



# Missouri State High School Activities Association

# Journal





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## Executive Staff

### DR. KERWIN URHAHN

#### *Executive Director*

Eligibility rulings, transfers, Constitution and By-Laws interpretations, budget and finance, insurance, litigation, legislative liaison, school classification, enrollments.

### STACY SCHROEDER

#### *Assoc. Executive Director*

Swimming and diving, Scholar Bowl, Transfers (hardships & waivers), personnel, MSHSAA Leadership School program, eligibility.

### DAVINE DAVIS

#### *Asst. Executive Director*

Music, volleyball, cheerleading, dance, performing groups, Transfers (foreign exchange/international students), sanctions, eligibility.

### KEVIN GARNER

#### *Asst. Executive Director*

Basketball, soccer, transfers, athletic directors liaison, waivers, eligibility.

### DON MAURER

#### *Asst. Executive Director*

Cross county, track & field, speech and debate, eligibility.

### GREG STAHL

#### *Asst. Executive Director*

Football, golf, wrestling, eligibility.

### KENNY SEIFERT

#### *Asst. Executive Director*

Officials coordinator, officials' registration, officials' rules meetings, special reports, tennis, eligibility.

### TODD ZELL

#### *Asst. Executive Director*

Baseball, softball, eligibility, sportsmanship programs & Summit, student services, Why We Play.

### CRAIG LONG

#### *Chief Financial Officer*

Budget and finance, vendor contracts and bids, advertising, corporate partners, awards, billing, buildings and grounds.

### JASON WEST

#### *Communications Director*

Publications, media and public relations, television and radio rights, web site maintenance, records, statistics, Distinguished Service Awards, Keller Awards, Scholastic Achievement Awards, Traditions.

## June 2017 [vol. 81, no. 4]

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## Eligibility Rulings

All official eligibility opinions shall be in writing and shall bear the signature of the executive director. Verbal rulings are not official. Principals are reminded that correspondence concerning eligibility rulings, annual eligibility lists, applications for waiver of the transfer rule, hardship transfers and sanction forms, must be signed by the principal for consideration by the MSHSAA.

# Missouri State High School Activities Association



## 2016-17 Board of Directors



Eric Churchwell, Pres.  
Northeast District  
Superintendent  
Palmyra School  
Term Expires 2020



Brett Soden, V.P.  
Southwest District  
Principal  
Strafford HS  
Term Expires 2019



Dr. Mark Beem  
Central District  
Superintendent  
Hickory County  
Term Expires 2017



Toni Hill  
At-Large Region 2  
Superintendent  
Bloomfield Schools  
Term Expires 2017



Chris Wilson  
Southeast District  
Superintendent  
Kennett Schools  
Term Expires 2019



Mark Linneman  
St. Louis District  
Athletic Director  
Lutheran South HS  
Term Expires 2017



Corey Johnson  
At-Large Region 1  
Athletic Director  
Hazelwood East  
Term Expires 2019



Travis Dittmore  
Northwest District  
Superintendent  
DeKalb  
Term Expires 2020



Jim Finley  
Kansas City District  
Superintendent  
Blue Springs Schools  
Term Expires 2018



Dr. Jennifer Schmidt  
South Central District  
Principal  
Sullivan HS  
Term Expires 2018

## Mission Statement

"The MSHSAA promotes the value of participation, sportsmanship, team play, and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation."

## Contact Info.

### MSHSAA

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**Email Policy:** Due to the high volume of email messages received by the Association, an expedited personal response may not always be possible. The MSHSAA staff will respond first to more traditional means of communication such as telephone calls, written correspondence and faxes. The MSHSAA office can be reached at (573) 875-4880 during regular office hours. As time permits, staff will reply to email messages that include the sender's complete name, address and phone number. Questions regarding student eligibility or specific MSHSAA by-laws should first be directed to your local school administrator. By Board policy, our staff is not permitted to answer specific eligibility inquiries via email, and any follow-up questions to the MSHSAA should be done via telephone or written correspondence.



Proud Member  
National Federation of State High  
School Associations

The following are questions and answers pertaining to the MSHSAA Constitution and By-Laws and/or MSHSAA Board of Directors policy. These are provided as an aid in interpreting the rules and regulations which MSHSAA member schools have adopted. If you have a specific area and/or question which you would like explained, contact Dr. Kerwin Urhahn, MSHSAA executive director. Your attention is called to the fact questions and answers regarding interpretations of the MSHSAA Constitution and By-Laws appear following the Constitution Article or By-Law they relate to in the MSHSAA Official Handbook.

**Question:** Our school district supports three high schools. Our Board of Education will permit and grant requests from students to attend a high school in which their parents' residence is not located in that high school's established geographic attendance area. The family does, however, reside in the school district. Would this scenario fall within the requirements of residence in MSHSAA By-Law 3.10.2?

**Answer:** No. The by-laws carefully define residence as being within the established geographic attendance area for the individual member school and not an entire school district of multiple schools at the same level. In the situation described, the students would be initially ineligible until a transfer form is submitted to determine athletic eligibility in all sports. Non-resident freshmen may be ruled eligible under the "promotion" transfer exception, but they are still considered transfer students if they live outside of the individual high school's boundaries, and a transfer request must be filed.

**Question:** Our school encourages our students to use our weight room for out of season conditioning. Our athletic coaches take roll of their student athletes and expect them to participate in this program. If the students do not attend the coaches counsel with them that they should be there for the good of the team. Is this appropriate action by our coaches?

**Answer:** No. Participation in an out-of-season conditioning program is completely voluntary and must be open to any student who desires to attend. Taking roll for team attendance is signaling to the students a record of team member attendance is being kept even though the activity is voluntary. The follow-up with the students and so called "counseling" to attend has definitely tied participation with team responsibility outside of the season. The adults have implied to the students they are expected to attend and this is a responsibility to the team.

*Because there is a fine line that can be crossed, school administrators must educate their coaches of what is appropriate and must monitor carefully the out-of-season conditioning programs.*

**Question:** Our football coaches have worked out a schedule for the summer and have divided up the duties to give them some time off at home with their families. The head coach is going to work with the team on Mondays and Wednesdays and play seven-on-seven on Saturdays. Our assistant coaches are going to open up the weight room on Tuesdays and Thursdays. We would also like to host our own full contact camp the fourth week in July for four days. a) Do we have to count all of these days as contact days? b) Can our assistant coaches go to the games on Saturdays? and c) when does the summer period end?

**Answer:** A) the days that the coach or any coach from that sport is giving instruction will be counted as a contact day therefore; the head coach would have to count his days as contact days. If the assistant coaches are following By-Law 3.15 for out-of-sport conditioning they will not be counted towards the contact days. However, if sport specific instruction takes place they will count as contact days. Example: Weight training is over and the kickers go and get a couple of balls and practice kicking out on the field ;contact has occurred for that sport. B) Your assistants can attend any function. The school must keep tract of sport specific contact. Any football contact, with instruction is considered one day of contact. You can have three coaches with three different sets of students from the same school doing different things on the same day and that is one day of contact. C) for fall sports the summer ends July 31. For all other sports the summer ends with the Sunday of week six of the standardized calendar.

**Question:** Who cannot coach a nonschool team during the school year outside a particular sport's school season?

**Answer:** No member of the coaching staff of any sport (not just the sport in question) from any school that any student on the nonschool team currently attends or will attend the following year can coach this particular nonschool team during the school outside the specific sport's school season (MSHSAA By-Law 3.14.2.e).

**Question:** Is there a difference to the rule mentioned in the question above if the nonschool competition occurs in the summer after school is dismissed for the summer.

**Answer:** Yes, during the summer months, the nonschool team participants in any sport may be coached by a member of the schools coaching staff of the school the nonschool participant has attended the previous school year or will attend the next school year (MSHSAA By-Law 3.15.3 Editor's Note).

## Summer School Questions:

Summer school courses and credit earned may count toward academic eligibility if specific requirements are met. The individual school district must first adopt an official position that summer school credit shall be accepted. The policy on summer school credit should be placed in writing and readily provided for informational purposes to parents and students. It should be made clear that correspondence school courses and electives do not meet this requirement.

The following questions and answers should be helpful and shared with your school counselors.

**Question:** Will students be able to count summer school credit toward meeting the academic eligibility requirements for the first semester of the 2013-2014 school year?

**Answer:** Yes. By-Law 2.3 provides students may count up to 1 unit of credit from summer school toward establishing their eligibility for the fall semester. Only classes, which are required for graduation from the local school, may be counted toward meeting the academic requirement. Electives are not accepted.

**Question:** Should we have some type of a form that our counselors may want to use to advise the student and parents if the class(es) being taken in summer school will or will not count toward regaining academic eligibility?

**Answer:** Absolutely. The counseling department and the school athletic and activities directors must all work together to be certain students are advised properly before taking the class. If any questions arise the MSHSAA office should be contacted. (573-875-4880).

**Question:** If a student needs 1 unit of credit in physical education and has earned that credit by the end of the sophomore year, may the student take physical education during the summer after the junior year as an elective and count this credit toward re-establishing his academic eligibility?

**Answer:** No. Only classes required for graduation as set form by the Department of Elementary and Secondary Education (DESE) and/or the local school may be counted in summer school. Electives would not count toward regaining eligibility.

**Question:** May one of our students take summer school in another district and count the credit earned towards eligibility?

**Answer:** Yes, provided the class is required for graduation and your school is going to accept the credit and place on the student's transcript.

**Question:** If one of our student's fails Algebra I must that student take Algebra I in summer school or could the student take a required science class if Algebra I is not being offered?

**Answer:** A student is not required to take the same class failed during the school year. The student may retake the class during summer school, but it is not required. The only requirement for a summer school class to be counted towards academic eligibility is that the class is a graduation requirement for the school and cannot be an elective.

**Question:** Is it mandatory that our school accept summer school credit for determining academic eligibility for the fall semester?

**Answer:** No. This like all other requirements of student eligibility are the minimum essential requirements and each local Board of Education/ Governing Body has the right to establish more stringent requirements.

**Question:** What is meant by the core classes required for graduation by DESE?

**Answer:** In order for all students across the state to meet a minimal curricular program it was adopted by the schools to rely upon core courses and required credits for graduation as required by the Department of Elementary and Secondary Education. Currently these minimum requirements are as follows: Practical Arts = 1 credit; Fine Arts = 1 credit; Physical Education = 1 credit; Science = 2 credits; Mathematics = 2 credits; Communication Arts = 3 credits; and Social Studies = 2 credits. In addition a student may also count other required classes.



## Summary of the Cross Country Advisory Committee Meeting

*Held November 16, 2016*

- \*1. Recommend that if a team qualifies five individual runners in the postseason but not as a team, they be allowed to bring the extra two runners to compete as a qualifying team.
2. Recommend that verbiage be added to the District Hosting Procedures Manual to read as follows: "If there are two classes racing at one district site, the districts shall, if at all possible, alternate locations between the different classes each year. Example: Class 1 school hosts the first year and Class 2 school hosts the second year."
3. Recommend that verbiage be added to the District Hosting Procedures Manual as follows: "The host school is responsible for assigning an adequate number of course umpires prior to the meet."
- \*4. Recommend that Cross Country remain at four classes, but change to enrollment breaks as follows: 0-224; 225-549; 550-1199; 1200 and up; Classes 1 and 2 holding only districts and Classes 3 and 4 holding districts and sectionals.

\* Denied  
All others approved

## Summary of the Sports Medicine Advisory Committee Meeting

*Held December 7, 2016*

1. Recommend approving the Sports Medicine Page on the MSHSAA website, which serves as our Sports Medicine Manual.
2. Recommend approving the 2015-16 Inter-scholastic Youth Sports Brain Injury Report
3. Recommend that there be no changes made to the current 14-day practice requirement.
- \*4. Recommend changing By-Law 3.8.1, requiring that a PPE Form be on file for organized and monitored athletic participation at that school.
5. Recommend schools vote on the Annual Ballot that six (6) be the maximum number of football contact quarters allowable in one week.
6. Recommend that for the sport of golf, a student is not permitted golf cart usage unless meeting the ADA guidelines. A condition not defined by the ADA will be reviewed on a case-by-case basis by the physicians who serve on the Sports Medicine Committee.

\* Denied  
All others approved

## 2017 MSHSAA Girls State Swimming & Diving Championship Officials

Julie Elliott, Jenifer Gibbs, Chad Marnholtz, Ann Merten, Kevin Moore, Jack Steck, Chris Stocker, Scott Tacke, Tom Yaeger, and Jeffrey Zieger

## Appeals Committee

*Held March 14-15, 2017*

The Appeals Committee heard 17 cases and ruled as follows:

- a. Denied appeals to grant unrestricted eligibility under provisions contained in MSHSAA By-Law 3.10.4.h, Hardship Transfer Applications and granted restricted eligibility under Transfer Waiver, By-Law 3.10.4.i:
  1. DeSmet High School
  2. Cardinal Ritter High School (two appeals)
  3. Francis Howell High School (1st student appeal for the school)
  4. Duchesne High School (2nd student appeal for the school)
  5. Christian High School
  6. Advance High School
  7. Liberty North High School
- b. Granted unrestricted eligibility to the following schools' students under provisions contained in MSHSAA By-Law 3.10.4.h, Hardship Application Transfers:
  1. Francis Howell High School (3rd student appeal for the school)
  2. Duchesne High School (1st student appeal for the school)
  3. Webb City High School
  4. Rockwood Summit High School
  5. Sweet Springs High School
- b. Denied eligibility to the following school's student under provisions of Article IV, Section 6-p, Hardship Provision of the MSHSAA Constitution:
  1. Francis Howell High School (2nd student appeal for the school)
- c. Denied appeal to grant eligibility to the following school's student under provisions contained in MSHSAA By-Law 3.10.4.h, Hardship Application Transfer, due to transfers being deemed as being made for athletic reasons:
  1. Cardinal Ritter High School (3rd student appeal for the school)
  2. St. Pius X (Festus) High School (two appeals)

## Future Board of Directors and Appeals Committee Meeting Dates and Sites

The following dates have been set for meetings of the MSHSAA Board of Directors and Appeals Committee for the 2017-2018 school year: School administrators and coaches are reminded of how important it is to have your transfer forms and supporting documentation supplied to the MSHSAA office a minimum of two weeks before the Appeals Committee meeting.

### *Board of Directors*

September 13-14, 2017 - MSHSAA office, Columbia (Wed.-Thu. of Week 11)  
November 29-30, 2017 - MSHSAA office, Columbia (Wed.-Thu. of Week 22)  
January 24-25, 2018 - MSHSAA office, Columbia (Wed.-Thu. of Week 30)  
March 7-8, 2018 - MSHSAA office, Columbia (Wed.-Thu. of Week 36)  
April 6-7, 2018 - Tan-Tar-A, Osage Beach (Fri.-Sat. of Week 40)  
June 13, 2018 - MSHSAA office, Columbia (Wed. of Week 50)

All meetings shall begin at 8:30 a.m. with the exception of April 6, 2018 meeting which shall begin at 1:00 p.m.

### *Appeals Committee*

August 16, 2017 - MSHSAA office, Columbia (Wed. of Week 7)  
August 30, 2017 - MSHSAA office, Columbia (Wed. of Week 9)  
November 14, 2017 - MSHSAA office, Columbia (Tue. of Week 20)  
March 13, 2018 - MSHSAA office, Columbia (Tue. of Week 37)

All meetings begin at 8:30 a.m.

Anyone attending a meeting in the MSHSAA office who requires auxiliary aids or services should request such services by contacting the executive director of the MSHSAA, telephone (573) 875-4880, no later than 48 hours before the meeting.

Hearings of student eligibility shall be closed as matters involving the eligibility status of students where personally identifiable private information from a student's educational record will be reviewed or discussed. Section 610.021(6 and/or 14) R.S.Mo.; 20 U.S.C. 1232g(b); 34 C.F.R. 99.1 et seq. All other portions of all meetings are open.

For more details on the sites and times of the meetings, contact the MSHSAA office or MSHSAA web site at [www.mshsaa.org](http://www.mshsaa.org).

## Summary of the Football Advisory Committee Meeting

**Held December 8, 2016**

1. Recommend including on the Annual Ballot and supporting the Sports Medicine Advisory Committee recommendation for limiting the permissible number of football game quarters to 6 quarters in a week.

