

## ciac news briefs

■ According to the National Federation of State High School Associations (NFHS), for the 15th consecutive year, the number of students participating in high school athletics has increased, setting an all-time high for participation. The results of the annual high school athletics participation survey conducted by the NFHS showed that participation for the 2003-04 school year rose by 58,456 students, to 6,903,552. This marked the sixth consecutive year that a record was established for participation in high school athletics. The survey shows that more than half (53.3%) of all total enrolled high school students compete in athletics. Participation numbers for both boys and girls increased, though boys' athletics experienced the greater increase. The biggest gaining sport among girls was soccer, while the eleven-player football registered the largest increase among boys' sports. To view the survey results in their entirety, visit [http://www.nfhs.org/scriptcontent/VA\\_Custom/SurveyResources/2003\\_04\\_Participation.pdf](http://www.nfhs.org/scriptcontent/VA_Custom/SurveyResources/2003_04_Participation.pdf).

■ Last month, President George W. Bush signed into law a measure that makes it illegal for sports agents to sign student-athletes into representational contracts with bribes or misleading information. The Sports Agent and Responsibility Trust Act forbids agents from providing anything of value to the student-athlete or anyone associated with the athlete and requires agents to tell student-athletes in writing that they may lose their NCAA eligibility after signing an agency contract. Pre- and post-dated contracts also are forbidden. Furthermore, the law requires both the sports agent and the student-athlete to notify the athletics director at the athlete's school within 72 hours of signing the contract or before the athlete's next sporting event. Many of these provisions already are outlawed by the NCAA and some individual states, but 17 states have no such laws. Schools could seek civil remedies for damages suffered through violations of the law.

■ According to the Massachusetts Dental Society, mouthguard use prevents approximately 200,000 oral-facial injuries every year. Without one, athletes are 60 times more likely to suffer damage to the mouth. That doesn't even account for more severe consequences that may result from mouthguard disuse such as loss-of-consciousness, concussions, jaw fractures, and cerebral hemorrhages. Earlier this year, a hospital in Australia reported that nearly half of all facial fractures in children ages 10 to 14 were sports-related and that one in 12 emergency patients admitted between 1998 and 2002 had facial injuries.

### CIAC WEBSITE UPDATE

Schools should take notice of a couple of changes when logging into the eligibility center. The "administrative actions" section includes two new options - one for entering directions to their school's sports sites and another for creating and viewing "support tickets".

The "directions" option allows schools to enter directions to each of their sports sites. Directions entered will be accessible to the general public, and via direct links from tournament brackets when a school is the home team for a CIAC tournament game. If a school already has a file with directions to its sites, the text of the file can simply be cut and paste into the directions form, thus preventing any re-typing.

The "support tickets" option is used for requesting general help with the eligibility center and/or changes to forms such as tournament rosters which cannot be done directly by schools. All such changes must be requested via the support tickets system. This will help member schools as they will now have an official record of all such requests and of the central office reply to their request.

Any questions can be directed to Karen Packtor <kpacktor@casciac.org> or Matt Fischer <mfischer@casciac.org>.

### NFHS ISSUES CLARIFICATION OF RULE 3-3-1 IN SWIMMING

It has come to the attention of NFHS officials that some manufacturers of swim suits are incorporating a trade-marked word or phrase on swim suits in addition to the manufacturer's logo. As an example, a swim suit that incorporates both the Speedo logo as well as the word "Endurance" which is a trademark used on this style of suit would be an illegal swim suit. Please inform your schools of this trend. The NFHS is contacting manufacturers to inform them that they should alert their suppliers that these type of swim suits are illegal for high school competition. The NCAA also follows the single-logo rule. Below is a situation that provides clarification.

#### SITUATION:

A swimmer is wearing (a) a swim suit containing a single manufacturer's logo and a phrase that is trade-marked by the manufacturer as part of its marketing efforts, (b) a swim suit with an appropriate size manufacturer's logo and the phrase "Hard Work" stenciled on by the school's supplier.

#### RULING:

In (a) illegal, in (b) legal. A phrase or slogan trade-marked by the equipment manufacturer is considered to be part of the manufacturer's trade name. Only one logo/trade name, of no more than 2.25 square inches, is permitted on a swimmer's suit. School-specific information, such as athlete's name, school mascot, and school slogans, are not regulated by the rule. (Rule 3-3-1)

## INVESTORS IN CT YOUTH



- ★ Baden Sports ★
- ★ Big Y Supermarkets ★
- ★ Coca Cola ★
- ★ CT Lighting Centers ★
- ★ CT Sun ★
- ★ Horace Mann ★
- ★ IGA Supermarkets ★
- ★ Konica ★
- ★ Kukulski Bros ★
- ★ Liberty Mutual ★
- ★ Martin Screen Printing ★
- ★ McDonald's ★
- ★ NBC-30 ★
- ★ Rawlings ★
- ★ Spalding ★
- ★ Sports Image ★
- ★ Subway ★
- ★ Teachers' Insurance Plan ★
- ★ US Marines ★
- ★ Westfield Corporation ★

## ... more ciac news

**Editor's Note:** Printed below is a surprisingly mature and compelling letter written by a high school junior from Waterbury, CT. He speaks to the issue of steroid use in CT high schools. As one who is "on the front lines," his thoughtful opinions should lead us all to "raise an eyebrow" to this issue.

