



**2013**

**SECTION VIII**

**EXECUTIVE DIRECTOR – NINA VAN ERK**

**BOYS COORDINATOR – ADAM MCKENZIE**

**GIRLS COORDINATOR – KATIE DUNNE**

**BOYS AND GIRLS CROSS COUNTRY GUIDE**

**FOR  
ATHLETIC DIRECTORS AND COACHES**



## **Table of Contents**

- p. 3 Sportsmanship
- p. 4. Coaches' code of conduct
- p. 5 Section VIII administrative set-up and State Regulations
- p. 6 League, Class, and State Classifications
- p. 7 Section VIII Schedule
- p. 8 Bethpage State Park Rules
- p. 9 General notes and reminders for coaches
- p. 10 Weekly Division/Conference Meet Guidelines
- p. 11 Class County Meet qualification and administration
- p. 12 All-Class County Selection, Section VIII Championships, State Meet and Federation meet qualification
- p. 13 Emergency preparedness and crowd control
- p. 14 League Meet time sheet Explanation of meet results forms
- p. 15-17 Info, Conditions, and Requirements for Park Permit
- p. 18 Teddy Roosevelt/Clint Miller XC Invitational Entry
- p. 19 Advertising in State Meet
- p. 20 Advice to Parents
- p. 21-22 Mayo Clinic regarding heat and mosquitoes
- p. 23 Lightning procedures
- p. 24 Letter from coordinators re: Athletes with Special Needs

## **SPORTSMANSHIP**

Students learn immeasurable unique lessons through interscholastic athletic participation.

Educators universally agree, of all the goals established as outcomes for secondary students involved in school sports, sportsmanship is primary.

Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship.

Nassau County Public High School Athletic Association member schools make sportsmanship a premier concern.

THE BEST COACHES HELP OTHER PEOPLE. BE A "BEST COACH".

### COACHES CODE OF CONDUCT

The Coach is expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. Do not use crude or abusive language with players, opponents, officials or spectators.
10. Respect the judgment of the officials, although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the Section VIII Protest Committee.
11. Handle dissatisfaction with officiating quietly and efficiently through letters to Sports Coordinators the Executive Director or one of the Assistant Directors.
12. Avoid behavior that will incite players, parents or spectators.
13. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove players from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.
16. Coaches should not advise/coach other schools' athletes without the permission of that athletes' coach.

**SECTION VIII SPORTSMANSHIP RULES REQUIRE THAT A REPORT BE MADE FOR ANY ATHLETE DISQUALIFIED FOR UNSPORTSMAN-LIKE CONDUCT. ATHLETE IS DISQUALIFIED FROM THAT MEET AND THE NEXT MEET. FURTHER PENALTIES AS IN EVERY OTHER SPORT. COACHES ARE BOUND BY THE SAME RULES.**

Every coach should be able to get at least one ad for the state meet program. Money will always be a factor in our sport. Program ads are the major source of income for our State Meet. All Program Ads go to Bob Baratta. Program ad money directly translates into maintaining what we have and makes positive changes possible. Sports that operate in the black rarely get cutbacks! Every ad helps.

**BOYS AND GIRLS CROSS COUNTRY - 2013  
N.Y.S.P.H.S.A.A. - SECTION VIII**

SECTION VIII ADMINISTRATIVE SETUP:

Section VIII coordinators and the sport committee members are the primary source of support and help. The committee members in each division are mentors and advisors for coaches in their conference. Get to know your conference reps. Sport policy is approved by the section and adheres to the bylaws and policies of the section and the state handbook. The superintendent's board oversees this process. In this day and age, all procedures and policies are strictly formal and business-like. They are guided by safety, legal, and fairness principles. Informal arrangements are a thing of the past and can only lead to problems.

The Coaches association is provided one official member to the sports committee. The association has always been very supportive of our running programs and has been a terrific adjunct to meeting the goals of our program. Every coach is a member of the association since their schools pay the association dues through BOCES assessments. Because of limited possibilities, many coaches are members of the sport committee and the coach's association board. Their role has never presented a conflict of interest since these coaches act in the best interest of the sport. This situation exists in almost every sport-with many coaches wearing several hats. Everyone can provide some support to the program, if not through the sport committee...then as an active coaches' association helper.

Section VIII Joint Committee:

Conf. 1	Conf. 2	Conf. 3	Conf. 4
Charles Gilreath-Free.	Joe Caruso-Herricks	Adam Mckenzie-G.N.N.	Ed Corona-NS
Katie Dunne-Farm.	Bob Busch-G.City	Niki Bertrami-V.S.S.	Tim Boyens-V.S.N.
Steve Josepher-E.Med.		Steve Honerkamp-Hew	Dan Walsh-Whitly
Claire Johnson-Oceans.	Bob Baratta-Mentor		Louisa Garry-Friends
Robin Cooper-PW	Bob Beer-Stats	Walt Brem-Rules	Mike Ringhouser NCTCA.

Cross Country is governed by N.F. rules. All varsity meets must comply with full uniform, and jewelry rule. This includes duals and invitations. This rule can not be protested. It's a team DQ some places, individual DQ others. A varsity team consists of the best seven runners. The rest of the squad is considered JV. This rule governs championship and invitational meets.

Schools, coaches, may not make any private agreements outside of the rules, no change of times, sites, or dates for meets. Protests will be heard by the sport committee, providing accepted procedure for protests is followed.

STATE REGULATIONS: Each Athlete is limited to compete in 15 meets plus sectional and State and Federation meets. Each runner must have 2 nights rest between competitions. Maximum distance is 5K (3.1 miles) (Maximum 2 meets per week). Every athlete must compete in 6 sanctioned meets representing his/her High School to be eligible for the Section VIII meet. There is no outside competition restriction. Each athlete must have 10 days of practice before the first meet or scrimmage. Keep accurate records for the protection of the athlete, coach and school.

INDIVIDUALS IN SCHOOLS WITHOUT TEAMS: Individuals are not permitted in 2013. The school must register as fielding a team. It can be an incomplete team.

## **LEAGUE, CLASS, AND STATE CLASSIFICATIONS**

**League Alignment:** Our basic league alignment remains the same with 4 conferences and 2 divisions in each conference. Conferences are aligned strictly by enrollment. We will run 4K for the first 2 quad meets. These 4K meets have greatly reduced the number of athletes who quit during the season and will increase the number in the last JV races at the Class County Championship.

**Class County Classification:** Three equally sized sections. Class I= Mass-Elm, Class II= GNS-Beth, Class III= Glen Cove-Friends.

**State Classification:** Cross Country uses its own classification system with 4 classes. Class A= Mass-GNS, Class B= Carey-Wheatley, Class C= OB-Friends. We have no D schools

**Section VIII Rules** mandate that each school is responsible to complete their league schedule. No make-ups are possible in our multi-school meets. If necessary it is possible to use the Class County Meet to complete a dual, tri, or quad meet that somehow was not run. Scoring from this step would decide the championship. The final ruling will be determined by the joint cross country committee. A school approved coach must be with the team/individual in order for the team/individual to compete in all meets, including invitational meets. The section/coordinators provide the approved coaches for state meets for the entire section team.