\*\*\* 2. Recommend that item C-2 in Section 2 of the MSHSAA Football Manual that determines the host of quarterfinal and semi-final games reads as follows:

First, total the number of playoff games each team has hosted (including forfeits that occur after the district seeds have been finalized and finalized district brackets have been posted and including games each team was supposed to host, but did not, due to lack of adequate facilities or a lack of lights). **Note: A school receiving a bye "does not" count as hosting a playoff game. A bye occurs when a school has dropped football after the release of district assignments and prior to the posting of district brackets or when there is a district with less than eight teams at the release of district assignments.** If one team has hosted more games than the other, the host will be the team that has hosted the least;

\*\* 3. Recommends that if the vote of member schools on the Annual Ballot determines the First

Allowable Fall Practice moves to Monday of Week 6, all football dates including regular season and postseason moves to one week later beginning with the 2018 fall season.

**Note: MSHSAA Board tabled until results of 2017 questionnaire and Annual ballot**

\*\* 4. Recommend member schools vote on the Annual Ballot to change By-Law 3.15.6 (a-4) (b-1) to permit the following:

A maximum of 20 summer contact days are allowed in football, of which:

-Five days will consist of acclimatization (2 day helmets only, 3 days half-shell) consisting of Air/Bag/Control and must precede any full pad (thud/live) contact.

-A maximum of nine full pad (live/thud) contact days during the defined summer time.

-(b-)A maximum of three full pad (live/thud) contact days with another school(s).

-(b-1)Non-school sponsored Football Team Camps/Full Pad (live/thud) contact days

**Amended:** Recommend schools vote on the Annual Ballot to change By-Law 3.15.6 (a-3), (a-4) and (b-1) as follows:

a.3. **Acclimatization Requirement:** Full-pad tackle football is only allowed after a period

of five days of heat and equipment acclimatization in half-shell (**2 days Helmets only, 3 days Helmets/Shoulder Pads.**) **consisting of Air/Bag/Control football contact and must precede any full pad (live/thud) football contact.** These days will count as days towards **the 20 summer contact days permitted** toward the football limit.

a.4. **Full-Pad Tackle Football Team Camp:**

For the purposes of this section, a full-pad tackle football team camp, **that includes thud/live contact**, shall be no fewer than three consecutive days and no more than six consecutive days. If such a **All days of a full-pad tackle** team camp is attended for **FEWER** than three consecutive days, it will still count as three summer contact days will count toward the limit of 20 **summer contact days** and will count as three full-pad tackle days toward the limit of nine **football contact(live/thud) days**.

b. **Full-Pad Tackle Restrictions:** A maximum of nine summer contact days may be used for full-pad tackle football (**live/thud football contact**) under the following options. All remaining summer contact days shall be conducted in no more than half-shell.

1. **Non-School Sponsored Football Team Camps/Full Pad(live/thud) Football Contact Days:** Schools may allow personal player uniforms and equipment (helmets, pads, jerseys, etc.), to be utilized when the school is attending a non-school sponsored team football camp **or Full Pad(live/thud) Contact Day**, where the school coach will be accompanying and coaching the players. **Schools may participate in a maximum of three full pad(live/thud) football contact days with another member school so long as each full pad(live/thud) football contact day with another member school is covered with liability/catastrophic insurance coverage provided by a non-school sponsoring entity.** Full-pad tackle football is allowed at such a camp **or Full Pad(live/thud) Contact Day** after the acclimation requirement is met, and under the duration limits in a-4 above.

**Note: MSHSAA Board tabled and requested a survey be issued to football member schools for feedback on allowances of football contact during summer. Board further suggest to use feedback from the survey to develop topic language for the 2018 MSHSAA Questionnaire.**

5. Recommend that the state association adoption regarding "Running Clock" provision include an additional "Note" as follows:

**RUNNING CLOCK:** The point differential applies to all football contests. The National Federation's Football Rules permit state associations to adopt a "running clock" when a point differential is attained. The Football Advisory Committee, with approval of the Board of Directors has approved the following plan for all football playing schools for all levels: After the first half, any time the score differential reaches 35 points or more, for 11-man and 45 points or more for 8-man, the following changes, and only these changes, will be made regarding rules determining when the clock will be stopped: The clock will be stopped

when:

1. An official's time-out is called, except:
  - a)when a first down is declared
  - b)following a change of team possession
  - c)to dry or change the game ball
2. A charged time-out is called;
3. At the end of a period;
4. A score occurs.

**NOTE: At the beginning of the fourth quarter when a 35pt differential (11man) or 45pt. differential (8man) the Running Clock shall not be stopped with exception of #1 and #2:**

**NOTE:** The clock will continue to run in all other situations.

**NOTE:** The use of this rule does not preclude the use of NFHS Rule 3-1-3 which reads: "A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining periods may be shortened at any time or the game terminated."

\*\* 6. Recommend the Football Classification breaks use the following parameters:

Class 6 – largest 32 schools

Class 1-5 use equal enrollment breaks and board policy on Equal Classification Breaks.

**Note: MSHSAA Board tabled and requested to include this topic on the 2017 MSHSAA Questionnaire.**

\* Denied

\*\* Tabled for further study

\*\*\* Approved as amended

\*\*\*\* No Action

All others approved

## A Special THANKS!

As the school year draws to a close, the MSHSAA will host the last of this year's Championships. music, academic competition, speech & debate, boys golf, spring softball, boys tennis, baseball, and girls soccer will be crowning young people from all over the state. These championships could not take place without the help of numerous volunteers.

A special thanks is indeed in order to the many individuals who combined their energies, efforts and talents to conduct our interscholastic programs. On behalf of the MSHSAA Board of Directors and your MSHSAA staff, we truly appreciate your dedication to our young people and the work you do throughout the year. Through the experiences our young people encounter through participation, the skills and lessons of life are taught. Your endeavors to provide enjoyable and worthwhile experiences to our boys and girls has afforded them a valuable opportunity to apply what they are learning through their education. Thank you and enjoy the summer!

## Football Reminder: NOCSAE Statement – Third Party Helmet Add-On Products and Certification (August-2013)

Certification to NOCSAE Standards and Add-on Helmet Products OVERLAND PARK, Kansas – August 8, 2013 - The National Operating Committee on Standards for Athletic Equipment (NOCSAE) has released the following statement regarding equipment certified to NOCSAE standards and add-on helmet products. "Products designed to be added to a football helmet are being marketed and sold; some are intended to measure impacts, while others are expressly marketed as improving a helmet's performance. Some products claim the ability to protect against concussions. Regardless of the truth of such claims, the addition of those products to a certified helmet changes the model, by definition, under the NOCSAE standards. "For many years NOCSAE standards have defined a helmet model as a helmet "intended to be identical in every way, except for size." Any changes, additions or alterations of the model, except for size, color or graphics, even if made by the original manufacturer, require that a new model name be created and a separate certification testing process begin for that new model. This concept of limiting certification to a specific model is commonly found in national and international helmet standards. • NOCSAE itself does not certify any product, it does not "approve" or "disapprove" of any product, and has no authority to grant exemptions or waivers to the requirements imposed by the standards it writes. • The addition of an item(s) to a helmet previously certified without those item(s) creates a new untested model. Whether the add-on product changes the performance or not, the helmet model with the add-on product is no longer "identical in every aspect" to the one originally certified by the manufacturer. • When this happens, the manufacturer which made the original certification has the right, under the NOCSAE standards, to declare its certification void. It also can decide to engage in additional certification testing of the new model and certify the new model with the add-on product, but it is not required to do so. • Companies which make add-on products for football helmets have the right to make their own certification of compliance with the NOCSAE standards on a helmet model, but when that is done, the certification and responsibility for the helmet/ third-party product combination would become theirs, (not the helmet manufacturer). That certification would be subject to the same obligations applicable to the original helmet manufacturer regarding certification testing, quality control and quality assurance and licensure with NOCSAE. • Products such as skull caps, headbands, mouth guards, ear inserts or other items that are not attached or incorporated in some way into the helmet are not the types of products that create a new model as defined in the NOCSAE standards and are not items which change the model definition."

## 2015-16 NFHS Coaches Association Coaches of the Year

Annually, the NFHS Coaches Association recognizes - by sport - outstanding coaches within each state. These individuals have been selected based upon their knowledge and dedication to their sports. They have made numerous contributions to their sport within our state. The NFHS Coaches Association recognizes the importance of addressing coaching in the interscholastic arena in a professional manner and benefits from membership in the largest coaches association in the United States.

The MSHSAA is proud to congratulate the following coaches and to say thank you for your effort and contribution to secondary school sports in our state.

Baseball	Tony Perkins	Francis Howell
Boys Basketball	Nick Groomer	Stanberry
Girls Basketball	Jeremy Mullins	Crane
Boys Cross Country	Mark Sabala	Hermitage
Girls Cross Country	Scott Brandon	Lafayette (Wildwood)
Football	Judd Naeger	Valle Catholic
Boys Golf	Chris Obert	Glendale
Girls Golf	Eric Schweain	Marquette
Boys Soccer	Tim Cashel	Webster Groves
Girls Soccer	Patrick Turner	Duchesne
Softball	Matt Schubert	Mt. Vernon
Boys Tennis	Brandon Murray	Lindbergh
Girls Tennis	Linda Ruddy	Notre Dame (Cape Girardeau)
Boys Track & Field	Russell Dotson	Grandview
Girls Track & Field	Jessie Griffin	Lee's Summit West
Volleyball	Jaime Hoener	New Haven
Wrestling	Taylor Middleton	Smithville

## MSHSAA State Golf Championships: Fan/Spectator Guidelines – Use of Golf Carts

The use of golf carts by fans/spectators as part of the "gallery" at the MSHSAA State Golf Championships is restricted. The only exception to this restriction is the cases of fans/spectators with a medical condition, handicap or disability. In these cases, the following protocol must be followed in order for receiving approval to use a golf cart as member of the "gallery" at the MSHSAA State Golf Championships.

1. Fan/Spectator must communicate to the school administrator the need for a written request from the school administrator on school letterhead indicating the necessity for permitting the use of a golf cart for the fan/spectator. The written request from the school administrator must provide (first/last) name of fan/spectator, reason for request (medical condition, handicap, disabled) and the state championship site they will be attending.
2. The school administrator will provide the letter of request to the fan/spectator.
3. The fan/spectator is required to bring the letter of request to the state championship manager at the site of the state championship being attended.
4. The state tournament manager will then communicate with the club/club administrator the approval for the use of a golf cart for the named fan/spectator.

Note: Any rental fee for a golf cart is at the expense of the fan/spectator. The amount of the cart rental fee is under the jurisdiction of the host site course, not the MSHSAA.

## Appeals Committee

*Held January 19, 2017*

The Appeals Committee heard one case via telephone conference call and ruled as follows:

a. Denied appeal to grant relief of the Wrestling Weight Management Program to the following school's student:

1. St. Charles High School

## NFHS Officials Association Award Recipients – 2016

The following individuals have been recognized by the NFHS Officials Association for their outstanding service in their respective officiating categories. On behalf of the MSHSAA Board, staff and member schools, we congratulate and thank you for serving our youth and our schools.

Baseball	Joe Bill Davis	Benton
Boys Basketball	Mike Buck	Jackson
Girls Basketball	Roger McPheeters	Wardville
Boys Cross Country	Kevin Ellis	Poplar Bluff
Girls Cross Country	Bob Thorpe	St. Joseph
Football	Robert Lade	Kansas City
Boys Soccer	Tim Walsh	St. Louis
Girls Soccer	Michael McCrary	Columbia
Softball	Anita Wilson	Lee's Summit
Boys Swimming	Scott Tacke	Blue Springs
Girls Swimming	Chris Stocker	St. Louis
Boys Track & Field	Craig Kammien	St. Louis
Girls Track & Field	Andy Phillips	Gower
Volleyball	Richard Swenson	Fenton
Wrestling	Dirk Dietz	St. Louis



# Guidelines to Submit Literature to the MSHSAA Prescribed Graded Music List

The guidelines for submitting literature for consideration to be placed on the MSHSAA PGML are provided below. There is now an established 3 year rotation for each area of the list. Literature may be submitted anytime throughout the year; however, it will be kept on file until the next review cycle for that specific area.

## Three Year Review Cycle

**Winds/Percussion/Piano Literature – Summer of 2017**

**Vocal Literature – Summer of 2018**

**String Literature – Summer of 2019**

**Materials must arrive at MSHSAA on or before June 1st**

## New Music Submissions

To submit new literature for consideration to be placed on the MSHSAA PGML please follow the steps below. Please review the matrixes for each area of the list prior to submitting literature. **Each matrix is located on the MSHSAA website under the Music Activities link.**

Print and complete the specific **‘Literature Addition Request Form’** for each title you are submitting for consideration. Each form is located on the MSHSAA website. The forms have been specifically designed for each area of the list. Please be sure to select the appropriate request form for your selection(s).

Attach a **photocopy** (Do **not** send ORIGINALS) of the score with the **‘Literature Addition Request Form’** and mail to the MSHSAA Office on or before **June 1st**. For solos, include a copy of the soloist part with **each measure numbered**. For ensembles, all parts shall appear on the score and **each measure should be numbered**. **Do NOT send originals!** All photocopies will be destroyed after the review.

A completed **‘Literature Addition Request Form’** must accompany **each** title being submitted for review. Any music submitted without a completed **‘Literature Addition Request Form’** **will not** be reviewed and the music will be returned to the sender.

The individual school directors play a major role in the development and maintenance of the list. Please do **not** submit literature just because the music is in your library rather; submit quality literature that is **not** currently listed. Please consider sharing this information with studio or private music instructors as well. Be certain to submit your music **before June 1st**. **Music received after June 1st will not be reviewed for consideration for the 2017 music festivals.**

## Music Submitted for Timing Considerations Only

If you have a selection that you feel has been timed incorrectly please submit the selection using the steps outlined below to the MSHSAA office for review. Please contact the MSHSAA office if you have additional questions. To submit literature currently appearing on the MSHSAA PGML for timing considerations only please use the steps below.

Print and complete a **‘Timing Clarification’** form located on the MSHSAA website for each selection submitted with timing concerns.

Attach a photocopy of the score (ensembles only) or soloist’s part with the timing clarification form and mail to the MSHSAA Office on or before **June 1st**. For solos and ensembles please **number each measure of the work**. **Do NOT send originals.** All photocopies will be destroyed after the review.

A **‘Timing Clarification’** form must accompany each title being submitted for review.

## 2017 One-Day Cheer & Dance Clinics

The MSHSAA One-Day Cheer and Dance Clinics schedule are listed below. The Registration Brochure for the clinics can be found on the MSHSAA website under the ‘Spirit Activities’ tab. Pre-registration is \$25 per participant and must be **postmarked by May 5th**. All registrations postmarked **after** May 5th will be \$30. MSHSAA will invoice each school so you do not have to submit payment at the time of pre-registration. Walk-in registrations shall be invoiced to the school at \$30 per participant. **No payments** will be accepted at the clinic site as schools will be billed directly by MSHSAA. **Please submit your registration form directly to MSHSAA.** The program format will feature two coaches’ sessions. The first session is the coach’s round table discussion. Topic(s) will be determined based upon information provided on the registration form. The second session will be “Sports Medicine” conducted by an athletic trainer. This year’s session will cover “Emergency Action Planning & Injury Prevention: Basic Wrapping & Taping”. There is no charge to coaches who only come to attend the two clinic sessions.

### 2017 Clinic Dates and Locations

Date:	Cheer Clinics:	Dance Clinics:
Monday, June 12th	Smith-Cotton HS, Sedalia	Smith-Cotton HS, Sedalia
	Central HS, Cape Girardeau	Notre Dame HS, Cape Girardeau
Tuesday, June 13th	William Matthew Jr. HS (Kirksville Middle School), Kirksville	Ritenour HS, St. Louis
	St. Charles HS, St. Charles	North County HS, Bonne Terre
Wednesday, June 14th	Bishop LeBlond HS, St. Joseph	William Matthew Jr. HS (Kirksville Middle School), Kirksville
	Waynesville HS, Waynesville	Cuba HS, Cuba
Thursday, June 15th	Oak Grove Middle School, Oak Grove	Oak Park HS, Kansas City
	Aurora HS, Aurora	Joplin HS, Joplin

## Summary of the Athletic Directors Advisory Committee Meeting

**Held February 8, 2017**

1. Recommend forwarding the issue of middle-school football season limits to the Football Advisory Committee.
2. Recommend forwarding the issue of having an equal distribution of number of wrestlers per class to the Wrestling Advisory Committee.
3. Recommend receiving input from sport specific advisory committees to determine what is acceptable for open facilities.
4. Recommend instituting a baseball and softball officials draft.

