPORANEOUS AWARDS:

First Place:	Anne Birt	Longmont High School
Second Place:	David Mok-Lamme	Palisade High School
Third Place:	Justin Zhao	Cherry Creek High School
Fourth Place:	Parth Kaul	Cherry Creek High School
Fifth Place:	Ben Horblit	Arapahoe High School
Sixth Place:	Kevin Kelly	Niwot High School
Seventh Place:	Rachel Ford	Silver Creek High School
Eight Place:	Lindsey Pruet	Canon City High School
Ninth Place:	Dan Morgan-Russel	George Washington H.S.
Tenth Place:	Hannah Rasby	Littleton High School
Eleventh Place:	Elliot Padgett	Rock Canyon High School
Twelfth Place:	Ryan Atallah	Fairview High School

CX DEBATE AWARDS:

First Place:	Greos/O'Brien	Cherry Creek High School
Second Place:	Zax/Want	Denver East High School
Third Place:	Takeda/Li	Cherry Creek High School
Third Place:	Rackley/Hilger	Cherry Creek High School
Quarter-finalists:	Jay/Ingrahm	Fort Collins High School
Quarter-finalists:	Miller/Kamel	Kent Denver High School
Quarter-finalists:	Clask/Owens	George Washington H.S.
Quarter-finalists:	Czufin/Biermann	George Washington H.S.

SCHOOL BOX PICK-UP BEGINS MONDAY, JULY 27

7:30 a.m. - 4:00 p.m.

Sports Medicine: Heat Stress and Athletic Participation

Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2002 football season there have been 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity

65-73– Moderate risk

73-82 – High risk

82 plus – Very high risk

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS... Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

Author: Unknown

Release Date: 3/1/2005

RECOMMENDATIONS FOR HYDRATION

TO PREVENT HEAT ILLNESS

TYPES OF SPORTS DRINKS

- ◆ **Fluid Replacers**
 - ❖ Examples: Water, Gatorade, 10K, Quickkick, Max
 - ❖ These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.
- ◆ **Carbohydrate loaders**
 - ❖ Examples: Gatorlode, Exceed High, Carboplex
 - ❖ These drinks replace more muscle glycogen to enhance greater endurance.
 - ❖ They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.
- ◆ **Nutrition Supplements**
 - ❖ Examples: Gatorpro, Exceed Sports, Ultra Energy
 - ❖ These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
 - ❖ They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

WHAT NOT TO DRINK

- ◆ Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- ◆ Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- ◆ Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- ◆ Drink according to a schedule based on individual fluid needs.
- ◆ Drink before, during and after practices and games.
- ◆ Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- ◆ Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- ◆ Drink early — By the time you're thirsty, you're already dehydrated.
- ◆ In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- ◆ Drink fluids based on the amount of sweat and urine loss.
- ◆ Within two hours, drink enough to replace any weight loss from exercise.
- ◆ Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- ◆ Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- ◆ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ◆ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- ◆ During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- ◆ Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- ◆ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- ◆ Salt should never be added to drinks, and salt tablets should be avoided.
- ◆ Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS

- ◆ Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
- ◆ Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
- ◆ Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- ◆ High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
- ◆ Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- ◆ Medications/fevers greatly affect an athlete's dehydration problems.
- ◆ Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- ◆ Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- ◆ Wet bulb temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- ◆ Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- ◆ A Heat Index chart should be followed to determine if practice/contests should be held.
- ◆ A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- ◆ A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- ◆ A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

Journal of Athletic Training: 35(2): 212-224; NFHS. Handbook Heat Related Illness, Sandra Shultz PhD, ATC, CSCS, Steven Zinder MS, ATC

NCAA FRESHMAN – ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

The NCAA initial-eligibility rules have changed.

If you plan to enroll in any Division I or Division II college or university in fall 2005 or after, please read this information carefully.

For students entering any Division I college or university on or after August 1, 2008, your NCAA initial eligibility will be evaluated under the 16 core-course rule as described on this sheet.

THE NEW RULE:

- **INCREASES** the number of core courses from 13 to **14**. This additional core course may be in any area: English, mathematics, natural/physical science, social science, foreign language or nondoctrinal religion/philosophy. The breakdown of core-course requirements is listed below.
- **CHANGES** the Division I initial-eligibility index, or sliding scale. *See the reverse side for the Core GPA/test score sliding-scale index.*
- The 16 core-course rule **INCREASES** the number of core courses from 14 to **16** for Division I only. Students must complete **three** years of mathematics (Algebra I or higher), and **four** years of additional core courses. The additional core course may be taken in any area: English, mathematics, natural/physical science, social science, foreign language or nondoctrinal religion/philosophy. The breakdown of the requirements is listed below.