THE DAILY SCHEDULE FOR EACH SITE MUST BE FOLLOWED. NO SCHOOLS MAY DEVIATE WITHOUT PERMISSION OF SECTION COORDINATOR. Always carry your permit for meets or practices at Bethpage State Park. Call the park the day before you go there for practice. The services they provide are based on daily numbers. (249-0701).

**ROSTERS:** All teams must submit a roster to the Executive Director and Bob Beer before the first meet. Designate runners who are **S & C** Runners. Rosters must be E-Mailed by 9/9/13 (see website for form) to Bob Beer: [BeerCoach@aol.com](mailto:BeerCoach@aol.com) .

**MODIFIED PROGRAM HIGHLIGHTS:** Modified runners may not move up to the high school after the mid-point of their season. No awards except ribbons or certificates can be given to Modified athletes, and there can NEVER be championship meets. This is listed herein to avoid serious consequences for a coach who violates these rules and the runner gets hurt. Date will be set by modified coordinator.

Our section rules call for **permanent numbers** for all runners to facilitate computer scoring for all meets and provide weekly summaries. Numbers must be on the front of jerseys, be unfolded, legible and fastened by 4 pins, in all Sec. 8 Meets, including Quads, **Do Not Lose Numbers. No number or a poor substitute (folded, illegible, or not fastened by 4 pins) could result in disqualification.** Numbers are for official recognition. Coaches are reminded to closely supervise their runners at all sites.

**Ethics Committee:** We have an ethics committee. It includes all the running coordinators, the president and vice president of the coaches association, and a representative from the officials. Ex-officio members could be added if appropriate in each case. This committee will serve in each season so there is consistency all year. Any coach or person can address a problem to any member of the committee and the committee as a whole will decide if there is to be a hearing, or take other appropriate actions. Any case could be forwarded to the Section VIII Sportsmanship Committee or the Section VIII Ethics Committee

SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY  
2013 SCHEDULE

Girls Coordinator: Katie Dunne

Boys Coordinator: Adam McKenzie

Conferences are aligned by enrollment. Conference quad and tri meets decide the Conference and Division Championships. The county is divided into 3 equal classes for the Class County Championships. 7 teams and 7 individuals will qualify from the Class County Meet to compete at the Section III / State Qualifier Meet. The Section VIII race will be scored as a single race to determine the County Champions. It will be scored by state class to determine which teams and individuals will advance to the State Championship.

SKED#	CONF	ONE	CONF	TWO	CONF	THREE	CONF	FOUR	SKED#
A-DIVs	1A	1B	2A	2B	3A	3B	4A	4B	B-DIVs
A1	Mass	Hicks	Calh	Jer	PI Edge	Law	VSN	Clrk	B2
A3	Free	Bald	Meph	West	Div	Beth	IsTr	CSH	B4
A5	Syo	EMea	Herr	JFK	Sew	GI Cove	W Hemp	Whtl	B6
A7	Undl	Port W	LB	G City	Hew	FP	Roos	OB	B8
A9	Ocean	Plnvw	Elm	S Side	GNN	Lyn	Seaf	CP	B10
A11	Hemp	VSC	GNS	Want	Rosl	VSS	Min	ER	B12
A13	Farm	Mac	Carey	NHP	Manh	NS	LV	Friends	B14
A15									B16

Sept 16,17 M-T	Sept 23,24 M-T	Sept 30, Oct 1 M-T	Oct 7,8 M-T	Oct 15,16 T-W
1-8-10-15	1-7-12-14	1-6-11-16	1-5-9-13	1-2-3-4
2-7-9-16	2-8-11-13	2-5-12-15	2-6-10-14	5-6-7-8
3-6-12-13	3-5-10-16	3-8-9-14	3-7-11-15	9-10-11-12
4-5-11-14	4-6-9-15	4-7-10-13	4-8-12-16	13-14-15-16

#s 15 and 16 are unassigned. Team numbers are in the end columns. Times of races and schedule with team names will be available after coaches meeting at beginning of the season.

Boys and Girls teams compete on the same day, same site. Pairings of conferences are different each week, so that we run with different teams each week. Rain dates will be run on the next Wednesday or Thursday. Schools are limited to two competitions each calendar week. Ten days of practice are required before the first meet or scrimmage. Schools are responsible to complete their league schedules. We will run the first two league meets at 4K and run 5K thereafter. We utilize our website for results from tri-quad meets and all invitations including JV and frosh, soph. events. WEB.ADDRESS - trackconference.com. Webmaster: Bob Beer. Rosters must be submitted by email - forms on website. New interactive website linked to original site.

Week	9/16, 9/17	9/23, 9/24	9/30, 10/1	10/7, 10/8	10/15, 10/16
Day One	1 & 3	1&4	1&2	2&4	2&3
Day Two	2&4	2&3	3&4	1 & 3	1&4

All league meets are at Bethpage State Park and start at 4:30PM with a J.V. Race. A time schedule is formulated at the coaches meeting in September. Schools with bus problems will be accommodated as best we can.

Nassau Coaches Meet	Sat. Oct. 19 <sup>th</sup> - Bethpage St. Park 1PM
Frosh/Soph Meet	Monday Oct 21st – Bethpage Park, 4:15PM Start
Class County Champs*	Sat Oct 26 <sup>th</sup> – Bethpage Park, 9AM Start
Section VIII Counties /State Qualifier: *	Sat. Nov.2 <sup>nd</sup> -; Boys at 2 PM, Girls at 2:45 PM At Bethpage Park
T. Roosevelt/Clint Miller Inv .	Mon. Nov. 4 <sup>th</sup> - 4 PM. At Bethpage Park (backup date Nov. 6 <sup>th</sup> )
NYSPHSAA State Meet,	Sat. Nov. 9 <sup>th</sup> . At Queensbury, N.Y. at 9:00 AM
Federation State Meet	Sat. Nov. 16 <sup>th</sup> - Bowdoin Park, Wappinger's Falls, 12:15PM

\* Following Sundays saved for Conf and Sec 8 meets as a backup for extreme weather.

**Frosh/Soph:** Monday, Oct. 21st, 4:15 PM Bethpage State Park. Four races 10 min. apart, Soph Boys than Girls, Frosh Boys than Girls. Scorecards may be used. We record numbers, medals in the chute. No team score. Must have clear section number on jersey. Schedule could be adjusted if time/daylight allows. (Due to daylight issues, we may have need to run boys and girls together)

**Teddy Roosevelt - CLINT MILLER", MEET, Mon. Nov. 4th at 4 PM, Bethpage. (Entry is on page 23). One race – Boys and Girls together. Daylight savings time could be a factor here also.**

**Section VIII League Meet home site BETHPAGE STATE PARK:**

They provide a tremendous service to our program and make every effort to meet our needs. The course eliminates a road crossing and is safer for athletes. It is slightly friendlier for spectators than the old course. The course is well marked and is easy to follow. All rules on our permit MUST be followed. Buses must discharge and load passengers only in the Picnic Area Parking lot. The toll booth is now at the entrance to the Polo Field. No stopping to discharge or pickup there. These rules are for everyone all year, not just for cross country.