## MSHSAA Summer Hours

MSHSAA summer office hours will take effect on Monday, May 22. Monday through Thursday, the office will be open from 7:30 a.m. to 4:00 p.m. The office will not be open to the public on Fridays during the summer. The building is open to walk-in customers during all hours of operation, Monday through Thursday.

Regular office hours of 8:00 a.m. to 4:00 p.m., all weekdays, will resume July 31.

## ACT and SAT Dates Should be Checked to Avoid Conflicts with MSHSAA Events

High school counselors, principals, coaches and directors are urged to remind all high school students of the dates on which the ACT and SAT tests will be administered, as well as the dates of MSHSAA district and state events. MSHSAA event dates are contained in MSHSAA sport and activity manuals, the MSHSAA wall calendar and inside the back cover of the MSHSAA Handbook.

High school students participating in interscholastic activities often find conflicts between interscholastic events and the ACT and SAT test dates. Students can avoid this problem by arranging for a test date that does not conflict with an interscholastic event in which they will be participating.

Following are the test dates for 2017-2018:

<b>2017-18 Act Test Dates</b>		<b>2017-18 SAT TEST DATES</b>	
Test Dates	Registration Deadline	Admissions Testing Program Tentative	
September 9	July 28	Test Dates	*Registration Deadline
October 28	September 22	August 26	TBA
December 9	November 3	October 7	TBA
February 10	January 5	November 4	TBA
April 14	March 9	December 2	TBA
June 9	May 4	March 10	TBA
July 14	June 8	May 5	TBA
		June 2	TBA

The Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) dates are October 11, and October 14.

\*Check with the SAT College Board for registration deadlines.

## Required Submittal of Adjudicators' Evaluations by Schools

Each school music director submitting entries to the MSHSAA Music Festivals shall submit the required adjudicators' evaluations via the Festival Manager website by the established deadline. Schools with solo and small ensemble events qualifying for the state music festival must be submitted **prior** to entering the state music festival. For large groups, state solo and small ensemble and non-state events the deadline is **May 15th**. This Board Policy is located on the MSHSAA website under the 'Music Activities' link. **A \$25.00 late penalty fee will be assessed to each school music director that fails to submit the required adjudicator evaluation(s) by the established deadlines.**

The adjudicator evaluations are intended to provide practical feedback to the adjudicator on his/her strengths as well as identifying areas to improve. This process also assists the district festival manager and MSHSAA office when securing adjudicators for future festivals. Keep in mind that you are providing useful feedback as to how the judge performed/executed his/her responsibilities as a MSHSAA adjudicator. Comments should be constructive in nature and not personal attacks on the individual; just as you would expect to see on your soloist and ensemble evaluation form(s).

Complete the evaluation(s) on time and avoid the fee!

## Football Helmet Warning Labels Required

Each player's football helmet, by rule, must have a visible exterior warning label regarding the risk of injury. The label is part of the National Operating Committee on Standards for Athletic Equipment (NOCSAE) standard and indicates that players have been instructed and understand the risks involved in the game of football. Football helmet manufacturers, helmet reconditioning, sporting goods dealers and individual salesmen, in most cases, will provide free exterior warning labels to the schools.

## How Do Students and Parents Learn the Eligibility Requirements?

An incoming seventh grader or ninth grader enters your school with anticipation of activity participation. It is her first opportunity to be a part of an interscholastic program. The student and the parents are unaware of academic requirements, semesters of participation, age requirements, nonschool competition requirements, amateur and awards standards, etc. How are our young people and their parents to learn of the eligibility requirements necessary to earn and maintain student eligibility? How do they learn about the interscholastic program, its purpose and philosophy? This is essential.

It is the responsibility of the staff of each member school to properly advise and educate the students and their parents of the eligibility requirements. The youngsters in our programs are placed in a vulnerable position when the school administration and activities staff do not review and clarify the eligibility rules and the purpose and philosophy of our programs.

Member schools should make certain that students expecting to compete in their school's athletic and activity programs clearly understand the standards of eligibility. As an aid in properly informing students, the MSHSAA annually publishes a brochure entitled "How to Protect Your High School Eligibility." A copy of this brochure is sent to all member schools in the August packet each year and with the sport rule book mailings. Member schools may make copies or order a supply from the MSHSAA office at a minimal cost per copy to cover the costs of printing and postage. The information can also be found at [www.mshsaa.org](http://www.mshsaa.org).

All students participating in athletics and activities should be given one of these brochures as standard procedure. In addition, coaches and directors should take time to review the pamphlet with members of their sports squads and activities groups to explain all eligibility requirements. Eligibility requirements and school policies for participation should be provided in writing to all students and parents. The purpose and philosophy of the school program should be reviewed with all parties involved.

Posters on How to Protect Your Eligibility shall be distributed to all member schools in August. Please post these in prominent locations. Extra copies are available from the MSHSAA office.





► #MY REASON WHY ◀

*Love*

**Morgan C.**  
*Student at Francis Howell Central  
Soccer*

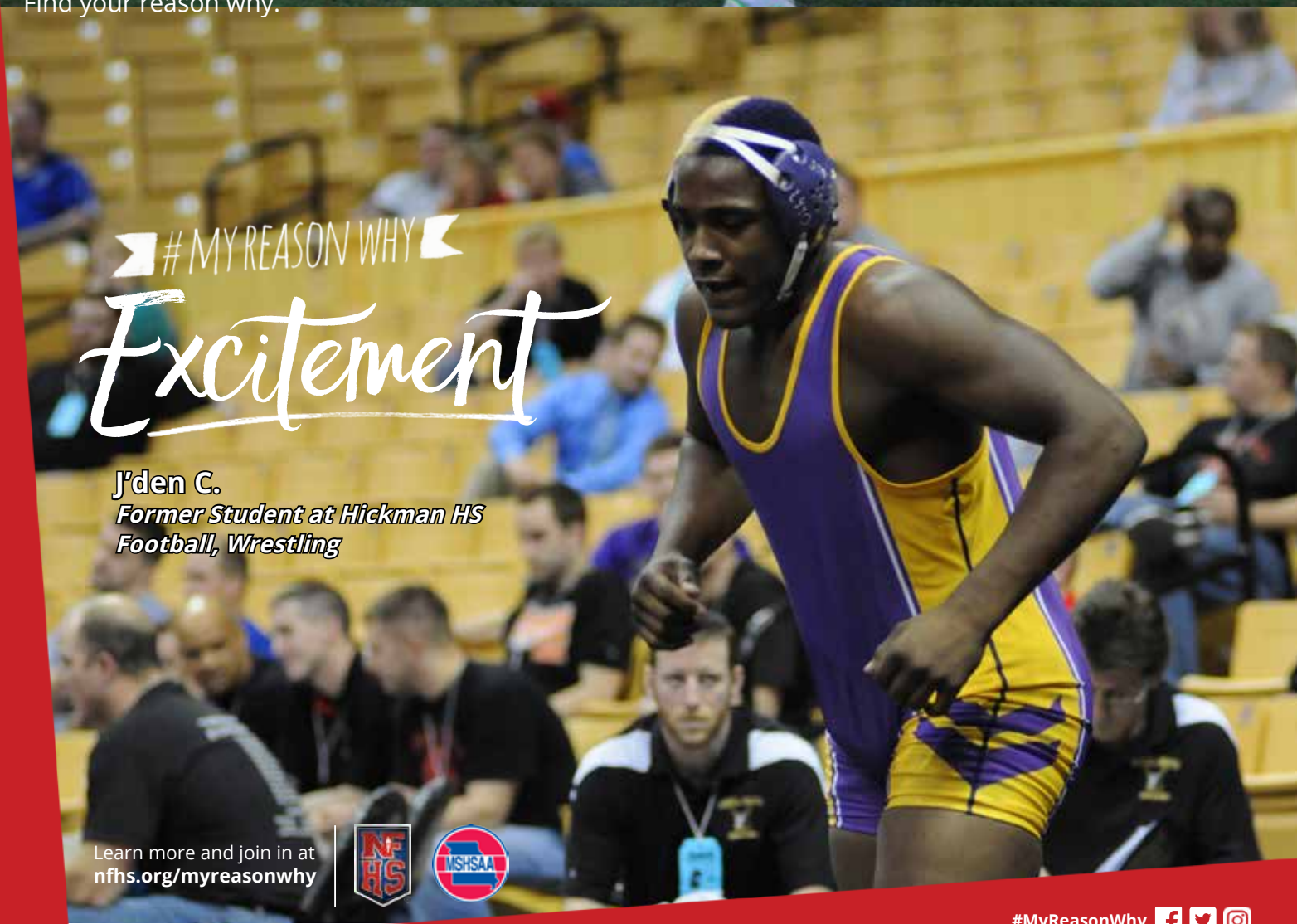
*What's Your Reason?*

High school activities allow  
you to connect to yourself,  
your community and your future.

Find your place.

Find yourself.

Find your reason why.



► #MY REASON WHY ◀

*Excitement*

**J'den C.**  
*Former Student at Hickman HS  
Football, Wrestling*

Learn more and join in at  
[nfhs.org/myreasonwhy](http://nfhs.org/myreasonwhy)



#MyReasonWhy



# 2017 Annual Ballot Results

Following are the results of the balloting on the amendments to the MSHSAA Constitution and By-Laws in the 2017 Annual MSHSAA Election. Amendments to By-Laws require a simple majority of those voting for passage, while amendments to the Constitution require a 2/3 majority for passage.

**- PROPOSAL 1 -**  
**(Sport and Activity Registration Deadline)**  
**(PASSED) - 407 FOR, 128 AGAINST**  
**(2/3 majority needed for passage)**

Amends Article III by requiring member schools and Affiliate Registered Schools to complete their annual registration by May 15.

**- PROPOSAL 2 -**  
**(Concussion Insurance)**  
**(FAILED) - 305 FOR, 230 AGAINST**  
**(2/3 majority needed for passage)**

Would have amended Article V, Section 1 of the MSHSAA Constitution by requiring member schools to pay a required per student-athlete charge for Concussion Insurance.

**- PROPOSAL 3 -**  
**(Academic Standards for Eligibility and Student Participation)**  
**(PASSED) - 355 FOR, 135 AGAINST**

Amends By-Laws 2.1 and 2.3 by revising the Bona fide Student definition and the Academic Requirements providing greater educational flexibility to students.

**- PROPOSAL 4 -**  
**(Collegiate Recruiting Events and Instructional Events)**  
**(PASSED) - 438 FOR, 97 AGAINST**

Amends By-Laws 3.11, 3.13, and 3.14 by reducing the restrictions students have in attendance at Recruiting events and Sport-Specific instructional events that are sponsored by a college or university.

**- PROPOSAL 5 -**  
**(School Coaches Coaching Non-school Competition in Individual Sports During the Season)**  
**(PASSED) - 349 FOR, 163 AGAINST**

Amends By-Law 3.13.2, by restricting individual sport school coaches from coaching their athletes in non-school competitions in the same individual sport.

**- PROPOSAL 6 -**  
**(Junior High Summer Contact Days)**  
**(PASSED) - 279 FOR, 35 AGAINST**

Amends By-Law 3.15.4 by setting a limit of 20 days of summer contact between junior high school coaches and enrolled students.

**- PROPOSAL 7 -**  
**(Basketball Season Quarter Limitations)**  
**(PASSED) - 472 FOR, 60 AGAINST**

Amends By-law 3.21.1 by allowing students to play in no more than the number of quarters for a season that equal SIX times the number of games (exclusive of tournaments) played by the higher team on which he/she plays, rather than the current limit of FIVE times the number of games (exclusive of tournaments).

**- PROPOSAL 8 -**  
**(Placement of By-Law Language regarding Participation in Tournaments)**  
**(PASSED) - 482 FOR, 53 AGAINST**

Amends By-Laws 3.19 and 3.21 by moving the language in By-Law 3.21, which was sport specific, to By-Law 3.19 regarding individuals participating in two tournaments during one week.

**- PROPOSAL 9 -**  
**(Football Individual Player Limitations - Quarters Per Week)**  
**(PASSED) - 276 FOR, 102 AGAINST**

Amends By-Law 3.23.1 by restricting football players to six quarters per week, and defines a football week for the purpose of tracking quarters as beginning on Friday and ending the following Thursday.

**- PROPOSAL 10 -**  
**(Fall Sport Season - Standardized Dates)**  
**(PASSED) - 338 FOR, 152 AGAINST**

Amends By-Law 3.29.2 a and b by moving the high school first allowable practice date and the first allowable contest date for the fall season one week later to the Monday of Week 6 (practice) and the Friday of Week 8 (contests).

**- PROPOSAL 11 -**  
**(Spirit - Dance Contest Limitations)**  
**(PASSED) - 144 FOR, 57 AGAINST**

Amends By-Law 4.5.12 by increasing the maximum number of allowable dance competitions in which a school team may participate during the school year from four to five.

**- PROPOSAL 12 -**  
**(Annual Enrollment Collection and Classification Determination)**  
**(PASSED) - 393 FOR, 97 AGAINST**

Amends 5.1.5 and 5.1.6 to allow official enrollments to be reported to MSHSAA directly, and to base classification on three grades (freshmen, sophomores, and juniors) rather than four grades (9-12).

**- PROPOSAL 13 -**  
**(Petition Regarding Boys Swimming Classification)**  
**(PASSED) - 291 FOR, 244 AGAINST**

Amends By-Law 5.1.4 and adds a new 5.1.15 mandating that schools registered for the sport of boys swimming and diving be split into TWO classes regardless of the number of registered schools.

Voting Percentage by Board District	Total	Voting	%
#1 Southeast	111	79	71%
#2 Southwest	143	91	64%
#3 Northeast	103	72	70%
#4 Northwest	74	63	85%
#5 Central	89	74	83%
#6 South Central	37	29	78%
#7 St. Louis	104	75	72%
#8 Kansas City	87	52	60%
	743	535	72%



# 2017 Annual Questionnaire Results

The MSHSAA Board of Directors circulates the Annual Questionnaire each year to all member schools. This instrument is utilized to obtain a consensus from member schools on key issues which will aid the Board of Directors in determining changes that are desired by the majority of member schools. Listed below are the results of this year's Annual Questionnaire.

The MSHSAA Board of Directors circulates the Annual Questionnaire each year to all member schools. This instrument is utilized to obtain a consensus from member schools on key issues which will aid the Board of Directors in determining changes that are desired by the majority of member schools. Listed below are the results of this year's Annual Questionnaire.

## TOPIC 1: Sport and Activity Registration Deadline (Question 1)

1. Voted on by all member schools.  
*Would you favor amending the MSHSAA Constitution to move the deadline for sport and activity registration from June 10 to May 15 annually? [Note: Implementation of this item would be delayed until registration for the 2018-19 school year.]*

**YES - 333 NO - 85**

## TOPIC 2: Automated External Defibrillator (AED) Devices (Questions 2-3)

2. Voted on by all member high schools.  
*How many AED (Automated External Defibrillator) devices do you have located on school premises?*

125 - 1  
122 - 2  
65 - 3  
95 - More than 3  
11 - 0

3. Voted on by all member high schools.  
*Do you have more AED devices located at your athletic facilities that you did not include in your answer to the prior question?*

**YES - 67 NO - 351**

## TOPIC 3: School Advertisements and Undue Influence (Question 4)

4. Voted on by all member schools.  
*Would you favor adding language in By-Law 2.6, Undue Influence, to prohibit the use of sports and activity teams and/or their successes/achievements in any paid advertisements about the school?*

**YES - 225 NO - 193**

## TOPIC 4: Collegiate Recruiting Events (Question 5)

5. Voted on by all member schools.  
*Would you be in favor of the local school determining whether or not an athlete is allowed to attend collegiate sports recruiting events during the school sport season?*

**YES - 334 NO - 84**

## TOPIC 5: Fall Sports Season Start Date (Questions 6-15)

6. Voted on by high schools and combined schools. (Note: This proposal would **not become effective until the 2018-19 school year.**)  
*Would you be in favor of moving the high*

*school first allowable practice date and the first allowable contest date for the fall season ONE WEEK LATER, to the Monday of Week 6 (practice) and the Friday of Week 8 (contests)?*

**YES - 265 NO - 127**

7. Voted on by combined schools and junior highs.

*If the HIGH SCHOOL fall practice date moves a week later, would you be in favor of moving the JUNIOR HIGH SCHOOL first allowable practice date for the fall season A WEEK LATER as well, to the Monday of Week 8 (to remain two weeks later than high school fall practice starts)? (Note: Not before the **2018-19 school year.**)*

105 - Yes, if the high school fall practice date moves a week later, the junior high practice date should also move a week later.