DIVISION I 16 CORE-COURSE RULE 2008 and after
16 Core Courses: 4 years of English. 3 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 1 year of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/ philosophy).

DIVISION II 2005 and after
14 Core Courses: 3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 2 years of additional English, mathematics or natural/physical science. 2 years of social science. 3 years of additional courses (from any area above, Foreign language or nondoctrinal religion/ philosophy).

PLEASE NOTE: Computer science is being **eliminated** as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005, may not use any computer science courses in meeting the core-course requirements, unless the course receives graduation credit in mathematics or natural/physical science, and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION

- In Division II, there is no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (Verbal and Math sections only) and the minimum ACT sum score is 68.

- Students first entering a Division I or Division II collegiate institution on or after August 1, 2005, must meet the new 14 core-course rule.

- Students first entering a Division I collegiate institution on or after August 1, 2008, must meet the 16 core-course rule.

- The SAT combined score is based on the Verbal and Math sections only. The new writing section will not be used.

For more information regarding the new rule, please go to www.ncaa.org. Click on "Student-athletes and Parents" in the "Custom Home Pages" section. You may also visit the clearinghouse Web site at www.ncaaclearinghouse.net.

IF YOU HAVE QUESTIONS ABOUT NCAA ELIGIBILITY, PLEASE CALL THE NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE TOLL-FREE AT 877/262-1492. YOU MAY ALSO CALL THE NCAA AT 317/917-6222.

DIVISION I CORE GRADE-POINT AVERAGE/ TEXT-SCORE SLIDING SCALE NEW CORE GPA/Test Score Index		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

SCHOOLS/COACHES REMAINING ON PROBATION PAST ONE YEAR

The following coaches remain on probation. Request for removal, along with outline of corrective action, has yet to be received by Commissioner. Please follow through and let us know what you want to do with these probations.

SCHOOL	COACH	SPORT	DATE	VIOLATION	OTHER
Abraham Lincoln	Troeger, Scott	Football	11-05-2005	Ejection	No response-Remain
Arvada	Bauer, Scott	Baseball	04-29-2008	Ejection	No longer at school-Remain
Basalt	Ryan, Rick	Baseball	04-02-2008	Ejection	No response-Remain
Bear Creek	Cassiday, Billy	Baseball	03-15-2008	Ejection	No response-Remain
Boulder	Colter, Spencer	Basketball	12-10-2007	Ejection	No longer at school-Remain
Crowley County	Reeves, Randy	Basketball	1-19-08	Ejection	No longer at school-Remain
Bellevue Christian	Blank, Aaron	Basketball	12-8-07	Ejection	No longer a member-Remain
Denver South	Martin, Mike	Baseball	04-15-2008	Ejection	No response-Remain
Dolores	Lovett, Keenan	Basketball	01-25-2008	Ejection	No response-Remain
Englewood	Carricato, Vicci	Basketball	02-22-2008	Ejection	No longer at school-Remain
Estes Park	Ester, Kyle	Basketball G V	02-11-2005	Ejection	No response-Remain
Grandview	Baum, Chris	Baseball JV	04-07-2008	Ejection	No response-Remain
Highland	Matkin, Todd	Football	10-21-2005	Ejection	No response-Remain
Hinkley	Cunningham, J.C.	Basketball Fr	02-15-2005	Ejection	No response-Remain
Horizon	Mendoza, Isabel	Basketball	02-09-2007	Ejection	No response-Remain
Idalia	Wingfield, Brad	Basketball	12-13-2007	Ejection	No longer at school-Remain
Jefferson	Medina, Dan	Baseball	04-21-2007	Ejection	No response-Remain
Lutheran	Amschel, John	Soccer B	09-17-2007	Ejection	No response-Remain
Montezuma-Cortez	Arcghibeque, Bob	Track & Field	04-20-2006	Played ineligible	No response-Remain
Overland	Cox, Michael	Basketball	02-23-2008	Ejection	No longer at school-Remain
Overland	Neal, Lawrence	Basketball	02-06-2008	Ejection	No longer at school-Remain
Palmer	Green, Mike	Baseball	04-04-2008	Ejection	No longer at school-Remain
Pine Creek	Pierson, Rodney	Baseball JV	04-15-2006	Ejection	No response-Remain
Pomona	Stiggs, Jeremy	Football Asst.	10-15-2005	Ejection	No response-Remain
Poudre	Holley, Nick	Soccer B	09-02-2005	Ejection	No response-Remain
Prairie View	Riccio, Todd	Basketball	12-04-2007	Ejection	No response-Remain
Pueblo County	Martinez, Roger	Basketball B	12-01-2005	non-registered coach	No response-Remain
Rangely	Paben, Jeff	Basketball	02-29-2008	Ejection	No longer at school-Remain
Rangeview	Elliot, Jason	Soccer B	09-28-2007	Ejection	No response-Remain
Rangeview	Jerome, Bill	Baseball	04-19-2005	Ejection	No response-Remain
Rangeview	Winkler, Lindsay	Volleyball	10-18-2005	Ejection	No response-Remain
Regis	Woodley, Dan	Ice Hockey	02-18-2006	Ejection	No response-Remain
Regis-Girls	Bauer, Tim	Soccer G	04-28-2008	Ejection	No response-Remain
Silver Creek	Squires, Chris	Soccer B	09-06-2005	Ejection	No longer at school-Remain
Silver Creek	Squires, Chris	Soccer	09-19-2007	Ejection	No longer at school-Remain
Telluride	Englund, Brent	Soccer B	09-29-2007	Ejection	No response-Remain
ThunderRidge	Cantalamesa, Joel	Baseball	05-05-2005	Ejection	No Response-Remain
Weld Central	Self-Tia	Volleyball	09-27-2007	Ejection	No response-Remain
Westminster	DeLuna, Luis	Soccer B	09-21-2006	Ejection	No response-Remain
Westminster	Sancez, Steve	Softball JV	10-06-2007	Ejection	No longer at school-Remain