**PARK PERMIT: Each school will receive a copy of the permit. It is to be with you at all times when going to Bethpage State Park. Don't forget to call the park when you go there for practice... 249-0701, Keep the park and bathrooms clean. Parking Violators will be ticketed.**

Coaches must be aware of what their athletes are doing and where they are. Inform them of injured or lost runner procedures, and the need to keep the park clean. The bathrooms are an important issue since we have abused them in the past and the Park has stated that if things don't improve, we will be required to bring in Port-a-Potties at our cost. Bring your own toilet paper as a backup!

**BUS AND CAR PARKING FEES:** LISPC CHARGES FOR PARKING AT Bethpage State Park, Sunken Meadow and all parks on weekends until Thanksgiving. These charges are in effect on the three Saturdays that we have meets and if you run at Sunken Meadow. All spectators, officials or people in cars or non-school vehicles will have to pay to park. Cars must pay \$8 or have an Empire Pass; buses must pay \$35 per bus. If a bus tries to pay at the booth on the same day it will cost \$75 plus tax. Schools must purchase parking tickets from Nina Van Erk's office. **THIS IS THE ONLY METHOD OF DOING THIS, AND THE PARK IS MAKING THIS AS EASY AS POSSIBLE FOR US. SPECTATORS MUST BE INFORMED THAT THIS WILL OCCUR ON SATURDAY MEETS, AND PARK POLICE ISSUE MANY TICKETS ON THESE DAYS TO CARS PARKED ILLEGALLY ALONG THE ROAD.**

For the NCTCA Meet, the Nassau Schools will have to buy tickets as above. A similar procedure will have to be worked out for the schools outside of Section VIII schools.

**BETHPAGE STATE PARK COURSE RULES:** The committee will clearly define where coaches can be on the course. Coaches are allowed to go TO AREAS DESIGNATED BY MEET MANAGEMENT. At these locations they are not permitted by NF rules to give times. They are limited to talking to their own athletes – no indirect statements about others athletes. Only coaches whose teams are in that race are permitted out there. This means that on off days, no coach should be on the course (or his team) while races are in progress. Off day practices must be concluded before the 4:30 JV run, and all personnel off the course. Coaches on the course legally must not interfere with other designated activities in the park, such as in the picnic area, nature trail, and any other areas so designated. The new course could make more of the early race accessible for coaches and will be determined. On any meet day the course is closed for practice except for races in progress.

**NO SPECTATORS ARE ALLOWED ON THE COURSE. THEY ARE LIMITED TO AREAS DESIGNATED BY THE XC COMM. NO COACHES-SPECTATORS CAN RETURN TO THE POLO FIELD ON ANY PATH THAT IS PART OF THE COURSE –OR CROSSES THE COURSE. THIS IS UNSPORTSMANLIKE CONDUCT AND WILL RESULT IN CENSURE. DQ OF ATHLETES IS ALSO POSSIBLE UNDER AIDING/COACHING ON THE COURSE. PERSISTENT VIOLATIONS WILL REVOKE THE PRIVILEGE. RE-ENTRY TO THE POLO FIELD IS POSSIBLE AT THE MAIN ENTRANCE TO THE POLO FIELD. J.V. RUNNERS, SCHOOL STUDENTS, ETC, ARE UNDER THE SAME RESTRICTIONS IN ALL VARSITY RACES. ALL VIEWING IN THE POLO FIELD AREA IS LIMITED TO THE AREA WEST OF THE ROPES ON THE FINISH SIDE OF THE FIELD. (UNLESS EXCEPTIONS ARE ANNOUNCED IN SOME MEETS!) THIS MAKES VIEWING OF THE LAST 942 METERS ON THE POLO FIELD LESS OBSTRUCTED FOR EVERYONE.**



## **GENERAL NOTES AND REMINDERS FOR COACHES**

Check our own website regularly — <http://www.trackconference.com/athletics/index.cfm?1>  
Our own meet results are posted a few days after our meets. Special notices and changes are also on our website.  
Our website has improved this year. Check it regularly.

Other resources:

Armory track <http://ny.milesplit.com/>

Just in time racing for meets, results, and entry forms <http://www.just-in-time-racing.com/>

<http://rise.espn.go.com/track-and-xc/index.aspx?pursuit=TrackAndXC>

**All Rosters** must be on file at BOCES and with Bob Beer before your first meet. Rosters must be updated promptly to protect the eligibility of your athletes. Bob Beer updates the coordinators. Reminder; any athlete who does not practice or compete for 5 days requires an update... **state rule!** This protects the athlete, the school and the coach. Prompt roster changes by E-Mail to Bob Beer insure that we have a number for any new athletes at the site – no waiting – no misunderstandings. Don't wait until they are ready to compete. **When they come out, update!** Submit changes ASAP- use Excel form via email. If done ASAP Bob has a number ready for you upon arrival at the next league meet. Rosters can be filed by email, forms on the website, and sent to Bob Beer as early as possible. You can always add to the list.

Simple Stuff: Use League Time Sheet, complete all required info, have a good stopwatch, numbered cards or sticks, know your athletes numbers, have 5 pins on each jersey-don't fold number or tag. Have proper team uniforms. Coach runners to run past the finish line to the back of the chutes and maintain race order. Get a rulebook, know section and state rules, ask a committee person if necessary. Bring your own first aid kit, bug spray, your AED, toilet tissues and leaf bags. Notify the park the day before you plan to practice there-call 249-0701.

Every athlete will be given a number and tag. Coaches must make sure that their varsity runners have a number and its tag.

**Athletes with special needs:** See page 14 regarding the responsibility of each school. You must give written notice to sport coordinators identifying athletes with special needs before competition begins.

### SELECTION AND CLASSIFICATION:

The purpose of selection and classification is to provide an opportunity for exceptionally talented students in grades seven and eight to compete at the appropriate high school level. This assumes that this student can compete at the school, conference, and county level ... it is not just because the student can make your team ... or fills out your squad. In addition, the student athlete must pass the NYSPHSAA fitness \*Test at the appropriate levels in order to be eligible for the S & C Program. This test, it must be administered by the A.D. or P.E. Department Head in your school ... not by the coach. It is most important for all concerned that the student is truly exceptional because if a liability case should involve this student the burden of proof will fall on the coach and A.D. Students on S & C should be noted on your roster, and all opponents must be notified. Each Section Coordinator must also be notified.

**ALL STAR DINNER:** IS AT THE CREST HOLLOW COUNTRY CLUB, THE DATE TBA- AT 6:30 PM. NO TICKETS SOLD AT THE DOOR. EMAIL ADAM MCKENZIE FOR INFO. PLEASE AVOID DUPLICATING NUMBER OF PEOPLE ATTENDING, AND SPEEDUP PAYMENT PROCESS IF THROUGH THE SCHOOL ([amckenzie@greatneck.k12.ny.us](mailto:amckenzie@greatneck.k12.ny.us))

HAVE FUN, WORK HARD, STRIVE FOR TEAM PRIDE AND SPORTSMANSHIP AND HAVE A GOOD YEAR, SUPPORT OUR SPORT THROUGH PARTICIPATION AND EFFORT.