141 - No, we would support the junior high fall practice date not changing, even if the high school fall practice date changes (the start date should remain Monday of Week 7).

8. Voted on by all member high schools participating in 11-Man Football or 8-Man Football.  
*If the membership is supportive of the later start for fall sports, which of the following options for the football season would you favor? (Note: Not before the **2018-19 school year.**)*

159 - Move the entire season one week later, keep the post-season format and play-off spacing the same, and play the Class 1-5 Football Championship the weekend after Thanksgiving Weekend.

112 - Start the District Tournaments in Week 9 of the football season (instead of Week 10), and allow schools that lose the first contest of Districts to play an additional game in Week 10 or 11.

9. Voted on by high schools and combined schools participating in Girls Softball.  
*If the membership is supportive of the later start for fall sports, which of the following options for the fall softball season would you most support? (Note: Not before the **2018-19 school year.**)*

229 - Move the entire season one week later, preserving the number of weeks in the softball season, and play the Championship on Friday/Saturday of Week 17 rather than 16.

121 - Keep the Championship on Friday/Saturday of Week 16 and condense the season by a week.

10. Voted on by high schools and combined schools participating in Swimming and Diving.  
*If the high school fall practice date moves a week later, which of the options below would you favor in regard to the Boys State Swimming/Diving Championship and the start of the girls swimming/diving seasons? (Note: Not before the **2018-19 school year.**)*

29 - The Boys State Championship should move a week later, preserving the current number of weeks of the boys season (14), and practice for the girls season should start the following Monday, which makes the girls season one week shorter than it is currently (from 15 weeks including Winter Break, to 14 weeks including Winter Break). (Note: The girls cham-

pionship cannot move a week later due to facility constraints)

22 - The Boys State Championship should move a week later, preserving the current number of weeks of the boys season (14), and practice for the girls season should continue to start on the same date as it currently does, which would be the Monday prior to the Boys State Meet (one week of practice overlap), preserving the current number of weeks of the girls season (15 weeks including Winter Break) (Note: The girls championship cannot move a week later due to facility constraints)

45 - The Boys State Championship should remain on its current weekend (Week #18). This would make the boys season one week shorter than it is currently (13 rather than 14), and the girls starting and ending dates should remain the same (remains 15 weeks including Winter Break), and there will be no overlap of the two seasons.

11. Voted on by high schools and combined schools participating in Girls Golf.

*Fall Championships - Girls Golf: If the membership is supportive of the LATER START DATE for fall sports, would you support moving this championship A WEEK LATER to preserve the sport's current season length, if at all possible (depending upon course availability, etc.)? (Note: Not before the **2018-19 school year.**)*

**YES - 112 NO - 38**

12. Voted on by high schools and combined schools participating in Girls Tennis.

*Fall Championships - Girls Tennis: If the membership is supportive of the LATER START DATE for fall sports, would you support moving this championship A WEEK LATER to preserve the sport's current season length, if at all possible (depending upon facility availability, etc.)? (Note: Not before the **2018-19 school year.**)*

**YES - 92 NO - 32**

13. Voted on by high schools and combined schools participating in Girls Volleyball.

*Fall Championships - Girls Volleyball: If the membership is supportive of the LATER START DATE for fall sports, would you support moving this championship A WEEK LATER to preserve the sport's current season length, if at all possible (depending upon facility availability, etc.)? (Note: Not before the **2018-19 school year.**)*

**YES - 213 NO - 79**

14. Voted on by high schools and combined schools participating in Cross Country.

*Fall Championships - Cross Country: If the membership is supportive of the LATER START DATE for fall sports, would you support moving this championship A WEEK LATER to preserve the sport's current season length, if at all possible (depending upon course availability, etc.)? (Note: Not before the **2018-19 school year.**)*

**YES - 149 NO - 136**

15. Voted on by high schools and combined schools participating in Boys Soccer.

*Fall Championships - Boys Soccer: If the membership is supportive of the LATER START DATE for fall sports, would you support moving this championship A WEEK LATER to preserve*

## Annual Questionnaire Results, con't from page 9

the sport's current season length, if at all possible (depending upon facility availability, etc.)? (Note: Not before the **2018-19** school year.)  
**YES - 108 NO - 50**

### TOPIC 6: Enrollment Numbers for Activity Classification (Questions 16-17)

16. Voted on by all high schools and combined schools.

*Would you be in favor of MSHSAA collecting enrollment data directly from member schools in March, via an electronic listing of all students by name, for school classification the following academic year?*

**YES - 351 NO - 41**

17. Voted on by all high schools and combined schools.

*Would you be in favor of MSHSAA collecting enrollment data based on three grades (freshmen, sophomores, and juniors) rather than four grades (with seniors) for use in classifying schools into classes?*

**YES - 306 NO - 86**

### TOPIC 7: Academic Standards for Eligibility and Homeschooled Student Participation (Question 18)

18. Voted on by high schools and combined schools.

*Would you support the proposal for revisions to the Academic Standards that is outlined in the Background material?*

**YES - 281 NO - 111**

### TOPIC 8: Summer Contact Day Limit for Junior Highs/Middle Schools (Questions 19-20)

19. Voted on by combined schools and junior highs.

*Would you be in favor of amending the By-Laws to set a limit on the number of summer contact days that are allowable between school coaches and students enrolled at the school, or would you prefer that this continue to be a local school decision?*

141 - Our school would support a limit on the number of summer contact days for sports, between sport coaches and students.

105 - Summer sports contact at the junior high level should be a local school decision.

20. Voted on by combined schools and junior highs.

*If the membership supports an amendment to the by-laws to create a limit on junior high summer contact, what number of summer contact days would you favor?*

56 - 10

64 - 15

126 - 20 (current High School limit)

### TOPIC 9: School Coaches Coaching Non-school Competition in Individual Sports During the Season (Questions 21)

21. Voted on by all member schools participating in Cross Country, Golf, Swimming and Diving, Tennis, Track and Field or Wrestling. *Would you favor an amendment to the by-laws that would restrict (individual sport) school coaches from coaching their athletes in non-school competitions in the same individual sport DURING THE SCHOOL SPORT SEASON?*

**YES - 253 NO - 147**

### TOPIC 10: Volleyball Match Format (Questions 22-25)

22. Voted on by high schools and combined schools participating in Girls Volleyball.

*Would you support Missouri no longer utilizing the state association adoption, allowed within the NFHS Volleyball Rules, of using the 2-out-of-3 set format for varsity matches in Missouri, and move to the national 3-out-of-5 format?*

**YES - 61 NO - 231**

23. Voted on by high schools and combined schools participating in Girls Volleyball.

*Girls Volleyball: How many varsity matches during the season do you play using the 3-out-of-5 set format?*

240 - 0

41 - 1-3

4 - 4-6

7 - 7 or more

24. Voted on by high schools and combined schools participating in Boys Volleyball.

*Boys Volleyball: How many varsity matches during the season do you play using the 3-out-of-5 set format?*

31 - 0

2 - 1-3

0 - 4-6

0 - 7 or more

25. Voted on by high schools and combined schools participating in Girls Volleyball.

*Would you support Missouri utilizing the 3-out-of-5 set format for the post-season (Districts, Sectionals, State) only - without moving exclusively to 3-out-of-5 during the regular season? [NOTE: This would eliminate the pool play format for the state tournament and the format would become straight bracket play.]*

97 - Yes, we would support 3-out-of-5 for the post-season only, while still playing 2-out-of-3 during the regular season.

195 - No, we would not support using a format in post-season that we do not use during the regular season. The post-season format for volleyball competition should mirror the format used during the regular season.

### TOPIC 11: Basketball Quarter Limitations (Question 26)

26. Voted on by schools participating in Basketball.

*Would you support the basketball individual player limits being expanded to allow students to play in no more than the number of quarters for a season that equal SIX times the number of games (exclusive of tournaments) played by the higher team on which he/she plays, rather than the current limit of FIVE times the number of games?*

**YES - 365 NO - 53**

### TOPIC 12: Football Classification Breaks for Classes 1-5 (Question 27)

27. Voted on by high schools and combined schools participating in 11-Man Football.

*Which procedure do you favor for the classification breaks in 11-Man Football:*

89 - Current Classification System: Largest 32 in Class 6, 64 schools in Classes 1-4 based on enrollment, and the remainder in Class 5 (approximately 44 schools).

153 - New Proposal: Largest 32 in Class 6, then use Equal Breaks for Classes 1 through 5, based on enrollment, which would place approximately 58-60 schools in each of those five classes.

## January 2017 Board of Directors Summary

**Held January 25, 2017**

Motion Schmidt, second Beem, to enter into closed session for matters involving legal actions or litigation involving MSHSAA including any confidential or privileged communications between MSHSAA and its attorney. Section 610.021(1) R.S.Mo. Motion passed 10-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Wilson, Dittmore and Soden voting yes.

Motion Linneman, second Soden, to exit closed session. Motion passed 10-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Wilson, Dittmore and Soden voting yes.

No action was reported out of closed session.

Approved the November 30-December 1, 2016 Minutes of the MSHSAA Board of Directors and the January 19, 2017 Minutes of the MSHSAA Appeals Committee.

Accepted the General Consent items as presented.

Transfer Waiver Applications (By-Law 3.10.4.i) (Duplicate school names indicates an additional transfer(s) student(s) for that school): Atlanta, Bishop DuBourg, Bishop DuBourg, Bishop LeBlond, Blair Oaks, Blue Springs, California, Carrollton, Carthage, Central (Springfield), Christian, Christian, College Heights Christian, Community,

Confluence Prep Academy Charter, Cor Jesu Academy, Cor Jesu Academy, Delta, Duchesne, Ft. Zumwalt East, Hazelwood Central, Jefferson City, Kickapoo, Ladue Horton Watkins, Lift for Life Academy Charter, Lift for Life Academy Charter, Lincoln College Prep, Lincoln College Prep, Moberly, Nixa, Northland Christian, Northland Christian, Northland Christian, O'Hara, Our Lady of Lourdes Interparish School, Paseo Academy, Pembroke Hill, Putnam County, Raymore-Peculiar, Republic, Richland (Essex), Rolla, Saxony Lutheran, Smithton, St. Paul Lutheran (Farmington), St. Pius X (Festus), St. Pius X (Festus), Summersville, Summersville, Summit



**January Board of Directors Meeting Summary, con't from page 10**

Christian Academy, Transportation and Law, Washington, Waynesville, Webster Groves, Wentworth Military Academy, Wentworth Military Academy, and Willow Springs.

Transfer Hardship Applications (By-Law 3.10.4.h) (Duplicate school names indicates an additional transfer(s) student(s) for that school): Adrian, Archie, Branson, Bunceton, Bunceton, Cameron, Cardinal Ritter, Cardinal Ritter, Carl Junction, Carl Junction, Center, Central (Cape Girardeau), Central (St. Joseph), Christian, Christian Brothers College, Cleveland NJROTC, Clopton, Confluence Prep Academy Charter, Crane, Crest Ridge, Cuba, Duchesne, El Dorado Springs, Eldon, Fox, Francis Howell Central, Galena, Greenfield, Hale, Hazelwood Central, Hazelwood West, Holden, Jefferson City, Joplin, Joplin, Kennett, Kirkwood, Kirkwood, Lee's Summit West, Lexington, Liberty, Lindbergh, Lutheran North, Macon, Maplewood-Richmond Hts., Maplewood-Richmond Hts., Marquette, Marshall, McCluer, McCluer, Midway, Moberly, Monett, Monroe City, Naylor, Neelyville, Neelyville, Nevada, Nixa, North Shelby, North Technical, North Technical, Northwestern (Mendon), Odessa, Park Hill South, Parkview, Plato, Purdy, Raymore-Peculiar, Raytown South, Ritenour, Robidoux, Ruskin, Santa Fe, Sarcoxie, Scott County Central, Seymour, Sherwood, Smith-Cotton, South Pemiscot, Southeast, Southeast, Southeast, Southeast, St. Charles, St. Charles, St. Dominic, St. Elizabeth, Staley, Staley, Strafford, Thayer, Truman, University City, Waynesville, West Platte, and Winnetonka.

Self-Reported Violations and/or Requests for Lesser Penalties (By-Law 5.4):

Recommend action by school be accepted with reprimand issued and administration acknowledged for self-reporting - Bourbon M.S. - Self-reported a violation of By-Law 6.1.2 - accepted school's actions, no forfeitures required; Clarkton - Self-reported a violation of By-Law 6.1.2, accepted school's actions, no forfeitures required; Crossroads College Prep - Self-reported a violation of By-Law 5.1.4 and 4.1.6, accepted school's actions, school to forfeit All-District Band Honor and return any awards or trophies received; Grain Valley - Self-reported a violation of NFHS Wrestling Rule 1-4-3, accepted school's actions, no forfeitures required; Plattsburg - Self-reported a violation of By-Law 3.18.6.b, accepted school's actions, school to forfeit the 6th match participated in by the wrestler, student is to be reinstated to full eligibility; Transportation and Law - Self-reported a violation of By-Law 2.3.2, accepted school's actions, school to forfeit all games played by the academically ineligible student, student's eligibility may be reinstated after

the fifth day of the second semester, provided academic eligibility has been earned, and the student must sit out four contests after regaining eligibility due to playing when ineligible.

Recommend action by school be accepted and administration acknowledged for self-reporting with no further action - Bell City - Self-reported a violation of By-Law 2.2.2, accepted school's actions, no forfeitures required, student is ineligible until all conditions from the court are met and then must sit out the next contests for playing a game while ineligible; Brittany Hill MS - Self-Reported a violation of By-Law 3.13.2, accepted school's actions, no forfeitures required, student to be reinstated following serving school consequences for the violation; Herculanum - Self-reported a violation of By-Law 3.13.2.a, accepted school's actions, no forfeitures required, students must sit out three games, can participate in practice, once students have been withheld from three games their eligibility may be reinstated; Owensville - Self-reported a violation of By-Law 3.13.2 - accepted school's actions, no forfeitures required, student's eligibility to be reinstated after sitting out December 8th meet; Palmyra - Self-reported a violation of By-Laws 2.2.3.d and 3.9 - accepted school's actions, no forfeitures required, student not eligible until she completes 14 days of conditioning practices and sits out two varsity contest; Raymore-Peculiar East MS - Self-reported a violation of By-Law 3.13.2, accepted schools' actions, no forfeitures required, students' eligibility to be reinstated; Willow Springs - Self-reported a violation of By-law 3.13.2, no forfeits required, students to be withheld from three contests and then have eligibility reinstated.

Accepted the financial statements as presented.

Urhahn reported to the Board from the Constitution Study Advisory Committee. The committee did not make any recommendations for the Board to consider.

Stahl presented six recommendations to the Board from the Football Advisory Committee: 1) including on the Annual Ballot and supporting the Sports Medicine Advisory Committee recommendation for limiting the permissible number of football game quarters to 6 quarters in a week. Amended: Recommend that the Board place an item on the Annual Ballot that would limit the permissible number of football game quarters to 6 quarters in a week, based on the recommendation made by the Sports Medicine Advisory Committee. Note: A football week begins on Sunday and ends on Saturday; that item C-2 in Section 2 of the MSHSAA Football Manual that determines the host of quarterfinal and semi-final games reads as follows: First, total the number of playoff games each team has hosted (including forfeits that occur after

the posting of district brackets and including games each team was supposed to host, but did not, due to lack of adequate facilities or a lack of lights). Note: A school receiving a bye "does not" count as hosting a playoff game.

A bye occurs when a school has dropped football after the release of district assignments and prior to the posting of district brackets. If one team has hosted more games than the other, the host will be the team that has hosted the least. Amended: First, total the number of playoff games each team has hosted (including forfeits that occur after the district seeds have been finalized and finalized district brackets have been posted and including games each team was supposed to host, but did not, due to lack of adequate facilities or a lack of lights). Note: A school receiving a bye "does not" count as hosting a playoff game. A bye occurs when a school has dropped football after the release of district assignments and prior to the posting of district brackets or when there is a district with less than eight teams at the release of district assignments. If one team has hosted more games than the other, the host will be the team that has hosted the least. 3) that if the vote of member schools on the Annual Ballot determines the First Allowable Fall Practice moves to Monday of Week 6, all football dates including regular season and postseason moves to one week later beginning with the 2018 fall season.; 4) member schools vote on the Annual Ballot to change By-Law 3.15.6 (a-4)(b-1) to permit the following:

A maximum of 20 summer contact days are allowed in football, of which:

- Five days will consist of acclimatization (2 day helmets only, 3 days half-shell) consisting of Air/Bag/Control and must precede any full pad (thud/live) contact.