CHSAA CARS FOR SALE



2008 Honda EXL Accord Sedan

- Color: Black
- Black leather interior
- Power sunroof, satellite radio Xm(R) Service, Dual Zone
Climatronic Leather seating surface and cold weather package
- 6-speed automatic transmission
- Electronic Stabilization Program
- Anti-Slip Regulation (ASR)
- Anti-lock Braking System (ABS)
- Driver & front passenger side airbags supplemental restraint system
- Side curtain Protection™ head airbags, front & rear
- 17" alloy wheels with anti-theft locks
- In-dash, 6-disc CD changer, MP3 format readable
- Anti-theft alarm system for vehicle and radio

2008 Chevrolet Malibu 2LT

- Color: Exterior: Sandstone Metallic - Interior: Cocoa/Cashmere
 - 2.4L 4 Cylinder DOHC Engine
 - Transmission, 4 SPD Automatic
 - 4-WHL Independent Suspension
- Safety & Security
- Air Bags, Dual Frontal Passenger Sensing System
 - Head Curtain Side Air Bags, Front/Outboard Rear
 - Side Impact Air Bags, Driver and Front Passenger
 - Anti Lock Brake System, 4-Wheel Disc
 - Stabilitrak-Stability Control Traction Control System
 - Rear Child Seat Latch System

Exterior

- 17" Wheels Ultra Bright Alloy
- Touring Tires
- Power Outside Mirrors
- Chrome Exhaust Tip

Interior

- Air Conditioning
- All Power -Door locks, Windows, Seats
- AM/FM Stereo, CD Player
- XM Satellite Radio - Service extra
- Heated Front Seats
- Ultralux seats