## DIVISION MEETS: WEEKLY DUAL, TRI OR QUAD MEET GUIDELINES 2013

**WEEKLY LEAGUE MEETS** determine a team's win/loss record. A team's record will be the sole criteria for determining the Division Champion, Conference Champion, and the team's ranking in their conference. All Division and All Conference will be awarded by head to head competition throughout the league meets.

### I. ARRIVAL AND SETTING UP CAMP:

All parking - school buses, mini-buses, cars, etc ... must park in the picnic area parking lot. All drop-off and pick-up is to be done in the picnic area lot NOT AT THE ENTRANCE TO THE POLO FIELD. No stopping or standing on the roads. New toll booth at the entrance to the Polo Field makes above more critical.

KEEP THE PARK CLEAN, ESPECIALLY THE POLO FIELD AREA AND THE BATHROOMS.

When everyone does their job it makes it easier for everyone else. Our collective image is only as good as our poorest conforming teams.

Teams are not to campout on the polo field- it's out of bounds. Make sure team mates do not run alongside finishers, or are not stationed along the course/polo field. This will result in a DQ. Inform all your runners of this rule.

The Best Teams follow the rules – Even if no one is there to enforce them. **BE A BEST TEAM!**

### II. SCORING AND TIMING:

All meets are scored as dual, triangular, or quadrangular meet according to the number of teams running. Scoring is by NF rule. Each school is entitled to run a maximum of 12 runners in any race that is a dual meet. In tri or quad meets the number is 10. All other runners must run in the J.V- race, usually separate boys and girl's races. Every runner must be fully uniformed, with a Section number, and supervised by the school coach - while on the site. Each coach is responsible for educating athletes and spectators from his/her school.

**All uniform and NF rules are always in effect. Do not ask for an exception. Our guide and the NF rule book must be adhered to. Numbers must be worn in all Sec.8 meets. No "weak" substitutes are acceptable. Coaches should know their team numbers and make sure kids do not lose numbers and know their own number. See Bob Beer for replacement numbers when you arrive at the site.**

All races will be run on time. Be prompt,--on the starting line.

The lower number conference will line up and finish on the board side.

**Each coach must assume some aspect of timing/scoring the race. The finish line area is to be clear of personnel. Finish tags will be collected at the back of the chute. Coaches should instruct all runners to move along in the chute, stay in finish order, and take off their tag. Each coach in a meet should be present to go over the final results and agree on the scores/times and sign the results sheet before leaving the area. Each race must hand in the computer sheet and stringer for that race to Bob Beer, or whoever is collecting them, that day.**

BOB BEER WILL COMPUTERIZE ALL MEET RESULTS. THIS MAKES IT NECESSARY FOR ALL COACHES IN A RACE TO COMPLETE A BRIEF FORM WITH ALL TEAM TIMES FOR THE ENTIRE RACE. FOLLOW DIRECTIONS. RESULTS WILL BE ON SEC. 8 WEBSITE A FEW DAYS LATER.

### III. ALL DIVISION SELECTION:

COACHES MUST SUBMIT VOTES AT BEGINNING OF CLASS COUNTY MEET ON **SATURDAY, OCTOBER 26<sup>TH</sup>**. INCLUDE DIVISION. (1A, 1B...ETC.) Each coach votes for 14 athletes who he/she believes is the best 14 in their division based only on head to head competition in the tri and quad meets. Compile your vote week by week based on these 5 meets. You may not vote for your athlete(s) until you have voted for competitors who beat your athlete. Limit of 7 per school can be elected - we are looking for the best 14. We could have more or less if the votes dictate it. The hardest part is selecting the last 4 or 5 athletes (Go back and check their head to head races). Everyone has an important role at this level.

**ALL CONFERENCE:** Will be done with ballots just like All Division. As a trial, this year we will also award All – Conference to any individual who meets the following qualifying time at Bethpage State Park. These times are an average from the past 5 Conference Meets.

BOYS CONF I (17:38) BOYS CONF II (17:47) BOYS CONF III (18:16) BOYS CONF IV (18:20)

GIRLS CONF I (21:17) GIRLS CONF II (21:45) GIRLS CONF III (22:04) GIRLS CONF IV (21:59)

**All Star Appeals Process- All Division and All Conference only** -appeal must be in writing within 24 hours of posting on the web site. E-mail or fax is acceptable. Send to Bob Beer, who will chair the appeals committee.

**CLASS COUNTY CHAMPIONSHIP Saturday Oct. 26<sup>th</sup> 2013**

Each class (I, II, and III) has its own race, thus providing Class County Champions. This format slightly increases the number of teams you compete against compared to your respective conference and is consistent with what we do in Spring Track. All teams are eligible to participate. The individual winner and team will be recognized as Class I, II, III Class County Champions. All Class County awards for individuals will be based on place in race.

The Class County meet serves as a qualifying meet for the Section Championships and State Qualifier.

The **Top 7 teams and top 7 individuals from each class race** and any team that should be in the section meet but did not qualify because of running against larger Classification schools will go on to the Section Championships. Individuals may also qualify under this exception. These Schools must apply in writing for approval under special circumstances provision.

THE SECTION VIII SPORT COMMITTEE CAN RULE ON SPECIAL CIRCUMSTANCES AND PERMIT A TEAM OR INDIVIDUAL TO COMPETE IN THE SECTION MEET

MEDICALS MUST HAVE A DOCTORS NOTE ACCOMPANYING THE REQUEST. REQUESTS MUST BE MADE AFTER THE MEET AND BEFORE YOU LEAVE THE SITE.

NO DESERVING TEAM OR INDIVIDUAL HAS EVER BEEN LEFT OUT OF THE SECTION MEET.

NYSPHSAA SEC. VIII BOYS & GIRLS CROSS COUNTRY  
CLASS COUNTY CHAMPIONSHIPS  
SAT. OCT. 26, 2013 @ BETHPAGE STATE PARK  
CLASS I: MASSAPEQUA – ELMONT  
CLASS II: GNS – BETHPAGE  
CLASS III GLEN COVE – FRIENDS ACADEMY

9AM CLASS I BOYS  
9:30AM CLASS I GIRLS  
10AM JV CLASS I BOYS  
10:30AM JV CLASS I GIRLS  
11AM AWARDS CLASS I

11:30AM CLASS II BOYS  
12PM CLASS II GIRLS  
12:30PM JV CLASS II BOYS  
1PM JV CLASS II GIRLS  
1:30PM CLASS II AWARDS

2PM CLASS III BOYS  
2:30PM CLASS III GIRLS  
3PM JV CLASS III BOYS  
3:30PM JV CLASS III GIRLS  
4PM CLASS III AWARDS

**AGAIN THIS YEAR WE HAVE PERMISSION TO RUN THE MEET ON SUNDAY, (if Saturday is postponed) AND THE PARK IS RESERVED FOR THIS POSSIBILITY. MONDAY IS ALSO POSSIBLE WITH PERMISSION FROM THE SUPERINTENDANTS TO GET EARLY DISMISSAL FOR THE WHOLE DAY. ..AS A LAST RESORT!**

Upon arrival each coach must hand in the All-Division ballot and pick-up a scorecard for each race. Every coach must hand in scorecards and place cards, completely filled out.