- A maximum of nine full pad (live/thud) contact days during the defined summer time.

- (b-)A maximum of three full pad (live/thud) contact days with another school(s).

- (b-1)Non-school sponsored Football Team Camps/Full Pad (live/thud) contact days

5) that the state association adoption regarding "Running Clock" provision include an additional "Note" as follows:

**RUNNING CLOCK:** The point differential applies to all football contests. The National Federation's Football Rules permit state associations to adopt a "running clock" when a point differential is attained. The Football Advisory Committee, with approval of the Board of Directors has approved the following plan for all football playing schools for all levels: After the first half, any time the score differential reaches 35 points or more, for 11-man and 45 points or more for 8-man, the following changes, and only these changes, will be made regarding rules determining

## BOARD OF DIRECTORS

### January Board of Directors Meeting Summary, con't from page 11

when the clock will be stopped: The clock will be stopped when:

1. An official's time-out is called, except:
  - a) when a first down is declared
  - b) following a change of team possession
  - c) to dry or change the game ball
2. A charged time-out is called;
3. At the end of a period;
4. A score occurs.

NOTE: At the beginning of the fourth quarter when a 35pt differential (11man) or 45pt. differential (8man) the Running Clock shall not be stopped with exception of #1 and #2:

NOTE: The clock will continue to run in all other situations.

NOTE: The use of this rule does not preclude the use of NFHS Rule 3-1-3 which reads: "A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining periods may be shortened at any time or the game terminated."; 6) the Football Classification breaks use the following parameters:

Class 6 – largest 32 schools

Class 1-5 use equal enrollment breaks and board policy on Equal Classification Breaks.

Took the following action on the Football Advisory Committee recommendations: approve recommendations #1, # 2 as amended and #5; table #3 to place on the Annual Questionnaire for input; table #4 to survey football playing schools and table #6 to place on the Annual Questionnaire.

Urhahn presented one recommendation to the Board from the Middle-Level Advisory Committee: 1) Recommended an item be placed on the Annual Questionnaire that contact days at the junior high level mirror what is currently in place at the high school level.

Approved the recommendation of the Middle-Level Advisory Committee.

Stahl presented the Board with six recommendations from the Sports Medicine Advisory Committee: 1) approving the Sports Medicine Page on the MSHSAA website, which serves as our Sports Medicine Manual; 2) approving the 2015-16 Interscholastic Youth Sports Brain Injury Report; 3) that there be no changes made to the current 14-day practice requirement; 4) changing By-Law 3.8.1, requiring that a PPE Form be on file for organized and monitored athletic participation at that school; 5) schools vote on the Annual Ballot that six (6) be the maximum number of football contact quarters allowable in one week; 6) that for the sport of golf, a student is not permitted golf cart usage unless meeting the ADA guidelines. A condition not defined by the ADA will be reviewed on a case-by-case basis by the physicians who serve on the Sports Medicine Committee.

Took the following action on the Sports Medicine Advisory Committee recommendations: Approve items #1, #2, #3, #5, and #6; deny recommendation #4 to send back to the Sports Medicine Advisory Committee for further review on two-year physicals.

Urhahn informed the Board that enough signatures were obtained for the petition on multiple classes in boys swimming to be placed on the Annual Ballot.

Certified the petition requesting two classifications in boys swimming to be placed on the Annual Ballot.

Urhahn reported to the Board from the Area Meetings held in January across the state. A summary of attendance at the meetings and comments received at the meetings were reviewed by the Board. No action needed.

Granted the request to form a regular season co-operative agreement between Sumner and Transportation & Law high schools for the 2017-18 school year.

Denied the request from the Metro Women's Athletic Association for a no contact period for Week 5 instead of Week 4 of the Standardized Calendar.

Urhahn discussed with the Board the time the meeting of the Board of Directors should begin on March 8, 2017. It was the consensus of the Board to begin the meeting at 2:00 p.m.

Approved the Annual Questionnaire items as amended by removing concussion insurance and band physicals and adding an item with football class break procedure items.

Motion Schmidt, second Beem, to enter into closed session for matters involving the eligibility status of students where personally identifiable private information from a student's educational record may be reviewed or discussed. Section 610.021(6 and/or 14) R.S.Mo.; 20 U.S.C. 1232g(b); 34 C.F.R. 99.1 et seq. Motion passed 10-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Wilson, Dittmore and Soden voting yes.

Motion by Soden, second by Johnson, to exit out of closed and executive session. Motion passed on 10-0 vote, with all voting affirmative on a roll call vote.

The following action was reported out of closed session.

Motion Hill, second Soden, to deny the appeal to waive the weight management plan procedures due to recertification of weight and lack of hardship for the student of St. Charles High School. Motion passed 10-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Wilson, Dittmore and Soden voting yes.

The meeting was adjourned.

## March 2017 Board of Directors Summary

**Held March 8, 2017**

Motion Beem, second Schmidt, to enter into closed session for matters involving legal actions or litigation involving MSHSAA including any confidential or privileged communications between MSHSAA and its attorney. Section 610.021(1) R.S.Mo. Motion passed 9-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Dittmore and Soden voting yes.

Motion Beem, second Johnson, to exit closed session. Motion passed 9-0 on a roll call vote with members Schmidt, Churchwell, Beem, Finley, Johnson, Linneman, Hill, Dittmore and Soden voting yes.

No action was reported out of closed session.

Approved the January 25, 2017 Minutes of the MSHSAA Board of Directors.

Accepted the General Consent items as presented.

Transfer Waiver Applications (By-Law 3.10.4.i) (Duplicate school names indicates an additional transfer(s) student(s) for that school): Barat Academy, Barat Academy, Barat Academy, Bayless, Bevier, Christian, Cor Jesu Academy, Cor Jesu Academy, Lutheran (Kansas City), Lutheran St. Charles, Lutheran St. Charles, Lutheran St. Charles, Lutheran St. Charles, Lutheran St. Charles, Lutie, Mehlville, Midway, Oak Ridge, Ot-

terville, Parkview, Parkway North, Priory, Santa Fe, St. Paul Lutheran (Farmington), St. Paul Lutheran (Farmington), and Washington.

Transfer Hardship Applications (By-Law 3.10.4.h) (Duplicate school names indicates an additional transfer(s) student(s) for that school): Arcadia Valley, Bayless, Bayless, Bronaugh, Cameron, Carl Junction, Central (Park Hills), Central (Springfield), Central (St. Joseph), Chaffee, Christian, Christian Brothers College, DeKalb, Dent-Phelps, Eldon, Festus, Francis Howell, Francis Howell Central, Fredericktown, Grandview, Greenfield, Hazelwood East, Hillsboro, Hillsboro, Holden, Humansville,



**March Board of Directors Meeting Summary, con't from page 12**

Ladue Horton Watkins, Lexington, Lutheran North, Lutheran North, Marshall, McCluer South-Berkeley, McCluer South-Berkeley, McKinley Classical Leadership, Missouri Military Academy, North County, North Harrison, North Technical, Northeast Vernon County, Northwestern (Mendon), Osborn, Paseo Academy, Pattonville, Pleasant Hope, Rockhurst, Rosati-Kain, Ruskin, Santa Fe, Sherwood, Smithville, St. Pius X (Kansas City), Thayer, The Fulton School at St. Albans, University City, Winston, and Winston.

Self-Reported Violations and/or Requests for Lesser Penalties (By-Law 5.4):

Recommend action by school be accepted with reprimand issued and administration acknowledged for self-reporting - East (Kansas City) - Self-reported a violation of By-Law 6.1.2, accepted school's actions, no forfeitures required; Ozark - Self-reported violations of By-Laws 3.16.1 and 1.1.1, accepted school's actions, no forfeitures required, reinstate students that wrestled against ineligible wrestlers; Park Hill South - Self-reported a violation of By-Law 2.3.2, accepted school's actions, school to forfeit all matched wrestled by the ineligible student; Parkway North - Self-reported a violation of By-Law 3.21.1 - accepted school's actions, school to forfeit the varsity game in which the ineligible student participated, student may only participate in five quarters at the next contest; Parkway West - Self-reported a violation of By-Law 2.3.2, accepted school's actions, school to forfeit all matches during the first semester that the ineligible student competed in, reinstate student's eligibility for second semester; Spokane - Self-reported violations of By-Laws 3.13 and 3.14, accepted school's actions, no forfeitures required, coaches are all reinstated with the restrictions put in place by the school, students are all reinstated with no restrictions; St. Joseph Christian - Self-reported a violation of By-Law 3.13.2, accepted school's actions, no forfeitures required, the coach may be reinstated after he sits out one contest; St. Louis University High - Self-reported a violation of By-Laws 3.14.8 and 3.14.7, accepted school's actions, no forfeitures required, students all fully eligible after conditioning only practice the week of February 27 - March 3.

Recommend action by school be accepted and administration acknowledged for self-reporting with no further action - Jackson Jr. H. - Self-reported a violation of By-Law 3.13.2, accepted school's actions, no forfeitures required, granted lesser penalty of sitting out one tournament during the season in lieu of 365 days of ineligibility in volleyball; Liberty Middle School - Self-reported a violation of By-Law 3.13.2, accepted school's actions, no forfeitures required, student to have eligibility reinstated following sitting out a contest on January 23, 2017; Marquette -

Self-reported a violation of By-law 3.13.2.a, accepted school's actions, no forfeitures required, student to be reinstated after sitting out one contest; Nevada - Self-reported a violation of By-Laws 2.2.2 and 2.2.5, accepted school's actions, school to forfeit any match wrestled by ineligible wrestler, grant the lesser penalty of a one for one ineligibility to start sitting out once the student has regained eligibility; Notre Dame de Sion - Self-reported a violation of By-Law 3.4, clerical error, left a swimmer off of the eligibility roster, fully eligible, school added her to the roster; Polo - Self-reported a violation of By-Laws 2.2.2 and 2.2.5, accepted school's actions, no forfeitures required in football but all wrestling matches in which the ineligible student participated are to be forfeited, student ineligible for 365 days from the time of report and may be reinstated at that time provided he has no other By-Law 2.2. violations still unresolved; Poplar Bluff - Self-reported a violation of By-Law 3.4, clerical error, left a swimmer off of the eligibility roster, fully eligible, school added her to the roster; Rockwood Summit - Self-reported a violation of By-Laws 3.13.2.a.(2d) and 3.13.2.a (3d), accepted school's actions, no forfeits required, student's eligibility may be reinstated; Saxony Lutheran - Self-reported a violation of By-Law 3.13.2, accepted school's actions, school to forfeit contests in which the ineligible student participated, student may have his eligibility reinstated after the close of the 2016-17 basketball season, lesser penalty is granted to not be ineligible for 365 days in basketball; South Shelby - Self-reported a violation of By-Laws 2.2.2. and 2.2.5, accepted the school's actions, no forfeitures required, student is ineligible for 365 days; Washington - Self-reported a violation of By-Laws 2.2.2 and 2.2.5, accepted school's actions, no forfeitures required, student is ineligible until she has set out as many contests as she cheered in while ineligible, this is a one for one consequence which is the minimum consequence, but less than the 365 days of ineligibility; West Plains - Self-reported two violations of By-Law 3.13.2.a, accepted the school's actions, no forfeitures required, students to be reinstated after sitting out one contest.

Accepted the financial reports as presented.

Urhahn presented four recommendations to the Board from the Athletic Directors Advisory Committee: 1) forwarding the issue of middle-school football season limits to the Football Advisory Committee; 2) forwarding the issue of having an equal distribution of number of wrestlers per class to the Wrestling Advisory Committee; 3) receiving input from sport specific advisory committees to determine what is acceptable for open facilities; 4) instituting a baseball and softball officials

draft.

Approved the recommendations from the Athletic Directors Advisory Committee as presented.

Urhahn reported to the Board from the Liaison Committee. The Board received a copy of the minutes from the meeting. The committee did not have any recommendations. No action was needed.

Approved the senior high cooperative sponsorship requests for Gideon and Risco in spring baseball and girls volleyball.

Approved the senior high cooperative sponsorship for Advance and Zalma for spring softball.

Approved the bid from Ross & Baruzzini, Inc. for engineering oversight of the heating and cooling system for the MSHSAA office.

Determined to stay with the current medal company (All-Star) for the next three years.

Urhahn and Davis shared the music medal design for the 2017-18 school year. No action taken.

Urhahn shared the Peer Review Report with the Board from a school reported violation involving St. Pius X (Festus) High School. Urhahn will issue a letter back to the school and allow them the opportunity to appeal the decision before the Board of Directors at the next regularly scheduled meeting.

Urhahn provided an update on the status of the upcoming RFP's. State Music RFP was opened on March 6th. Davis will go out and view the two sites and will bring back a decision at the next Board meeting in April.

Certified the results of the Annual Questionnaire.

Approved all of the items for the 2017 Annual Ballot with the exception of Proposal 4 which was tabled for further review.

Approved school membership for the 2017-18 school year for St. Michael the Archangel Catholic High School

The Board reviewed a basketball article in the Southeast Missourian, the MIAA Conference Schedule and the April Board Meeting and Executive Directors evaluation schedule.

The meeting was adjourned.



# GAINING CONFIDENCE

*Belonging*  
**COURAGE**  
Confidence  
*Failure*  
**GROWTH**

High school athletics and activities are a valued part of our culture. We value these activities because we know that students who are involved acquire something meaningful through their participation. But have we ever looked closely at how they benefit? What do the students who participate in school athletic and activity programs actually receive?

Decades of research shows that participation provides students with experiences they can draw upon for a lifetime. Valuable life lessons can be learned from participating on a team—lessons such as:

- working through adversity;
- finding the courage necessary to move outside one's comfort zone to learn something new;
- overcoming failure; and
- developing confidence and growing as a human being.

The potential for this growth only exists if we are aware and if we are intentional and recognize that something deep and lasting is possible for the students who participate. We must realize that through participation there is an incredible potential for growth to occur—growth that, if fostered, will impact that student for a lifetime.

**WHY DO WE PLAY?** We play to give students MORE than physical skill development. We play to give them MORE that leads to **COURAGE, CONFIDENCE, FAILURE, BELONGING, and GROWTH.**



# SHOWING RESPECT





# Area Meeting Report

The MSHSAA staff conducted eight Area Meetings during the month of January. Information gathered at these meetings was presented to the MSHSAA Board of Directors at the January, 2017 meeting of the Board. Consideration was given for further action on the topics discussed. Below is a brief summary of discussion and overall opinions on the topics gathered at each of the eight sites.

## TOTAL ATTENDANCE TALLY FOR ALL DISTRICTS

Number of People in Attendance	984
Number of Schools in Attendance	633
Number of Superintendents Attending	30
Number of Principals Attending	342
Number of Assistant Principals Attending	43
Number of Athletic Directors Attending	551
Others in Attendance	18

### 1. Concussion Insurance

**Blue Springs South (Kansas City District):** Does it cover practices and games? Any doctors' approval by insurance provider? Majority favored insurance.

**Waynesville (South Central District):** What type of incident is covered? Think concussion and student checked out. School fills out paperwork. Consensus to place on ballot - no opposition.

**Cameron (Northwest District):** Should we vote to mandate? 95% yes.

**McCluer South-Berkeley (St. Louis District):** Not much input. Emerging sports would be covered. 50% want it on the Annual Ballot.

**Republic (Southwest District):** 40% in favor of requiring it.

**Dexter (Southeast District):** 100% in favor of putting it on the Annual Ballot.

**Smith-Cotton (Central District):** No one was opposed.

**Mexico (Northeast District):** Many voluntarily signed up this year. Slow to raise hands. More supported than opposed.

### 2. Required Physicals for Marching Band Participation

**Blue Springs South (Kansas City District):** Would that include marching band and winter guard? Few opposed, most in favor.

**Waynesville (South Central District):** A couple schools require now. Not in favor unless with heat mandate. Not in favor - we aren't that active. Class, low economics, hard to require. One third or so of schools have doctors come in and do physicals. Almost zero in favor.

**Cameron (Northwest District):** Could we set a mandated season for activities? When would they have to have a physical: 5% in favor of requiring physical. 95% opposed to making it local school decision.