Options

- Sunroof, Power Tilt and Slide

**Contact Paul Angelico: CHSAA: 303-344-5050
CELL: 720-581-8101
Home: 303-470-1147**

2009-2010 CHSAA SPORTS CALENDAR

4-15-09

SPORT	PRACTICE BEGINS	FIRST SCRIMMAGE	DATE FIRST CONTEST	NUMBER CONTESTS	REGULAR SEASON ENDS	DISTRICT OR STATE FIRST ROUND	STATE FINALS
B&G CROSS COUNTRY	August 17	August 28	September 3	11 ind.	-----	Regionals completed by October 24	October 31
FIELD HOCKEY	August 17	August 28	September 3	15	October 20	Quarterfinals completed by October 24 Semifinals – October 28	November 2
FOOTBALL	August 17++	August 28	September 3	10	-----	A6, A8, 1A, 5A Prelims – November 7 2A, 3A, 4A Prelims – November 14	A6 – November 21 A8, 1A – Nov. 28 2A,3A,4A,5A – Dec. 5
BGOLF	August 10	August 13	August 13	198 holes ind.	-----	3A,4A,5A Regionals completed by Sept. 25	3A,4A,5A – Oct. 5-6
GGYMNASTICS	August 17	August 28	September 3	11 ind.	-----	5A regionals completed by October 31	4A – Nov. 7 5A – Nov. 6-7
BSOCCER	August 17	August 28	September 3	15	October 23	1st Round – 3A, 5A-October 28 1st Round – 4A-Oct. 27 2nd Rd. – 3A, 5A-Oct. 31, 4A-Oct. 29 QF's – 3A-Nov. 5, 4A-Nov. 3, 5A-Nov. 4 SF's – 3A, 4A, 5A – November 7	3A – Nov. 10 4A, 5A – Nov. 11
SOFTBALL	August 17	August 21	August 21	19	October 10	4A-5A Regionals – October 17	3A-5A – Oct. 23-24
SPIRIT	August 17	NA	September 3	2 sanctioned	-----	NA	December 4-5
BTENNIS	August 17	August 20	August 20	*11, **10, ***9 or 12 ind.	-----	Regionals completed by October 10	October 15-17
VOLLEYBALL	August 17	August 28	September 3	19	October 24	Districts completed by October 31 Regionals completed by November 7	November 13-14
B&G BASKETBALL	November 12	November 18	December 1	@19/23	1A-3A – Feb. 20 4A-5A – Feb. 19	1A, 2A, 3A districts completed by Feb. 27 1A-3A Sweet 16 completed by March 6 4A, 5A bracket set February 21	March 10-13
ICE HOCKEY	November 12	November 18	December 1	19	-----	Semifinals – February 26	February 27
B&G SKIING	See Bulletin	NA	NA	12	-----	NA	February 11-12
GSWIMMING	November 12	November 18	December 1	11 ind. + conf.	-----	NA	4A-5A – Feb. 12-13
WRESTLING	November 12	November 18	December 1	^30 match pts	-----	Regionals completed by February 13	February 18-20
BASEBALL	February 22	February 27	March 4	19	1A-5A – May 8	1A-2A Districts – May 8 3A-5A Districts – May 14-15 1A-2A Regionals – May 14-15 3A-5A 2nd Round – May 21-22	1A-2A – May 21-22 3A-5A – May 28-29
GGOLF	February 22	February 25	February 25	198 holes ind.	-----	4A, 5A regionals completed by May 14	4A, 5A – May 24-25
B&G LACROSSE	February 22	February 27	March 4	15	Boys – May 1 Girls – May 10	Qualifiers – Girls-May 10; Boys-May 1 Girls 1st Rd. completed by May 15 Boys Prelims – May 8 Semifinals – Girls-May 22; Boys-May 19	Girls – May 26 Boys – May 22
GSOCCER	February 22	February 27	March 4	15	May 8	1st Round – 3A, 5A-May 12 1st Round – 4A-May 11 2nd Rd. – 3A, 4A-May 15, 5A-May 14 QF's – 3A-May 20, 4A-May 19, 5A-May 18 Semifinals – 3A, 4A, 5A-May 22	3A – May 25 4A, 5A – May 26
BSWIMMING	February 22	February 27	March 4	11 ind. + conf.	-----	NA	4A, 5A – May 14-15
GTENNIS	February 22	February 25	February 25	*11, **10, ***9 or 12 ind.	-----	Regionals completed by May 8	May 13-15
B&G TRACK & FIELD	February 22	February 27	March 4	11 ind.	-----	2A, 3A Regionals – May 12-15	May 20-22

* Plus one tournament – **Plus two tournaments – ***Plus three tournaments

^6 pts. for 2-day tournament/ multi-school event with no elimination; 4 pts. for 2-day tournament with single or double elimination; 3 pts. for 1-day tournament/quad; 2 pts. for triangular/ double dual tournament; 1 pt. for dual meets

2 additional interscholastic scrimmages allowed for wrestlers qualifying for state to be held the week after regionals; 1 (total) additional scrimmage for each team still involved in district, regional or state after the completion of the regular season.