COACHES MUST SUPERVISE THEIR ATHLETES AT ALL TIMES. NO ATHLETES OR SPECTATORS BELONG ON THE COURSE DURING THE RACES.

All runners must run with a clear, readable number, 5 pins, on the game jersey front. NO WEAK SUBSTITUTES PERMITTED. Coaches must print all information required on the scorecard and hand in to the scorer ASAP after each race. Scorecards are required even if only one runner finishes.

A DIGITAL CLOCK WILL DISPLAY UNOFFICIAL TIMES. KEEP THE RUNNING LANES CLEAR. ALL NF RULES ARE ENFORCED, INCLUDING UNIFORM (INCLUDES RACE NUMBER) AND JEWELRY RULE. REMINDER THAT UNIFORM RULE IS THE SAME AS A RELAY TEAM, ALL THE SAME...AND MUST BE SCHOOL ISSUED AND WORN AT LEAST TWICE THIS SEASON

**ALL CLASS COUNTY:** Will be determined at the Class County Championships. The first 21 runners in each race will make All Class I, II, III. There is no appeal process – it's all automatic. The order of finish is the sole criteria. This is similar to other sports, college's procedures, and awards at the state and national level.

**SECTION VIII CHAMPIONSHIPS:** STATE QUALIFYING MEET SATURDAY, NOVEMBER 2nd at Bethpage State Park.

Boys at 2 PM, Girls at 2:45 PM

Reminder: The Section VIII Championship Meet is also our State Qualifier. One large race for girls and another for boys will be run. This will produce an overall individual Section VIII Champion, a Section VIII Team Champion, and runners up.

Every runner "must" have competed in and finished in six sanctioned meets representing his/her school. Medical appeals must be validated by a doctor's note. This possibility is not automatic and has become more difficult by state rule.

**QUALIFICATION FOR STATE MEET:**

The sectional race will also be scored separately by state class to determine State Qualifiers. Top team and top 5 individual not on that team qualify in each class. There will be no awards as Class County awards were determined the previous week. We have no Class D schools this year. Travel and Lodging are provided by the Section under existing, long standing procedures.

Team coaches are expected to go on the bus with their team. Other coaches are selected by the coordinators based upon space available, number of runners from each school, and the needs for the trip (like male and female chaperones) and experience as trip chaperones.

**NYSPHSAA STATE MEET**– Queensbury, NY at 8:45am Saturday, Nov 9th

**N.Y. FEDERATION STATE CHAMPIONSHIP MEET**-Bowdoin State Park Wappinger's Falls, NY, Saturday Nov. 16<sup>th</sup>, Boys @ 12:15 PM, Girls at 1:00 PM. Awards follow.

SECTION VIII WILL RECEIVE SEVERAL AUTOMATIC INDIVIDUALS IN EACH RACE, TEAMS QUALIFY OUT OF THE STATE MEET. THERE WILL BE ONE BOY'S AND ONE GIRL'S RACE. Our Section Meet provides the ratings – order, then the State Meet if necessary. The section could provide a bus if we qualify enough runners, otherwise each school is responsible for transportation, entry fees, and lodging. The Conference/Section Entry Blank contains a check-off for the Federation Meet. A change of intent can be made after the Section VIII Meet, but it must be in writing and it must be done that day.

**Travel, Fees and lodging for the Federation Meet are the responsibility of individual schools.** In the event that section viii has enough qualifiers to make a bus cost efficient, then BOCES could support a bus and travel plan similar to the State Meet trip. (But not entry fees)

## SECTION VIII EMERGENCY PREPAREDNESS AND CROWD CONTROL

**Lost or Injured Runners:** Each coach must instruct all his/her runners to stay where they are, or on the course if they are lost or injured. All runners in a race should be instructed to aid these people if possible and to notify the first official they see that a runner(s) need assistance and they are before/after a numbered pole along the course.

As you examine the course with your runners make note of the numbered 6x6 wooden poles located throughout the course. These are there for locating or identifying problem areas of the course. When this info is given to the nearest official they will call meet management at the Polo Field, and assistance will be sent to the area. The information should be as specific as possible so the correct assistance can be provided. It might be necessary for one runner to stay with an injured runner. We will have an SUV on the course and one at the Polo Field for responding, and possibly an official or two on the course. All schools that must bring their AED to the meet. Many schools mandate an AED with every away team anyway. The Conference and Section VIII Meets will have EMT service as in the past.

**CROWD CONTROL:** Each coach/school is responsible for the conduct of their athletes and spectators. This is best accomplished through a letter home to each parent notifying them of the section rules, the rules of Bethpage State Park, especially the rules governing the places where spectators are limited to view the race from. The parking rules are very important since the Park Police will issue tickets for cars illegally parked. Many schools provide a supervisor to help the coach with the athletes and the spectators.

**SITE PLAN:** Special situations could make it necessary for meet management to stop the meet ASAP with all school personnel being instructed to go to their buses; wait in the buses; return to their schools; moved to another location; depending on the problem. Emergency agencies such as Firemen, Police, or Park personnel would be notified of the problem and actions taken, or could be the ones that initiate the action. We would notify the schools if possible, of the situation.... or the action could initiate at the school level.

These actions could be related to a fire, downed electric lines, possibility of bombs or guns in the park, major problems with spectators, severe weather warnings, even the possibility of terrorists activities – any situation that presents a threat to our athletes.

Coaches must discuss these type of situations and emphasize the importance of keeping the coach informed of where they are at the site, and responding to the directions given by meet management and officials. All coaches and officials will assist meet management in carrying out the directed action. We will develop a means of communicating necessary actions throughout the course, and everyone must be aware of the several short cuts from the course back to the Polo Field-or Picnic area parking lot. **Coaches must ask coordinators if they want an ambulance.**

**BETHPAGE PARK PLAN:** We will coordinate our plan with the park plan so that we can secure the site or plan an evacuation by car, bus, or foot. Also to notify the schools and have a script that an announcer could read over the park and/or our PA system that directly applies to the particular problem and the action necessary.

**In case of an emergency do not call 911. Call the Coordinators (Adam McKenzie 516-524-0468 & Katie 631-241-4981) and they will call the park police. This would be the fastest response time!**

**ATHLETES WITH SPECIAL NEEDS:** EACH SCHOOL MUST PROVIDE A LIST OF ATHLETES WITH SPECIAL NEEDS. INCLUDES NEED FOR ATOMIZERS/INHALERS, EMOTIONAL OR STRESS DISORDERS, ANY FACTOR THAT MIGHT REQUIRE SPECIAL ACTIONS IN AN EMERGENCY SITUATION. ALL PERTINENT INFORMATION THAT WOULD ENABLE MEET MANAGEMENT AND PARK PERSONNEL BETTER DEAL WITH EMERGENCY INCIDENTS. WE ARE CONTEMPLATING A WRIST ID BAND SO COURSE OFFICIALS AND SUPERVISORS ARE AWARE OF ATHLETE NEEDING ASSISTANCE WHO HAS SPECIAL NEEDS. OUR COMMITTEE AND THE OFFICIALS ARE IN FAVOR OF THIS.