**McCluer South-Berkeley (St. Louis District):** Four or five leave at local control. 60% want to require physicals.

**Republic (Southwest District):** A few schools require physicals. 20% want them required. 30% want local school decision.

**Dexter (Southeast District):** No one requires physicals for bands currently. No one cares.

**Smith-Cotton (Central District):** A few of the schools offer physicals. Couple opposed. Majority were in favor.

**Mexico (Northeast District):** Five or so require now. Should be a local decision - majority. Differing levels of involvement in marching band. Concern - band for grade if refuse physical - affects grade.

### 3. Fall Start Date

**Blue Springs South (Kansas City District):** Did Football Advisory Committee discuss what would happen. If it goes through, move the championships back. Will it affect the start of winter sports? What about going back to old football playoff system? State discussing official start date for all schools and impact on MSHSAA activities. 60/40 in favor of moving back start of fall. 40/50 in favor of moving fall softball championship back. Football - move start date back - move back finals 50% favored. Any feedback from small schools if football goes week longer? They don't like it.

**Waynesville (South Central District):** Move back - summer too short. Current is nice for softball. July contact limited if July 4 is dead week, so move later. Concerns - Keep softball spread out, move championship forward. Football - Move full season forward, don't lose game, championships in December. Don't want to lose revenue for a game. 75%/most for moving championship (football) later a week. Lots of no vote.

**Cameron (Northwest District):** How soon would it be? Don't we roll the calendar back soon? Are we looking at moving the winter and spring seasons? Why not play week 9 with championships? One third of our season will be done before school starts if the state mandates no school before Labor Day. Are we worried about two days in July? Would we use multiple sports athletes? Eliminate the game? Want to see the season stay - 100%. If moved, softball move back - 100%. Favor of moving winter season start date a week later if football moves to 1st weekend in December.

**McCluer South-Berkeley (St. Louis District):** There are 80% that want to move it back, 20% want to leave it where it is. 100% want the softball season left the same length.

Football playoff - 70% want to move it back, 30% not in favor of a move. Has it been discussed to start football one week earlier than everything else

**Republic (Southwest District):** 25-30% want to move it. 20% keep it where it's at. Softball - same length 15% in November. Football playoffs start week 9 - 0%.

### 3. Fall Start Date (cont'd)

**Dexter (Southeast District):** Could we have a start date of August 1? What about moving football championships to first week in December? Could we start date for basketball later and shorten the basketball season? Wouldn't we roll back 19-20? Lake of Ozark and Branson Area Tourism complaining. Would we change football playoff system? Fall start stay - 90%, change - 10%. Softball stay - 50%, Compressed - 50%. Football going to December - football schools - 100%. Playoff week 9. Who is willing to give up - 11% of season? Would it cause problems for venues?

**Smith-Cotton (Central District):** Keep it at Week 5 - 10%. Move it to Week 6 - 90%. Only if we eliminate football game from schedule (Jefferson City). Week 1 impacts all of out-state. State championships impacts only a few. Should we move junior high season start date back to Week 8 if we move high school back? Can we move basketball start date back one week if we do this? Softball - 100% in favor of moving championships back one week. Football - lots of questions and concerns. 40% - A week later. 30% - Start post season Week 9.

**Mexico (Northeast District):** Later - hotter in July. Parents - summer too short. No win - two bad options. Pretty split but probably more to keep it where it is. Reduce softball games and keep on same weekend. Compress affects all softball schools where championships later only affects state schools - less schools. Don't cut softball games - low impact, but OK with cut of football game. Vast majority - move championships for softball back later one week. Start date for winter sports back one week - can't due to Thanksgiving tournament. Softball - majority - move championships back - keep current number of weeks. Don't drop a football game but move start later - OK with December championship date. Most - move championships for football to December none for losing game.

### 4. Enrollment Numbers

**Blue Springs South (Kansas City District):** Likes using grades 9-11 and everyone should use the same system. Majority favor using March as month to collect information. Majority favor using grades 9-11 as grades to report.

**Waynesville (South Central District):** March 1 - student roster excel one year classification cycle. Question about FERPA and denials of directory release. Concerned about sharing with MSHSAA. Later release of district assignment - all including football. Most in favor.

**Cameron (Northwest District):** All March enrollment - 100%. Stay with current October Core Data - 0%.

**McCluer South-Berkeley (St. Louis District):** No comments. 100% use electronic data. 100% in favor of collecting data in March.

**Republic (Southwest District):** March 1 - 70%. Only 9th, 10th and 11th grades - 15%, opposed - 2.

**Dexter (Southeast District):** How would we hold schools accountable: How do states account for enrollment. March 1 - 100% in favor. Eliminate 9-11? - 100%.

**Smith-Cotton (Central District):** Looking at March 1 date - 100% in favor. Freshman/sophomore/junior classes only - 100% in favor.

**Mexico (Northeast District):** Concern about self-report and no check. OK with plan - most. Three classes - most.

### 5/6. Home School Participation/Academic Standard

**Blue Springs South (Kansas City District):** Academics - Need to move with the changes happening in education. Like that school is determining what goes on transcript. Home School - NCAA accepting classes and how accepted. Concerns with citizenship requirement. How do we know they did pass those home school classes? What if they drop out after the activity and then come back next sports season? How will this impact kids currently enrolled at school? Why two classes and not more credit bearing classes? Will this appear as one item on the Annual Ballot? Majority in favor of academic standard for their school. Majority opposed to the home school change.

**Waynesville (South Central District):** Want students to represent you that you know. Want the flexibility to put any students into the program, not just juniors and seniors. What about- student that is not going to school past high school, just enrolls in two credit bearing classes and does not do anything with home school. All in favor of new academic standard for their kids. Not in favor of the home school changes, but lengthy discussion of why the need for change.

**Cameron (Northwest District):** Favor home school proposal 15 yes, 2 no. Local school control on academic credit - 100%.

**McCluer South-Berkeley (St. Louis District):** 80% in favor. Those that voted regarding home school participation in favor.

## Area Meeting Report, con't from page 15

## 5/6. Home School Participation/Academic Standard (cont'd)

**Republic (Southwest District):** Teachers cannot teach dual - 10% Flexibility for schools to monitor - 30% Support home school - 10%

**Dexter (Southeast District):** It would be helpful for upper level student to take college classes. Own kids - 100%. Could support home school - 50/50.

**Smith-Cotton (Central District):** Flexibility - 100% in favor. Homeschoolers - in favor 50%, opposed 50%.

**Mexico (Northeast District):** Colleges wouldn't let us use our teachers, they want them on campus. Where are the limitations, and where does it stop? It is better to put them through our own programs. We are not talking about non-public. If in the school building and school is giving credit - that school's traditional credit. Should credit have to be placed on transcript - No - local decision. Support home school - 2nd vote - vast majority. Should classes be 3? Two now - probably can't move that direction. Your kids - majority.

## 7. Basketball Quarter Limitations

**Blue Springs South (Kansas City District):** Being hard to calculate, the reason to calculate: If it helps to fill out the schedule, would be in favor.

How do you find out with this, if a student is playing too much. All in favor.

**Waynesville (South Central District):** Will help smaller schools having trouble finding JV games. Need the six quarters to fill teams. 95% in favor of going to six quarters. 5% in favor of not changing.

**Cameron (Northwest District):** Would be in favor of going to six times games. Would help smaller schools.

**McCluer South-Berkeley (St. Louis District):** What is the rationale? Has there been discussion about going back to five quarters per night? 90% in favor. 10% against.

**Republic (Southwest District):** 10% in favor.

**Dexter (Southeast District):** For schools with low number of kids it helps. What other sports can you play a game and a half? 99% in favor of going to six. 1 opposed.

**Smith-Cotton (Central District):** 100% in favor.

**Mexico (Northeast District):** In favor, for smaller schools it helps. 100% in favor.

## 8. Evaluation Events

**Blue Springs South (Kansas City District):** Several receive requests to attend evaluation events. Would rather have more local control to approve student participation. Does the school coach have to attend? Would like to see #4 stay in language. Concern with protecting the team. Local school decision and cannot miss post season event. Majority favor making this a local school decision.

**Waynesville (South Central District):** Why is the evaluation event different than a camp? Try to explain to parents that a combine is just a money making opportunity for a school. 100% ok with removing the By-Law restrictions.

## 8. Evaluation Events (cont'd)

**Cameron (Northwest District):** Let school have local control to allow kids to go because school administrator can convince parents of what their true ability is. Can't miss a school game or postseason because schools will be put in a tough spot with nothing to lean on to defend us. 15 in favor of local control. 2 against all local control.

**McCluer South-Berkeley (St. Louis District):** Could they do one event like a camp? Would giving that latitude keep softball in the fall: What do other states do: Local decision - 90%. Against - 10%.

**Republic (Southwest District):** Allow attendance/school decision - 70%.

**Dexter (Southeast District):** If we don't, could this spill over to more legislation? 40% in favor, 60% opposed.

**Smith-Cotton (Central District):** Local Control - 100%

**Mexico (Northeast District):** 100% OK with local decision.

## 9. Petition for Two Classes in Boys Swimming and Diving

**Blue Springs South (Kansas City District):** No comments

**Waynesville (South Central District):** When we got it, we thought it would help us compete.

**Cameron (Northwest District):** No comments.

**McCluer South-Berkeley (St. Louis District):** No comments.

**Republic (Southwest District):** No comments

**Dexter (Southeast District):** Will everyone vote? Why can't we lower the standard?

**Smith-Cotton (Central District):** No comments.

**Mexico (Northeast District):** No comments.

## 10. 14-Day Conditioning Practice Requirement

**Blue Springs South (Kansas City District):** No Comments

**Waynesville (South Central District):** Recommendation of Sports Medicine Committee - leave alone.

**Cameron (Northwest District):** No comments.

**McCluer South-Berkeley (St. Louis District):** No comments.

**Republic (Southwest District):** No comments

**Dexter (Southeast District):** Is on ballot - no.

**Smith-Cotton (Central District):** No comments.

**Mexico (Northeast District):** No comments.

## 11. Posting Scores on to MSHSAA Website for Varsity Team Sports

**Blue Springs South (Kansas City District):** No comments

**Waynesville (South Central District):** Mandatory - reminder only.

**Cameron (Northwest District):** No comments.

**McCluer South-Berkeley (St. Louis District):** No comments.

**Republic (Southwest District):** No comments

**Dexter (Southeast District):** Will football and tennis remain the same?

**Smith-Cotton (Central District):** No comments.

**Mexico (Northeast District):** No comments.

## 2016-17 SCHOLASTIC ACHIEVEMENT AWARDS

Outstanding  
Scholastic Achievement  
(3.25 - 4.00 GPA)

## Bayless HS

Combined Group Cheerleading	3.51
Varsity Girls Basketball	3.46

## Bishop DuBourg HS

Varsity Girls Basketball	3.50
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## Blue Springs South HS

Varsity Girls Basketball	4.04
Junior Varsity Girls Basketball	3.76

## Bolivar HS

Boys Basketball	3.41
Girls Swimming & Diving	3.63
Girls Basketball	3.83
Boys Golf	3.42
Girls Soccer	3.56
Boys Tennis	3.63
Girls Track & Field	3.31

## Brentwood HS

Cheerleading	3.52
Varsity Wrestling	3.32
Varsity Boys Basketball	3.42

Varsity Girls Basketball	3.69
Varsity Boys Tennis	3.57
Varsity Boys Baseball	3.58
Varsity Girls Soccer	3.65
Speech & Debate	3.60

## Carthage HS

Varsity Girls Basketball	3.86
Freshman Girls Basketball	3.69
Junior Varsity Girls Basketball	3.65
Varsity Winter Dance	3.62
Varsity Boys Basketball	3.51
Girls Swimming & Diving	3.51
Winter Cheerleading	3.5
Varsity Wrestling	3.3
Freshman Boys Basketball	3.28

## Carthage Junior HS

Combined Group Scholar Academic Team	3.74
7th Grade Boys Basketball	3.62
8th Grade Boys Basketball	3.49
7th Grade Boys Track & Field	3.46
7th Grade Girls Track & Field	3.56
8th Grade Girls Track & Field	3.67
8th Grade Boys Track & Field	3.44

## Clever HS

Varsity Boys Basketball	3.72
Varsity Girls Basketball	3.69
Junior Varsity Boys Basketball	3.43
Softball	3.60
Combined Group Track & Field	3.72
Boys Tennis	3.64
Baseball	3.33
Boys Golf	3.29

## Concordia HS

Varsity Boys Basketball	3.36
Varsity Girls Basketball	3.79
Junior Varsity Girls Basketball	3.38
Baseball	3.42

## Cor Jesu Academy

Varsity Girls Basketball	3.9
Junior Varsity Girls Basketball	3.83
Cheerleading/Dance	3.63
Girls Swimming & Diving	3.77

## Crocker HS

Varsity Boys Basketball	3.64
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## DeSoto HS

Varsity Girls Basketball	3.33
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# 2016-17 MSHSAA Junior High Sportsmanship Essay Contest

## How does participating in school activities assist in developing positive character?

**- State Winner -**  
**Mia Gray, 8th Grade**  
**Bode Middle School**

If students participate in school activities, they are more likely to succeed inside and outside the classroom. Character is developed on the court, the track, and the field. There are many traits that you gain, but there are three that you will need to conquer life obstacles. Participating in school activities assists in developing positive character by building team-working skills, dedication, and involvement that creates leadership skills.



Team working skills are gained when students are involved in school activities. When a student works together in a club or group, they get used to working in unison with others. This is an important skill that employers may be looking for.

Students conjure up dedication when they participate in clubs and activities. For example, when you play sports, you have to be dedicated to the team and school. You dedicate your time into practices, games, and meetings. When students dedicate their time into clubs, they learn the responsibilities of showing up on time, and behaving when school hours end. These activities get students off the couch, and on the court or in the library.

When students join school activities, they become involved. Research shows that when a student is involved, they are more likely to get good grades and feel good about who they are becoming. It is also true that being involved in sports or clubs keeps students away from bad substances. Being involved keeps students out of trouble, as well. More importantly being involved creates leaders. Other students admire and respect students who are involved. This is leadership.

When schools provide the students with a chance to participate in school activities they are providing students with positive character traits. Being a volleyball, softball, track, and basketball player, these skills have carried over into my daily life. Because of my rich experiences in these sports, I continued to foster the skills of teamwork, dedication to tasks that I work on and complete, and involvement which is helping me develop as a leader. These traits capture the essence of positive character.

**- State Runner-Up -**  
**Lindsay Eye, 8th Grade**  
**Montrose Junior High**

Playing in school activities help develop positive character by teaching athletes good sportsmanship. When you play in sports you often become very competitive, because everyone wants to win. Although playing in sports you will at times have a devastating loss, I believe a loss shows our character even more. I think that no matter what happens, you should always congratulate the other opponents even if you don't agree with the final score. You hold your head high, and focus on the positive things that you did as a team. When you participate in school activities you have to play as a team to accomplish your goal. You help encourage your team strive to be the best, but accept a disappointing loss.



Participating in school activities helps you focus on school work. If your grades are low, you are not allowed to participate in those extracurricular activities. "The struggle of one, is the struggle of all. The success of one, is the success of all." This is a quote we often use in school and even on the basketball court. If you see another student struggling at school, you are willing to help them so they can succeed, just like you do on a sports team. The same discipline and respect in a game is also carried over to your school work and behavior.

As a representative of the school during activities, you learn that your actions and behavior are a reflection of your entire school and community. If you misbehave at school, there is a possibility that you will not participate in the game. Misbehaving at games and at other schools doesn't only make your school look bad, but you could be punished at school, and be in trouble with your organization leader. If you play sports you get benched because of your actions, you aren't only punishing yourself but your whole team.

Participating in school activities helps to develop positive character by learning to demonstrate good sportsmanship and teamwork in all aspects of life. I feel that learning your actions, not just during sports or at school, is a reflection of your character. That helps to build a positive outlook on life!