Each school permitted 2 scrimmage dates per sport

@In classes 1A, 2A and 3A where a district tournament is played, no more than 19 contests. In classes 4A and 5A, no more than 23 contests may be played.

++ADDITIONAL IMPORTANT DATES

No protective equipment, except shoes, jerseys & helmets August 17-18

Full protective equipment and uniform permitted; no player-player contact August 19

Full contact August 20

2009-2010 CHSAA ACTIVITIES CALENDAR

ACTIVITY	FIRST CONTEST	NUMBER OF CONTESTS	CHSAA SPONSORED EVENTS
MUSIC	NA	4 in state, 2 out of state marching band dates exclusive of State	Solo & Ensemble Festivals – February 1 – May 1 Large Group Festivals – April 5-30
SPEECH	October 1	12 - one event 14 - more than one event 18 - School	Festival/Tournament – January 29-30 Regionals completed by March 6 State Tournament – March 19-20
STUDENT LEADERSHIP	NA	NA	Leadership Workshop 2009 – TBA Student Leadership Conf. 2009 – TBA

2010-2011 CHSAA SPORTS CALENDAR

2-2-09

SPORT	PRACTICE BEGINS	FIRST SCRIMMAGE	DATE FIRST CONTEST	NUMBER CONTESTS	REGULAR SEASON ENDS	DISTRICT OR STATE FIRST ROUND	STATE FINALS
B&G CROSS COUNTRY	August 16	August 27	September 2	11 ind.			
FIELD HOCKEY	August 16	August 27	September 2	15			
FOOTBALL	August 16++	August 27	September 2	10			
BGOLF	August 9	August 12	August 12	198 holes ind.			
GGYMNASTICS	August 16	August 27	September 2	11 ind.			
BSOCCER	August 16	August 27	September 2	15			
SOFTBALL	August 16	August 20	August 20	19			
SPIRIT	August 16	NA	September 2	2 sanctioned			
BTENNIS	August 16	August 19	August 19	*11 or **10 or 12 ind.			
VOLLEYBALL	August 16	August 27	September 2	19			
SUBJECT TO COMMITTEE ACTION							
B&G BASKETBALL	November 12	November 18	December 1	****19/23			
ICE HOCKEY	November 12	November 18	December 1	19			
B&G SKIING	See Bulletin	NA	NA	12			
GSWIMMING	November 12	November 18	December 1	11 ind. + conf.			
WRESTLING	November 12	November 18	December 1	***30 match pts			
SUBJECT TO COMMITTEE ACTION							
BASEBALL	February 28	March 5	March 10	19			
GGOLF	February 28	March 3	March 3	198 holes ind.			
B&G LACROSSE	February 28	March 5	March 10	15			
GSOCCER	February 28	March 5	March 10	15			
BSWIMMING	February 28	March 5	March 10	11 ind. + conf.			
GTENNIS	February 28	March 3	March 3	*11 or **10 or 12 ind.			
B&G TRACK & FIELD	February 28	March 5	March 10	11 ind.			

* Plus one tournament
 **Plus two tournaments
 ***6 pts. for 2-day tournament/ multi-school event with no elimination; 4 pts. for 2-day tournament with single or double elimination; 3 pts. for 1-day tournament/quadruple; 2 pts. for triangular/ double dual tournament; 1 pt. for dual meets
 2 additional interscholastic scrimmages allowed for wrestlers qualifying for state to be held the week after regionals; 1 (total) additional scrimmage for each team still involved in district, regional or state after the completion of the regular season.
 Each school permitted 2 scrimmage dates per sport
 ****If no district tournament in the classification, then no more than 23 games. If have a district tournament in the classification, then no more than 19 games.

++ADDITIONAL IMPORTANT DATES
 No protective equipment, except shoes, jerseys & helmets August 16-17
 Full protective equipment and uniform permitted; no player-player contact August 18
 Full contact August 19

2010-2011 CHSAA ACTIVITIES CALENDAR

ACTIVITY	FIRST CONTEST	NUMBER OF CONTESTS	CHSAA SPONSORED EVENTS
MUSIC	NA	4 in state, 2 out of state marching band dates exclusive of State	SUBJECT TO COMMITTEE ACTION
SPEECH	October 1	12 - one event 14 - more than one event 18 - School	
STUDENT LEADERSHIP	NA	NA	



CHSAA Corporate Partners

Making a Difference

The objectives of the Colorado High School Activities Association are to provide meaningful participatory experiences for students; to promote student-centered activities; and to provide leadership to the CHSAA's 338 member public and private high schools in the activities arena.