# League Meet Time Sheet

Teams: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Date \_\_\_\_\_

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Times submitted by \_\_\_\_\_

Coach of Team 1 \_\_\_\_\_

Coach of Team 2 \_\_\_\_\_

Coach of Team 3 \_\_\_\_\_

Coach of Team 4 \_\_\_\_\_

# N.Y.S.P.H.S.A.A. - SECTION VIII

**BOYS & GIRLS CROSS COUNTRY - 2013  
CLASS COUNTY MEET  
SATURDAY, OCTOBER 26th, 2013  
BETHPAGE STATE PARK -9:00 A.M.**

SECTION VIII - ENTRY BLANK – CLASS COUNTY MEET

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

BOYS ( )  
LIST FULL NAMES AND GRADES

GIRLS ( )

	Varsity	Gra	Fed No		JV	Gra		JV	Gra
1				1			13		
2				2			14		
3				3			15		
4				4			16		
5				5			17		
6				6			18		
7				7			19		
				8			20		
				9			21		
				10			22		
				11			23		
				12			24		

IF YOU QUALIFY FOR THE SECTION VIII MEET, PLEASE NOTIFY BOB BEER IN WRITING IF YOU HAVE ANY CHANGES IN YOUR COUNTY ENTRY. (Changes from Conference entry to County Entry)

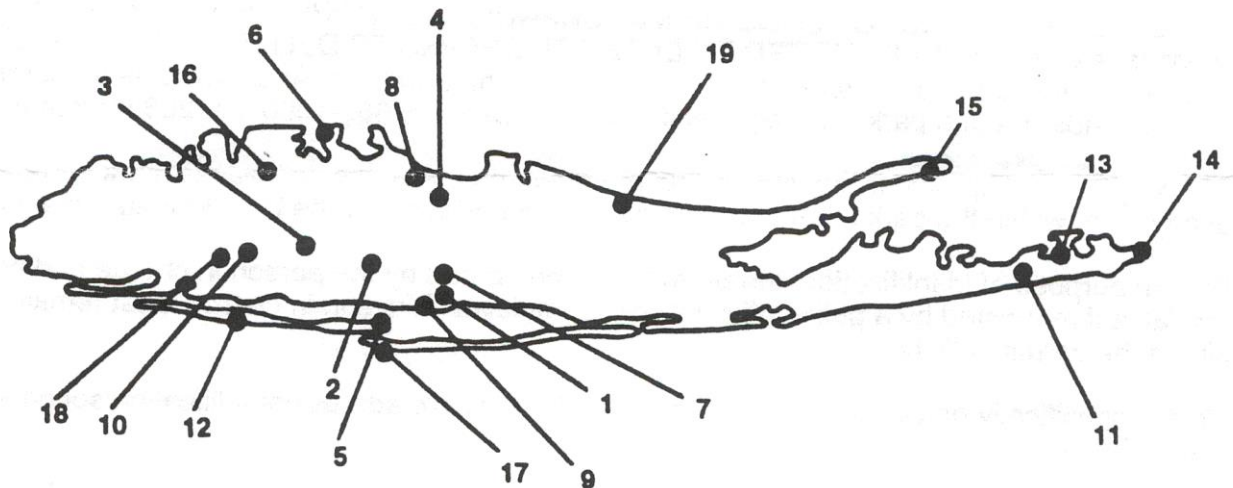
The Fed No box in the Varsity section is to indicate if your athlete will not run in the Federation Meet if they qualify. A blank means yes an X means they will not run if selected or qualify. This allows interested athletes to participate.

## **INFORMATION, CONDITIONS, AND REQUIREMENTS FOR LONG ISLAND STATE PARK REGION PARK USE PERMITS**

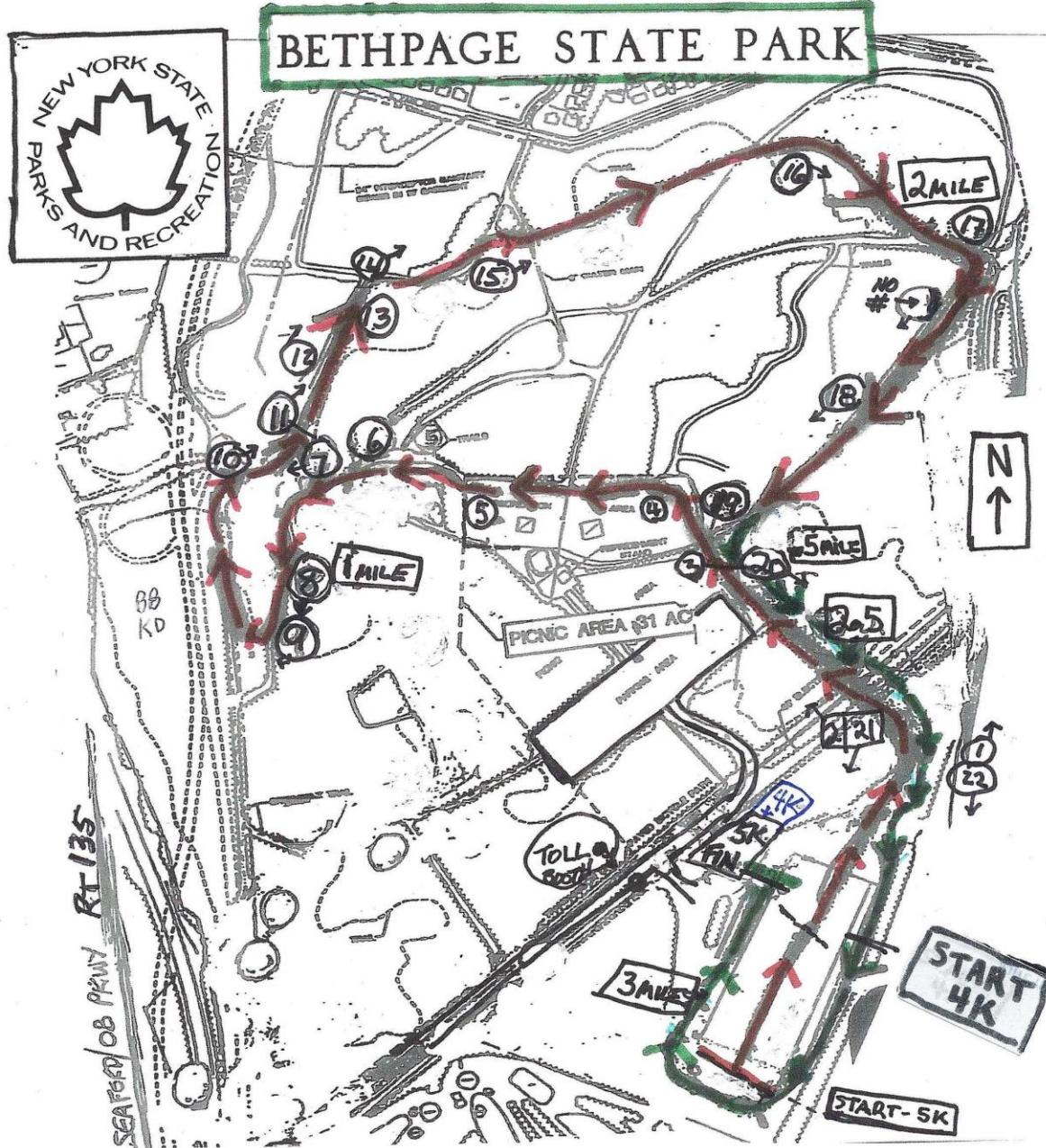
1. PERMIT IS NOT VALID UNTIL CHECK AND INSURANCE CERTIFICATE ARE RECEIVED, IF APPLICABLE.
2. Permits are available only when the park and facility requested is scheduled to be open to the general public.
3. Permits are not available when permit area is otherwise previously reserved; permits may be limited on holidays and holiday weekends, or when other special events are scheduled in the Region which may impact facility use.
4. Permits are limited to groups, which do not exceed area or facility capacity.
5. Applications must be in writing and must be received not less than 10 days prior to first use date and must be accompanied by a legal size, stamped, self-addressed envelope. Parks may be unable to reserve a specific area more than 90 days prior to proposed use. When possible, parks will endeavor to offer permit applicant reasonable alternatives.
6. The use of the area/facility is limited to the date(s) authorized on the permit. The permit does not entitle the permittee to any alternate dates due to weather conditions.
7. The permittee shall not by word of mouth, in writing in any advertising or publicity, represent or imply that the permittee has any official connection with the Office of Parks, Recreation and Historic Preservation or any of its parks or employees.
8. The permittee may only use the facility or area to which it has been assigned in the permit. Any question as to location of such facility or area must be resolved by the Park Manager.
9. The permittee must provide any equipment to be used such as tables, chairs, umbrellas, etc., or other special equipment as may be authorized in the permit.
10. THE SALE OR VENDING OF FOOD OR MERCHANDISE IS PROHIBITED. Vendors, catering services, etc. are NOT PERMITTED TO ENTER THE PARKS TO DELIVER AND/OR SELL any foodstuffs, beverages or merchandise to any group or organization. Arrangements for catering may be made through park catering services ONLY. (Call 516-669-1000 ext. 223 for information.)
11. Discharge or pickup of individuals or group members on roadways, toll plazas, park entrances, or at any point within the park other than that designated by signs or the Park Manager is prohibited.
12. For the purpose of identification, the permit must be carried by the person in charge and be available if requested by a police officer or park employee. Person in charge must remain at the site of the permit activity.
13. Unless specifically noted in the permit, the use of any public address/amplification/sound system is prohibited.
14. Areas or facilities used by the permittee should be left in a condition equal to that existing on arrival. Permittee is responsible for all clean-up work and for the disposing of all litter the permittee generates in containers provided.
15. All parks, with the exception of certain facilities at Jones Beach State Park, Bayard Cutting Arboretum and Planting Fields Arboretum State Historic Park close at darkness. The reservation for area/facility starts no earlier than 9:00 AM and terminates as indicated in the permit. The permittee, together with all supplies and equipment, must vacate area/facility no later than indicated time.