### Essay 3rd - 6th Placers

No  
Photo  
Available

**Sowerby**



**Gosling**



**Chase**

No  
Photo  
Available

**Phillips**

### 2016-17 MSHSAA Junior High Sportsmanship Essay Contest

#### State-Level Results

1. Mia Gray, Bode Middle School
2. Lindsay Eye, Montrose
3. Bryce Sowerby, Wellington-Napoleon
4. Hunter Chase, Galena
5. Truman Gosling, Festus
6. Molly Phillips, Macks Creek

### 2016-17 MSHSAA Junior High Sportsmanship Essay Contest

#### District-Level Results

Central		Kansas City	
1.	Bryce Sowerby, Wellington-Napoleon	1.	Lindsay Eye, Montrose
2.	Makayla Monsees, Tipton	2.	Chloe Rohaus
3.	Catherine Cooper, Concordia	<b>South Central</b>	
<b>Northwest</b>		1.	Molly Phillips, Macks Creek
1.	Mia Gray, Bode	2.	Chloe Rhoden, Osage County
2.	Erin Hyde	3.	Marsie Messersmith, Maries
3.	Marcus Willis	4.	Kimberly Counts, Bourbon
4.	Dallas Hall, Braymer	5.	Griffen Honey, Osage
5.	Taylor Quilty, Mound City	6.	Emma Davis, St. Clair
<b>Southeast</b>		<b>Southwest</b>	
1.	Truman Gosling, Festus	1.	Hunter Chase, Galena (8th)
		2.	Vickie Smith, Lebanon
		3.	Charlene Chang, Wheaton

# AWARDS

<b>Fatima HS</b>		Baseball	3.51	<b>Lee's Summit North HS</b>	
Varsity Girls Basketball	3.85	Boys Track & Field	3.35	Varsity Girls Basketball	3.81
Varsity Boys Basketball	3.5	Girls Track & Field	3.89	Junior Varsity Girls Basketball	3.89
Junior Varsity Boys Basketball	3.5	Boys Golf	3.51	Freshman Girls Basketball	3.49
<b>Francis Howell Central HS</b>		<b>Higbee</b>		<b>Lee's Summit West HS</b>	
Junior Varsity Girls Basketball	3.63	Varsity Girls Basketball	3.6	Varsity Girls Track & Field	3.35
Varsity Girls Basketball	3.61	Junior Varsity Girls Basketball	3.36	Junior Varsity Girls Track & Field	3.32
Freshman Girls Basketball	3.56	<b>Kikapoo HS</b>		<b>Liberal HS</b>	
Varsity Dance	3.53	Varsity Girls Swimming & Diving	3.76	Varsity Softball	3.43
Combined Group Cheerleading	3.38	Varsity Girls Basketball	3.71	Junior Varsity Softball	3.49
Junior Varsity Dance	3.38	Junior Varsity Girls Basketball	3.67	Baseball	3.27
Girls Swimming & Diving	3.35	Varsity Boys Basketball	3.59	<b>Linn HS</b>	
<b>Francis Howell North HS</b>		Poms	3.53	Varsity Boys Basketball	3.61
Varsity Boys Basketball	3.42	Varsity Cheerleading	3.51	Varsity Girls Basketball	3.75
Junior Varsity Girls Basketball	3.48	Junior Varsity Boys Basketball	3.50	<b>Logan-Rogersville HS</b>	
Varsity Girls Basketball	3.73	Junior Varsity Cheerleading	3.42	Girls Swimming & Diving	3.69
Girls Swimming & Diving	4.06	Junior Varsity Girls Swimming & Diving	3.39	Wrestling	3.46
Wrestling	3.3	<b>Lafayette County HS</b>		Dance/Pom-Poms	3.44
Winter Band	4.19	Junior Varsity Girls Basketball	3.39	Varsity Boys Basketball	3.57
Winter Guard	4.1	Junior Varsity Boys Basketball	3.35	Junior Varsity Boys Basketball	3.39
<b>Ft. Zumwalt North HS</b>		Varsity Girls Basketball	3.88	Freshman Boys Basketball	3.25
Girls Swimming & Diving	3.4	Freshman Girls Basketball	3.29	Varsity Girls Basketball	3.69
Combined Group Cheerleading	3.48	Freshman Boys Basketball	3.33	Junior Varsity Girls Basketball	3.43
Combined Group Dance	3.56	Varsity Wrestling Cheerleading	3.28	<b>Lutheran North</b>	
Varsity Girls Basketball	3.78	Varsity Boys Basketball	3.59	Dance	3.47
<b>Ft. Zumwalt South HS</b>		Girls Track & Field	3.48	Girls Swimming & Diving	3.29
Varsity Girls Basketball	3.32	Baseball	3.31	<b>Mark Twain HS</b>	
Junior Varsity Dance/Poms	3.33	<b>Lafayette County Middle</b>		Varsity Girls Basketball	3.72
Varsity Dance/Poms	3.5	7th Grade Girls Basketball	3.65	Varsity Boys Basketball	3.5
Varsity Cheerleading	3.32	7th Grade Boys Basketball	3.43	Basketball Cheerleading	3.51
Girls Swimming & Diving	3.35	8th Grade Girls Basketball	3.60	<b>Marquette HS</b>	
<b>Ft. Zumwalt West HS</b>		7th Grade Girls Track & Field	3.92	Academic Team	4.46
Girls Swimming & Diving	3.63	7th Grade Boys Track & Field	3.60	Symphonic Orchestra	4.27
Junior Varsity Wrestling	3.35	8th Grade Girls Track & Field	3.75	Speech & Debate	4.11
Combined Group Varsity Dance	3.46	8th Grade Boys Track & Field	3.32	Boys Tennis	4.02
Junior Varsity Dance	3.47	<b>Lafayette (Wildwood)</b>		Varsity Boys Basketball	3.88
Varsity Girls Basketball	3.45	Boys Water Polo	3.68	Combined Group Chamber Choir	3.86
Junior Varsity Girls Basketball	3.26	Combined Group Speech & Debate	4.20	Varsity Girls Volleyball	3.85
C-Team Girls Basketball	3.41	Girls Track & Field	3.46	Concert Orchestra	3.84
C-Team Boys Basketball	3.4	Boys Golf	3.84	Girls Tennis	3.84
Varsity Combined Group Cheerleading	3.37	Varsity Baseball	3.36	Varsity Pom-Poms	3.84
<b>Glendale HS</b>		Junior Varsity Baseball	3.53	Varsity Boys Soccer	3.83
Combined Group Band	3.34	Boys Tennis	4.03	Girls Cross Country	3.76
Combined Group Orchestra	3.36	Varsity Boys Volleyball	3.56	Varsity Girls Lacrosse	3.74
Freshman Girls Basketball	3.62	Junior Varsity Boys Volleyball	3.69	Varsity Girls Soccer	3.70
Varsity Girls Basketball	3.27	Freshman Boys Volleyball	3.49	Girls Swimming & Diving	3.68
Junior Varsity Boys Basketball	3.43	Girls Lacrosse	3.74	Water Polo	6.68
Varsity Boys Basketball	3.36	Varsity Girls Soccer	3.80	Softball	3.65
Girls Swimming & Diving	3.46	Junior Varsity Girls Soccer	3.74	Freshman Field Hockey	3.63
<b>Grandview Middle</b>		Freshman Girls Soccer	3.29	Freshman Girls Basketball	3.63
Boys Track & Field	3.32	Combined Group Treble Chamber Choir	3.87	Girls Golf	3.63
Girls Track & Field	3.36	Combined Group Treble Choir	3.45	Junior Varsity Boys Volleyball	3.62
<b>Hallsville HS</b>		Combined Group Concert Band	3.59	Varsity Boys Volleyball	3.61
Girls Basketball	3.27	Combined Group Jazz Band	3.76	Varsity Field Hockey	3.60
Girls Track & Field	3.42	Combined Group Symphonic Band	3.89	Boys Cross Country	3.58
Combined Group Scholar Bowl	3.44	Combined Group Symphonic Orchestra	4.20	Chamber Choir	3.55
<b>Helias Catholic HS</b>		Combined Group Concert Orchestra	3.87	Freshman Girls Volleyball	3.55
Varsity Baseball	3.55	Combined Group Chamber Orchestra	3.65	Boys Swimming & Diving	3.53
Junior Varsity Baseball	3.49	Freshman Cheerleading	3.47	Boys Golf	3.52
Freshman Baseball	3.56	Varsity Cheerleading	3.31	Show Choir	3.52
Boys Golf	3.59	Junior Varsity Escadrille	3.60	Cheerleading	3.51
Girls Soccer	3.85	Varsity Escadrille	3.60	Junior Varsity Girls Basketball	3.51
Boys Tennis	3.60	Girls Swimming & Diving	3.64	Varsity Girls Basketball	3.50
Boys Track & Field	3.31	Freshman Girls Basketball	3.76	Freshman Girls Lacrosse	3.49
Girls Track & Field	3.68	Junior Varsity Girls Basketball	3.63	Freshman Girls Soccer	3.49
<b>Herculaneum HS</b>		Varsity Girls Basketball	4.15	Junior Varsity Baseball	3.48
Girls Basketball	3.51	Freshman Boys Basketball	3.46	Junior Varsity Girls Lacrosse	3.48
Dance	3.31	Junior Varsity Boys Basketball	3.48	Combined Group Band	3.48
Combined Group Band	3.37	Varsity Boys Basketball	3.47	Varsity Baseball	3.46
Combined Group Chess	3.49	Combined Group Concert Chorale A	3.43	Junior Varsity Girls Volleyball	3.46
Combined Group Quiz Bowl	3.87	<b>Lebanon HS</b>		Junior Varsity Pom-Poms	3.46
Combined Group Speech	3.9	Volleyball	3.84	Junior Varsity Field Hockey	3.41
<b>Hermann HS</b>		Girls Basketball	3.26	Girls Track & Field	3.40
Varsity Girls Basketball	3.9	Girls Track & Field	3.37	Junior Varsity Boys Soccer	3.39
Junior Varsity Girls Basketball	3.6	Boys Basketball	3.38	Junior Varsity Girls Soccer	3.36
Varsity Boys Basketball	3.64	Girls Swimming & Diving	3.61	Freshman Boys Volleyball	3.29
Junior Varsity Boys Basketball	3.6	Girls Golf	3.27	Junior Varsity Boys Basketball	3.28
Cheerleading	3.37	Girls Soccer	3.43		



<b>Mexico HS</b>			Freshman Boys Basketball	3.55	<b>Summit Christian Academy</b>	
Cheerleading	3.42		Varsity Boys Basketball	3.25	C-Team Boys Basketball	3.46
Girls Basketball	3.70		Freshman Baseball	3.70	Junior Varsity Boys Basketball	3.49
Boys Tennis	3.64		Junior Varsity Baseball	3.54	Varsity Boys Basketball	3.40
Girls Soccer	3.49		Varsity Baseball	3.52	Varsity Girls Basketball	3.58
Combined Group Track & Field	3.35		Boys Golf	3.60	<b>Timberland HS</b>	
Combined Group Band	3.25		Junior Varsity Boys Tennis	3.57	Varsity Wrestling	3.3
Combined Group Scholar Bowl	3.72		Varsity Boys Tennis	3.65	Freshman Boys Basketball	3.31
Combined Group Speech & Debate	3.32		C-Team Girls Soccer	3.40	Junior Varsity Combined Group Cheerleading	3.4
<b>Mound City HS</b>			Junior Varsity Girls Soccer	3.54	Varsity Combined Group Cheerleading	3.1
Volleyball	4.03		Varsity Girls Soccer	3.65	Varsity Boys Basketball	3.42
Girls Cross Country	3.69		Freshman Girls Track & Field	3.72	Freshman Combined Group Cheerleading	3.43
Football	3.81		Junior Varsity Girls Track & Field	3.55	Varsity Dance	3.46
<b>Mt. Vernon HS</b>			Varsity Girls Track & Field	3.70	Junior Varsity Boys Basketball	3.57
Varsity Boys Basketball	3.78		<b>Polo</b>		Junior Varsity Girls Basketball	3.57
<b>Neosho HS</b>			Girls Basketball	3.42	Junior Varsity Dance	3.59
Girls Basketball	3.88		<b>Purdy HS</b>		Varsity Girls Swimming & Diving	3.77
<b>Nevada HS</b>			Cheerleading	3.7	Freshman Girls Basketball	3.84
Girls Basketball	3.47		<b>Richland HS</b>		Junior Varsity Girls Swimming & Diving	3.89
Combined Group Track & Field	3.50		Girls Basketball	3.79	Varsity Girls Basketball	3.89
<b>Nixa HS</b>			<b>Rolla Junior HS</b>		Junior Varsity Boys Tennis	3.88
Freshman Girls Basketball	3.77		Freshman Girls Basketball	3.3	Varsity Girls Track & Field	3.86
Varsity/Junior Varsity Girls Basketball	3.9		8th Grade Boys Basketball	3.5	Varsity Girls Soccer	3.83
Freshman Boys Basketball	3.73		8th Grade Girls Basketball	3.56	Boys Tennis	3.78
Varsity/Junior Varsity Boys Basketball	3.53		8th Grade Cheerleading	3.5	Junior Varsity Boys Golf	3.67
Girls Swimming & Diving	3.62		8th Grade Basketball Cheerleading	3.47	Junior Varsity Girls Soccer	3.65
<b>Notre Dame (Cape Girardeau)</b>			<b>Salem Middle</b>		Varsity Baseball	3.49
Varsity Baseball	3.37		7th Grade Volleyball	3.41	Varsity Boys Track & Field	3.45
Junior Varsity Baseball	3.29		8th Grade Volleyball	3.43	Varsity Boys Golf	3.30
Freshman Baseball	3.73		Girls Track & Field	3.57	Junior Varsity Girls Track & Field	3.28
Varsity Boys Track & Field	3.33		Boys Track & Field	3.27	<b>Troy Buchanan HS</b>	
Junior Varsity Boys Track & Field	3.33		Combined Group Scholar Bowl	3.96	Baseball	3.37
Varsity Boys Volleyball	3.56		<b>Sante Fe HS</b>		Girls Track & Field	3.50
Varsity Boys Golf	3.65		Varsity Girls Basketball	3.92	Girls Soccer	3.62
Varsity Boys Tennis	3.90		Varsity Boys Basketball	3.73	Boys Tennis	3.26
Junior Varsity Boys Tennis	3.62		Junior Varsity Boys Basketball	3.5	<b>Union HS</b>	
Varsity Girls Track & Field	4.03		<b>St. Charles HS</b>		Varsity Girls Track & Field	3.25
Junior Varsity Girls Track & Field	3.80		Freshman Boys Basketball	3.33	Varsity Girls Soccer	3.52
Varsity Girls Soccer	3.92		Junior Varsity Girls Basketball	3.55	Varsity Boys Golf	3.27
Junior Varsity Girls Soccer	3.78		Varsity Cheerleading	3.44	<b>Vienna</b>	
<b>Notre Dame (St. Louis)</b>			Junior Varsity Cheerleading	3.59	Girls Basketball	3.47
Sideline Cheerleading	3.45		Girls Swimming & Diving	3.46	Boys Track & Field	3.35
Girls Swimming & Diving	3.86		Freshman Girls Basketball	3.64	Girls Track & Field	3.35
Varsity Girls Basketball	3.46		Varsity Girls Basketball	3.52	<b>Warrensburg HS</b>	
Junior Varsity Girls Basketball	3.65		Junior Varsity Boys Track & Field	3.40	Boys Basketball	3.32
<b>Orchard Farm HS</b>			Varsity Boys Track & Field	3.30	Pom-Pons	3.73
Varsity Boys Basketball	3.48		Junior Varsity Girls Track & Field	3.50	Girls Swimming & Diving	3.67
Varsity Girls Basketball	3.74		Varsity Girls Track & Field	3.70	Wrestling	3.45
Junior Varsity Girls Basketball	3.88		Junior Varsity Boys Tennis	3.50	Girls Basketball	3.78
Freshman Girls Basketball	3.3		Varsity Boys Golf	3.26	Combined Group Cheerleading	3.37
Cheerleading	3.28		Varsity Boys Tennis	3.50	<b>Washington HS</b>	
Varsity Girls Soccer	3.44		Junior Varsity Girls Soccer	3.50	Junior Varsity Boys Basketball	3.53
Varsity Girls Track & Field	3.57		Varsity Girls Soccer	3.60	Varsity Boys Basketball	3.47
Varsity Boys Track & Field	3.26		<b>St. Charles West HS</b>		Junior Varsity Girls Basketball	3.5
Junior Varsity Girls Track & Field	3.34		Junior Varsity Boys Basketball	3.4	Varsity Girls Basketball	3.77
<b>Pacific HS</b>			Varsity Boys Basketball	3.32	Girls Swimming & Diving	3.58
Varsity Boys Basketball	3.98		Freshman Girls Basketball	3.55	Dance	3.79
Junior Varsity Boys Basketball	3.3		Junior Varsity Girls Basketball	3.5	<b>Waynesville HS</b>	
Varsity Girls Basketball	3.61		Varsity Girls Basketball	3.68	Boys Golf	3.43
Varsity Girls Track & Field	3.52		Girls Swimming & Diving	3.41	Girls Soccer	3.55
<b>Palmyra HS</b>			<b>Steelville Middle</b>		Boys Tennis	4.02
Boys Basketball	3.51		7th Grade Girls Volleyball	3.56	<b>Webster Groves HS</b>	
Girls Basketball	4.03		8th Grade Girls Volleyball	3.88	Junior Varsity Girls Basketball	3.44
Cheerleading	3.67		Middle School Girls Track & Field	3.64	Girls Swimming & Diving	3.73
Pom Pon	3.78		Middle School Boys Track & Field	3.38	Junior Varsity Cheerleading	3.31
Combined Group Band/Choir	3.40		<b>Ste. Genevieve HS</b>		Varsity Cheerleading	3.45
Combined Group Quiz Bowl	3.87		Poms	3.31	C-Team Baseball	3.55
<b>Park Hill HS</b>			Junior Varsity Boys Basketball	3.36	Junior Varsity Baseball	3.55
Combined Group Track & Field	3.32		Junior Varsity Girls Basketball	3.36	Varsity Baseball	3.46
Baseball	3.47		Cheerleading	3.41	Junior Varsity Girls Soccer	3.71
Boys Golf	3.53		Freshman Boys Basketball	3.49	Varsity Girls Soccer	3.90
Boys Tennis	3.66		Varsity Girls Basketball	3.60	Junior Varsity Boys Volleyball	3.61
Girls Soccer	3.66		<b>Sullivan Middle School</b>		Varsity Boys Volleyball	3.72
<b>Park Hill South HS</b>			Middle School Girls Cross Country	3.75	Girls Track & Field	3.60
Girls Swimming & Diving	3.65		Middle School Boys Cross Country	3.47	Boys Track & Field	3.31
Freshman Girls Basketball	3.79		8th Grade Girls Basketball	3.68	Boys Tennis	3.73
Junior Varsity Girls Basketball	3.29		7th Grade Girls Basketball	3.48	Junior Varsity Girls Lacrosse	3.37
Varsity Girls Basketball	3.70		7th Grade Wrestling	3.41	Varsity Girls Lacrosse	3.47
					Boys Golf	3.51