Mr. Savage,

Good afternoon. I am writing you due to my concern with the amount of illegal steroids being used in high school sports here in Connecticut. I am an athlete (in my junior year) who participates in two varsity sports and I am beginning to notice an "outbreak" of sorts of steroid use in the state.

This "outbreak" in steroids is having a very negative effect not only on the players who choose not to cheat, but also the games themselves. Steroids are setting a double standard today in high school sports. Kids are no longer satisfied with hard work, competition, and the love of the game. High school sports have turned from tradition and respect, to macho contests for personal glory. The lessons of team work, commitment, and striving to be the best are being replaced with needles, pills, and capsules. All the morals and traditions we are taught are being replaced with shortcuts and easy routes.

You also have to take into consideration, the lifetime effects that these chemicals cause. Every year the bar gets raised causing people to use more and more of these dangerous chemicals. Slowly we are allowing kids to cut into their lives and shorten them all in the hopes that one day they will "make it" in sports.

What I am proposing is that you begin testing all high school athletes for steroids. It would be unfair only to test certain sports so I am suggesting you do it for everyone. I would like to take this time to thank you for listening to my request. I hope you take this into consideration and into action in the near future.

Sincerely,  
Jonathan D. Sellers  
Waterbury, CT

## CIAC BOARD CHANGES TICKET PRICES FOR CURRENT SCHOOL YEAR

As a result of feedback from CIAC tournament and site directors last year, Executive Director Mike Savage recommended that the CIAC board change its ticket pricing structure for the current school year. After careful consideration of a number of pricing options, the CIAC board adopted the following, which will be in place for the 2004-2005 year.

Children five (5) and under -----	free
Senior citizens (age 65 and older) -----	\$5.00
Students (grades 1 -12) -----	\$5.00
Adults (all others not in the above categories) -----	\$7.00

Pre-sale tickets will be available for events which require advanced sales. However, there will be no discounting of pre-sale tickets. All pre-sale tickets will be sold at the above prices.

The above prices supercede any prices set forth in the sports tournament packets.

### Ice Hockey Moves to Three Divisions

At its meeting on September 16th, the CIAC board voted to expand the ice hockey tournament from two to three divisions. The decision was made following a proposal from Ice Hockey Committee Chair Tom Neagle, who outlined a rationale for expansion based upon fair play, safety and increased opportunities. The three division format will be in place for the 2005-2006 season.

## NATIONAL FEDERATION ISSUES HEAT ALERT

The practice season for fall sports was barely underway and there were already three deaths in football that were strongly related to heat exhaustion.

High temperature is not the only factor that contributes to heat problems. A temperature that is in the acceptable range coupled with high humidity is a recipe for disaster.

A second factor is inadequate hydration. Participants must be well hydrated before going to practice. It goes without saying that fluids must be readily available during practice, and athletes need to be directed by the coaching staff to consume the available fluids. Following practice, the athletes must consume enough fluid to offset the losses at practice.

Also, coaches should be mindful of accepted heat indexes when determining the length and timing of practices.

Lastly, indoor sport practice session participants should also be acutely aware of the climatic conditions. Heat/humidity can increase quickly indoors, and the presence of fans should not relieve any due diligence.

The following are just some of the many resources available on this topic:

1. *Recommendations for Hydration to Prevent Heat Illness* ([http://www.nfhs.org/scriptcontent/va\\_custom/SportsMedicine/HeatStressFlyers.pdf](http://www.nfhs.org/scriptcontent/va_custom/SportsMedicine/HeatStressFlyers.pdf))
2. *Heat Stress and Athletic Participation* ([http://www.nfhs.org/scriptcontent/va\\_Custom/va\\_cm/contentpagedisplay.cfm?content\\_id=211](http://www.nfhs.org/scriptcontent/va_Custom/va_cm/contentpagedisplay.cfm?content_id=211))
3. NFHS Sports Medicine Handbook: *Heat-Related Illness* (pages 34-39)
4. Gatorade "*Coaches Corner*" ([www.gssiweb.com/tackleheat/index.cfm](http://www.gssiweb.com/tackleheat/index.cfm))