16. The permit conditions and policy furnished to each applicant are considered part of the **application and permit** . No waiver of any provision of these conditions and policy is valid unless in **writing and signed** by an authorized representative of the Office of Parks, Recreation and Historic **Preservation. Violation of these requirements** or OPRHP regulations may result in immediate rescission of permit, NO REFUND and possible issuance of summons. Permittees found in violation of terms of permit and/or Park rules and regulations and/or legal statute may not be eligible for Park Use Permits for a period of not less than one year from date of infraction.
17. The permittee understands Parks may suspend or terminate the permit if continuance of the permit would create a dangerous condition or pose a threat to the health, safety or welfare of the permittee or the public in general.
18. The permittee may not attach signs, placards or written material in any way to a structure or any part of the man-made or natural environment.
19. No materials shall be distributed by the permittee by leaving such material unattended.
20. Permittee may not obstruct, impede or interfere with the free flow of pedestrian or vehicular traffic nor unduly interfere with the use of premises for park and recreation purposes by the public.
21. The permittee is subject to standard conditions of general Park Use Permit and may be subject to additional special conditions specific for the permit location and/or activity requested. Such special conditions, if any, will be included in an appendix to the permit.
22. Any vehicular use fee or park entry fee must be paid at point of entry.
23. For Group Use or Youth Group picnic applications, please call the permit office at 516-669-1 000 ext. 223 for appropriate application.



- |  |  |
|--|--|
| 1 . Bayard Cutting Arboretum                     | 11. Hither Hills State Park                      |
| 2. Belmont Lake State Park                       | 12. Jones Beach State Park                       |
| 3. Bethpage State Park                           | 13. Montauk Downs State Park                     |
| 4. Caleb Smith State Park                        | 14. Montauk Point State Park                     |
| 5. Captree State Park                            | 15. Orient Beach.State Park                      |
| 6. Caumsett State Park                           | 16. Planting Fields ArboretumState Historic Park |
| 7. Connetcluot River State Park Preserve         | 17. Robert Moses State Park                      |
| 8. Gov. Alfred E. Smith/Sunken Meadow State Park | 18. Valley Stream State Park                     |
| 9. Heckscher State Park                          | 19. Wildwood State Park                          |
| 10. Hempstead Lake State Park                    |  |



**SECTION VIII BOYS & GIRLS CROSS COUNTRY 2009 5K AND 4K COURSE MAP**

The course is marked with hot pink plastic tape on trees. Mile marks are for the 5K. The 4K mile marks will be on temporary signs posted on the course. In the 5K, the loop from pole 7 to pole 11 is completed by going uphill at pole 9 – only!. The course has numbered posts and directional arrows which are for course location in emergency situations. The first part of the trail from #1 to #3 has two way traffic – going into and out of the trails. Runners must keep to the left side of the course in this area. The detour in the picnic area is no longer part of the course. We are back to the original path, directly from pole 3 to pole 4 a grass path alongside the woods.

**TEDDY ROOSEVELT - CLINT MILLER XC INVITATIONAL, 2013 MONDAY NOV. 4th, 4 PM**

This race honors Clint Miller, an outstanding coach at Syosset HS for many years. Clint ran this meet as a fun meet at the end of the year with many of the rules we have perpetuated over the years. The proceeds went to a student fund at Syosset HS then. When Clint was no longer able to continue this race through his school, Clint and I ran this meet through GNS BAA with the proceeds going to charity. When Clint died, I continued the meet with the help of the GNS BAA, and the officials. Partial proceeds go to a charity in Huntington that Clint favored, and the Smile Foundation. Supporting this meet provides a fun experience for all athletes, and funds for a worthwhile church charity.

Cost:\$25 for each team.... unlimited numbers.... for Boys & \$25 for Girls. *Payable To* **N.C.T.C.A.**

**Runners:** No state qualifiers allowed, seniors may run but cannot be counted in the team score- however they can win medals.