# AWARDS

<b>Wellington-Napoleon HS</b>	Baseball	3.59	<b>Kickapoo HS</b>	Freshman Boys Basketball	3.07	<b>St. Charles HS</b>	Junior Varsity Wrestling	3.01
	Girls Track & Field	3.82		Freshman Boys Basketball	3.19		Junior Varsity Golf	3.00
	Boys Track & Field	3.64		Junior Varsity Wrestling	3.18		Junior Varsity Baseball	3.21
	Softball	3.88		Freshman Cheerleading	3.03		Freshman Baseball	3.10
	<b>West County HS</b>				<b>Lafayette County HS</b>			<b>St. Charles West HS</b>
Boys Basketball	3.31		Wrestling	3.07	Freshman Boys Basketball	3.18		
Boys Golf	3.42		Boys Track & Field	3.05	Freshman Wrestling	3.2		
Girls Softball	3.57		Boys Tennis	3.11	Varsity Wrestling	3.02		
Dance/Cheerleading	3.66		<b>Lafayette County Middle</b>			<b>Ste. Genevieve HS</b>		
Baseball	3.71		Middle School Cheerleading	3.03	Varsity Boys Basketball	3.20		
Girls Basketball	3.74		Middle School Wrestling	3.19	<b>Summit Christian Academy</b>			
Volleyball	3.8		8th Grade Boys Basketball	3.24	Wrestling	3.03		
<b>West Plains HS</b>			<b>Lafayette (Wildwood) HS</b>			<b>Timberland HS</b>		
Girls Basketball	3.74		Boys Track & Field	3.19	Combined Group Winter Guard	3.04		
<b>Winfield HS</b>			Freshman Baseball	3.20	Freshman Wrestling	3.03		
Varsity Girls Soccer	3.98		Junior Varsity Cheerleading	3.05	C-Team Girls Soccer	3.02		
Junior Varsity Girls Soccer	3.60		Freshman Wrestling	3.13	Junior Varsity Boys Track & Field	3.10		
Varsity Baseball	3.30		Junior Varsity/Varsity Wrestling	3.06	Freshman Baseball	3.16		
Varsity Girls Track & Field	3.45		<b>Lebanon HS</b>		<b>Washington HS</b>			
Junior Varsity Girls Track & Field	3.35		Softball	3.09	Freshman Boys Basketball	3.21		
<b>Distinguished Scholastic Achievement (3.00 - 3.24 GPA)</b>			Boys Cross Country	3.08	Freshman Girls Basketball	3.15		
			Baseball	3.04	Junior Varsity Cheerleading	3.2		
			Boys Tennis	3.17	Varsity Cheerleading	3.24		
		<b>Liberal HS</b>			<b>Waynesville HS</b>			
		Combined Group Track & Field	3.24	Baseball	3.24			
<b>Bishop DuBourg HS</b>			<b>Linn HS</b>			<b>Webster Groves HS</b>		
Girls Swimming & Diving	3.21		Cheerleading	3.2	Junior Varsity Boys Basketball	3.12		
<b>Bolivar HS</b>			<b>Logan-Rogersville HS</b>			Varsity Girls Basketball	3.16	
Baseball	3.06		Cheerleading	3.16	Wrestling	3.01		
Boys Track & Field	3.17		<b>Lutheran North</b>		<b>Winfield HS</b>			
<b>Brentwood HS</b>			Cheerleading	3.09	Freshman Girls Soccer	3.03		
Junior Varsity Wrestling	3.12		<b>Mark Twain HS</b>		Junior Varsity Baseball	3.00		
Combined Group Track & Field	3.08		Junior Varsity Boys Basketball	3.1	Varsity Boys Track & Field	3.21		
Junior Varsity Baseball	3.04		<b>Marquette HS</b>		<b>Most Improved Scholastic Achievement Award</b>			
<b>Carthage HS</b>			Junior Varsity Softball	3.22				
Junior Varsity Boys Basketball	3.19		Guard	3.20				
Junior Varsity Winter Dance	3.09		Junior Varsity Cheerleading	3.17				
Junior Varsity Wrestling	3.03		Treble Chorale	3.17				
<b>Crocker HS</b>			Freshman Baseball	3.16	<b>Concordia HS</b>			
Junior Varsity Boys Basketball	3.23		Boys Track & Field	3.10	Eddie Colston, Boys Basketball			
<b>DeSoto HS</b>			Freshman Boys Basketball	3.01	<b>DeSoto HS</b>			
Junior Varsity Girls Basketball	3.08		Varsity Football	3.00	Sarah Peoples, Varsity Girls Basketball			
Combined Group Wrestling Cheerleading	3.05		<b>Mexico HS</b>		Krystin Keath, Varsity Girls Basketball			
<b>Fatima HS</b>			Combined Group Wrestling	3.03	Abigail Weymirr, Varsity Girls Basketball			
Freshman Boys Basketball	3.02		Boys Basketball	3.06	Kaitlyn McGinnity, Junior Varsity Girls Basketball			
Varsity Wrestling	3.13		Baseball	3.09	Liberty Weymire, Junior Varsity Girls Basketball			
<b>Francis Howell Central HS</b>			Combined Group Choir	3.16	Carli Roberts, Junior Varsity Girls Basketball			
Combined Group Winter Guard	3.1		<b>Nixa HS</b>		<b>Lebanon HS</b>			
Freshman Boys Basketball	3.07		Wrestling	3.11	Michael Appleberry, Football			
Junior Varsity Boys Basketball	3		<b>Northwest (Cedar Hill)</b>		<b>Summit Christian Academy</b>			
<b>Francis Howell North HS</b>			Girls Basketball	3.20	General Williams, Boys Basketball			
C-Team Boys Basketball	3.2		<b>Notre Dame (Cape Girardeau)</b>		Kaylee Lynn, Girls Basketball			
C-Team Girls Basketball	3.14		Junior Varsity Boys Volleyball	3.02	Evan Harris, Wrestling			
<b>Ft. Zumwalt North HS</b>			Junior Varsity Boys Golf	3.18	Kaylee Lunn, Softball			
Combined Group Winter Guard	3.23		<b>Notre Dame (St. Louis)</b>		Kyndal Bowie, Volleyball			
<b>Ft. Zumwalt South HS</b>			Freshman Girls Basketball	3.20	Josh Cassell, Boys Soccer			
Freshman Girls Basketball	3.08		<b>Orchard Farm HS</b>		Autumn Cason, Cheerleading			
Junior Varsity Girls Basketball	3.24		Junior Varsity Boys Basketball	3.09	Darcy Thomas, Dance			
Freshman Wrestling	3.05		Freshman Boys Basketball	3.16	Ethan Lind, Football			
<b>Ft. Zumwalt West HS</b>			Wrestling	3.22	Jalen Nash, Football			
Freshman Wrestling	3.01		Junior Varsity Girls Soccer	3.23	Preston Parks, Football			
Varsity Boys Basketball	3.17		Baseball	3.13				
Junior Varsity Combined Group Cheerleading	3.02		Boys Golf	3.00				
Freshman Combined Group Cheerleading	3.13		Junior Varsity Boys Track & Field	3.00				
<b>Glendale HS</b>			<b>Pacific HS</b>					
Combined Group Choir	3.16		Freshman Boys Basketball	3.20				
Freshman Boys Basketball	3.05		Varsity Boys Golf	3.10				
<b>Grandview HS</b>			Junior Varsity Girls Track & Field	3.07				
Baseball	3.05		<b>Park Hill South HS</b>					
Junior Varsity Boys Golf	3.07		Freshman Boys Track & Field	3.23				
Varsity Boys Golf	3.09		Junior Varsity Boys Track & Field	3.14				
Girls Soccer	3.17		Varsity Boys Track & Field	3.21				
<b>Hallsville HS</b>			<b>Polo</b>					
Boys Track & Field	3.11		Wrestling	3.08				
Combined Group Chamber Choir	3.15		Boys Basketball	3.17				
<b>Herculaneum HS</b>			<b>Rolla Junior HS</b>					
Boys Basketball	3.08		Freshman Boys Basketball	3				
Combined Group Choir	3.09							
<b>Hermann HS</b>								

## Brant Schaffitzel – Hillcrest

### Where would I Be Without High School Athletics?

High school is full of lessons and learning. Writing a paper or solving an insane physics problem might teach you a little something, but there is nothing in life that can teach what high school athletics can. The memories of high school sports last forever and the life lessons that come from the sports mold teenagers into adults. High school sports has taught me incredible time management skills, sportsmanship and character, and how to push through tough situations. Without high school athletics, who knows what I would be doing today. I will miss the joys of high school sports, but will be privileged that these memories and life lessons will follow me throughout my life.

Balancing sports and schoolwork is one of the most difficult challenges of playing high school athletics. Personally, having to manage playing three varsity sports all while maintaining a perfect grade point average was incredibly stressful. Most days, I go to school at 7:30 am and don't get home from practice until about 6:00 p.m. If I happen to have a game that night, I am guaranteed to not be home until at least 9:30, and sometimes much later on road trips. Then, I usually have one or two hours of homework once I get home. Maintaining all of this has definitely put a strain on my sleep schedule, but the reward of playing my favorite sports for my favorite school is worth it a hundred times over.

By playing high school athletics, athletes are constantly preached sportsmanship and character. This resonates with some, but never gets through to others. For me, it has helped immensely. I have learned to keep my pride under in victory and to not let my emotions boil over in defeat. While playing these sports, I am very busy. This has helped to keep me out of trouble and made me more focused on the good things in life. If high school athletics was not there, I would have a lot more free time and nothing hanging over my head to reach for and set good examples for. The character I have has been molded by high school athletics.

A huge lesson I have learned that will impact me for the rest of my life is how to handle defeat. My freshman year and my junior year, my baseball team made the district finals. In each game, we had a lead were six outs away from winning a district championship. Both times, in the sixth inning, we lost the lead. Both times, we lost the game. To this day, I have never had a more crushing feeling than those two times my team lost the district title. Honestly, it felt like we were about to hoist the trophy, and it was ripped right out of our hands. Games like that are what keep pushing you and help build your team. I have learned not to pout about these losses, but to only use them to motivate me to work just a little harder and become just a little better. I now know, that in life, defeat happens. You might not get the job you want, and you might not meet your sales quota, but life continues to move on. You have to use these losses to contribute to your future wins. They will shape you into a better competitor and a better person if you will let them.

High school athletics has been the most enjoyable thing I have been involved with in my entire life so far. They have taught me to manage my time wisely, how to become a better man, and how to turn your past defeats into future victories. I do not know what I would have done without high school athletics, and I sure don't know how my life would turn out if I wasn't carrying the unbelievable life lessons that high school athletics has taught me. I am forever grateful to have participated in high school sports.

## Elizabeth Pomerence – Marshall

### **"Give a girl the right pair of shoes and she can conquer the world." –Marylin Monroe**

I've gone through countless pairs of athletic shoes throughout my high school career. By the time I part with them, most have seen better days. My tennis court shoes are worn through the sole from shuffling, my basketball shoes have a large rip racing down the side, and my track shoes are scuffed from long hours spent on the pavement. As I finish my senior year, this tattered footwear remains a testament to my countless trials and triumphs. My weathered shoes have been shaped by these sports and carved with innumerable lessons. Likewise, high school sports have impacted my life.

Entering my first practices as a naïve freshman, the varsity tennis and track shoes that I filled were crude, and varsity basketball shoes were only a distant dream. I learned a few valuable lessons in my first year: I could both sink and air ball a three-pointer within a five-minute time span, high school PE students are baffled by someone who can run under a six-minute mile, and that pain is only temporary, medals are not. Though these lessons were arbitrary, they manifest a crucial elementary message pertaining to both athletics and life. I was capable of being victorious or unsuccessful and the choice was wholly mine. Nothing, no ball, shot, or time was out of my reach. So, I chose to conquer, to succeed in all my pursuits from high school athletics to my future career. I hit thousands of tennis balls, I fought for each minute on the basketball court, I ran until my legs burned...And I only ever had one competitor. I had my own shoes to fill.

In the following seasons, I built on the foundation of my determination. My desire for athletic excellence was reflected in all realms of my life; however, I soon discovered that success is not derived solely from motivation but from implementing the minute, easily ignored details. Sports instructed me in the mentality to make every point and every second count. Each shot in tennis, a box out in basketball, and every meter on the track: they all matter. The sum of these elements smooths the rough edges and polishes athletes. Successful individuals use these details to find a way to succeed; therefore, comebacks are not an idea of fiction. To watch my serve hit the net, glance at a losing score, feel my aching feet, and see a victory was the most valuable and impacting feat. There were matches when I was losing by a 2-9 deficit and came to win 11-9. It is never too late in athletics, and it is never too late in life to take an opportunity or fulfill a goal. However, success does not necessitate winning. High school athletics trained me to lose with poise, grace, and confidence. Every competitor standing across from me was another high school athlete with ambitions of their own. They had put in long practice hours like I had; They wanted to win too. So whether first or last, winner or loser I had only one responsibility, to respect the competition, focus, and finish.

It has taken me three years to shape the person whom these shoes fit perfectly and a fourth year to relish in the comfort before saying goodbye. I've noticed that High school sports give students the courage to start something, the determination to keep trying, and the spirit to have fun along the way. High school athletics has impacted my own life by showing me who I wanted to become and then cultivating those intentions into the person I am today. In all my years as an athlete, I was not competing for trophies or medals or records. I was conquering myself and learning how to maneuver through life's defenders, nets, and competitors. There will always be obstacles in my path and distances to reach, but give me a pair of high school athletic shoes and I will learn to conquer myself...then the world.



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### **Routing Report**

This routing report is provided to assist principals and athletic directors in ensuring that the *MSHSAA Journal* is seen by all necessary school personnel. Each individual should check the appropriate box after having read the *Journal* and pass it on to the next individual on the list or return it to the athletic administrator.

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| <input type="checkbox"/> Baseball Coach            | <input type="checkbox"/> Boys Tennis Coach            |
| <input type="checkbox"/> Girls Basketball Coach    | <input type="checkbox"/> Girls Track & Field Coach    |
| <input type="checkbox"/> Boys Basketball Coach     | <input type="checkbox"/> Boys Track & Field Coach     |
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| <input type="checkbox"/> Boys Cross Country Coach  | <input type="checkbox"/> Boys Volleyball Coach        |
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