"High school athletics and activities continue to be an integral part of every community. The involvement of local and statewide businesses as corporate sponsors shows not only support for the students participating, but also provides needed resources to keep these programs operating at an appropriate level. Corporate involvement in these activities is a win-win situation. The students have the resources for an important part of their education and the corporations are providing support for the children of their neighbors, employees and communities," CHSAA Commissioner Bill Reader said.

"The CHSAA works diligently to partner with corporations whose marketing initiatives mirror membership core values, Excellence, Education, Team Leadership Character Building, Sportsmanship and Equitable Opportunities."



Wilson Sporting Goods, one of the nation's largest sporting goods manufacturers, provides all the balls for the CHSAA's state championships, in addition to providing a financial subsidy to support the Association's efforts in the activities arena.



Farmers Insurance has partnered with the CHSAA to recognize student participants making a difference with "Farmers Most Valuable Participants" of the month program. Winners are eligible to win the end of season monetary scholarship to the school of their choice. Selected winners will be featured on promotional sports with FSN Rocky Mountain. Your Farmers agents are there to help you get back where you belong. www.farmersinsurance.com



Sports Authority www.sportsauthority.com is one of the nation's largest full-line sporting goods retailers offering a comprehensive high-quality assortment of brand name sporting apparel and equipment at competitive prices. Sports Authority is committed to Colorado high school athletic and their school communities."



FirstBank is headquartered in Lakewood, Colorado, with a commitment to superior customer service, convenience and loyalty to its employees. FirstBank has grown through consumer and commercial lending, superior banking services and a remarkable standard for community investment. FirstBank is now Colorado's second largest depository institution and Colorado's largest locally owned bank. Visit us online at efirstbank.com.



College In Colorado, Colorado ranks second in the nation for the greatest number of degree holders per capita, yet only one in five Colorado ninth-grade students will earn a college degree, ranking the state in the bottom quartile nationwide. The State of Colorado initiated College In Colorado as a statewide effort to improve college access and change expectations about college for all Colorado students. A cornerstone of the campaign, www.CollegeInColorado.org, offers a one-stop resource to help students, parents and counselors plan, apply and pay for college.



Big O Tires is one of the largest retail tire and auto service centers in the United States. Each store is independently owned and operated by customer-focus individuals who live in the communities that they serve. When you trust Big O Tires and auto service, you are putting your trust in a member of your community...your neighbor.



IBM of Colorado has partnered with the Association on a special program during the fall athletic season. IBM sponsors the IBM High School Heroes program, Activities Educator of the Week and Official of the Week. These programs recognize those students and adults who are making a difference in high school athletics and activities.



KOA Radio 850 joined the Association as the official radio voice of the Colorado High School Activities Association. KOA also provides the CHSAA with assistance in developing public service announcements and in its marketing strategies.



Advanced Orthopedic and Sport Medicine Specialists has joined the Association this year providing sponsorship funding and medical personnel to ensure the safety of our participants. AOSMS offers the finest care for our state championship participants and is developing an educational program designed to assist coaches in their work with students, creating an even safer playing environment for the 107,000 student participants in Colorado.



Schedule Star is the premier sports scheduling software: it is known as the "Silent Assistant, it's the software designed for administrators and assist in organization and being able to provide timely, accurate information to all who visit your website...www.schedulestar.com

Academic Team Champions, Participating teams with a 3.2 grade point average are eligible for this award. The team in each activity in each classification with the highest average GPA will be crowned "Academic Team Champions." Each student on each team nominated will receive a certificate commemorating the accomplishment.

Last year, The Post and CHSAA joined to honor over 25,000 students on over 986 teams nominated for state championships recognition in the Academic Team Champions program.

Other CHSAA sponsors include **Honig's, ESPN Zone, Fox 31 prep Zone, US Marines, Kukulski Brothers Apparel, Geneva's Embroidery, Westwood College, CBS 4, FSN-Rocky Mountain, Comcast, Point Streak, Echelons Awards & Trophies of St. Louis, Tri-Star Event Photos and Wallace Photography.**

SKIN CANCER

Please post or distribute the flyer on the back of this page to your coaches and athletes concerning sun safety issues in Colorado.