**Scoring:** Scoring is consecutive. Each coach must complete a scorecard and place cards ASAP ... THAT'S ASAP ... after each race ... darkness is upon us. Section VIII numbers are required. We need every runner on a scorecard so we can make a printout. Remember seniors are not counted in team score. Numbers a must

**Awards:** Medals to the top ten in each category. First and second place plaques.

**Format: one race at 4 PM or just after depends on daylight that day. Everyone runs together boys in one chute, girls in another. Be on time! THANKS.** Daylight Savings time could be a factor.

*Payable To*

**N.C.T.C.A.  
C/O Adam McKenzie  
197 Wall St.  
Huntington N.Y. 11743**

-----  
-ENTRY-COPY- MAIL/.email...amckenzie@greatneck.k12.ny.us

SCHOOL\_\_\_\_\_ BOYS\_\_\_\_\_ GIRLS\_\_\_\_\_

WILL ENTER. THE TEDDY ROOSEVELT/CLINT MILLER MEET.

COACHES SIGNATURE\_\_\_\_\_

METHOD OF PAYMENT \_\_\_\_\_

(CASH, PERSONAL CHECK, SCHOOL VOUCHER OR P.O.)

# LOCAL RATES

Local Rates Apply ONLY  
to the following:

- 1) Individual' High School, Team or Booster Club Ads
- 2) High School Coaches Assoc. Ads
- 3) High School Officials Assoc. Ads
- 4) Parent or Family Ads
- 5) Local Small Businesses

NYSPHSAA, 66 Delaware Avenue, Delmar, NY 12054  
Attn: Advertising Department

cks payable to:

**Booster Ads: Return to Bob Baratta by Oct. 20th,**

**Fax# (631)4724191**

**[Bobrun8@gmail.com](mailto:Bobrun8@gmail.com), Cell 516-449-1886 Support your sport**



# 2013 Advertising Agreement: NYSPHSAA Championship Program

## ADVERTISING SIZES AND RATES

\*See other side for list of Sports, Dates

# Of Booster Rate	\$215	\$ 625	\$ 415	\$ 415	\$ 275	\$ 275
7	\$ 715	\$ 475	\$ 475	\$ 315	\$ 315	\$ 315
8	\$ 805	\$ 535	\$ 535	\$ 355	\$ 355	\$ 355
9	\$ 895	\$ 595	\$ 595	\$ 395	\$ 395	\$ 395
10	\$ 985	\$ 655	\$ 655	\$ 435	\$ 435	\$ 435
All 24 Sports	\$1400	\$ 915	\$ 915	\$ 550	\$ 550	\$ 550

Add \$150 per program for back cover, inside back cover and inside front cover in full color

**NOTE: Advertiser agrees to furnish copy and/or artwork.** If no material is submitted to fill paid size of ad space, publisher shall use own discretion on ad copy. **Publisher cannot accept any corrections after copy closing date of: ASAP.** Publisher will not assume liability for accuracy of advertising copy. Acceptable camera-ready copy is requested for all ads. Unless otherwise stated on this agreement, publisher will not provide checking proofs.

The advertisement should be e-mailed to [altieri@nysphsaa.org](mailto:altieri@nysphsaa.org).

Authorization:..... Date: .....

Company ..... Print Name: .....

Street ..... Advertising in # of Sports Program: .....

City/State/Zip ..... Advertising Rate (above): \$ .....

Telephone: (     ) ..... Options (above):     \$ .....

Fax:..... Total Due:     \$ .....

[Email:](mailto:)..... DEPOSIT:     \$ .....

### AD COPY INSTRUCTIONS

Ad Size \_\_\_\_\_ Other Instructions/Comments: \_\_\_\_\_

Same Ad as Last Year (SALY)

Or

Camera Ready Artwork Enclosed

Or

Please Create 

II PQ	1 /2 Pg-Hor.
Sports	
7.5 x 9.75	7.5 x 4.75

### IMPORTANT:

**This authorized (signed) agreement must be completed and mailed with payment along with your ad (if camera ready). Your ad will not be included if you cannot meet the requirements by the deadline (10/21/05).**

1	\$ 195	\$ 125	\$ 125	\$ 75	\$ 75	\$ 75
2	\$ 265	\$ 175	\$ 175	\$ 115	\$ 115	\$ 115
3	\$ 355	\$ 235	\$ 235	\$ 155	\$ 155	\$ 155
4	\$ 445	\$ 295	\$ 295	\$ 195	\$ 195	\$ 195
5	\$ 535	\$ 355	\$ 355	\$ 235	\$ 235	\$ 235

# Advice:

athletic directors sharing thoughts and actions

## Article I. Parents' Responsibility as Fans

By Doug Smith. CMAA

Recently, a parent was sentenced 6-10 years for the murder of a fellow parent at a hockey practice. The role of the parent as a fan at youth or high school athletic events has become a concern. It is important for fans to realize that just like the participants, they play an important role in every contest.

**First**, the fan must realize the participants are playing the game because of their love and enjoyment of that, sport

**Second**, a fan must realize that these are youth or high school athletes. They will not perform at the collegiate or pro level you are accustomed to watching on television or attending in person.

**Third**, remember the athletes are trying to succeed and give their best effort every time. Fans should recognize and appreciate their successes and not criticize their failures. Their efforts are pure and genuine. Realize that some athletes will have more advanced skills than others. As a fan, you must be aware of the simple fact that even though your team gave a solid effort, the better team won.

**Fourth**, the fan needs to understand the coach. Coaches work and prepare to put forth the best game possible and the best product on the field for that game. They are as interested in success as the athlete. They are working together for a common goal. They are also educators first. Along the way, they may be forced to sideline or bench a player for lack of effort or violation of team rules. While people may not always agree with these decisions it is part of the coach's responsibility. These are decisions the athlete may not always agree with, but he or she will remember the reason why a lot longer than they remember the score.

**Fifth**, remember the future of the participant. A year from now, no one will remember the score or exactly how the game was played. They will remember the behavior of all and specific lessons learned from that contest. How we behave as fans has a larger impact on the athlete than we may think

**Sixth**, it is the responsibility of the fan to show the athlete how to react to success and failure with the proper attitude. The fan needs to understand that everyone involved - players, coaches, officials - is trying to do their best. Appreciate that effort and be patient and understanding when mistakes occur. When success occurs, for your team or the opponent, recognize it, but do so with class and not in a taunting fashion.

**Seventh**, attending an athletic contest should be an enjoyable activity for the fan. As stated before, the athletes are playing for the love of the game and are always giving 100 percent effort. Help them look forward to participating in that contest and appreciate you coming to watch them. Don't make them dread this experience because of your inappropriate behavior.

**Finally**, always remember you are the role model. You are modeling for the athlete (your son or daughter), the community and yourself. Continue to support the sport(s) of your choice. Please do so in a manner that will make the team and community proud to say you are one of their fans.

**ABOUT THE AUTHOR:** Doug Smith, CMAA is in his 18th year as an athletic director and his 14th year at Woodstock (Illinois) High School. In 1995, Smith was recognized, as Illinois' Outstanding Athletic Director of the Year. Smith has served as chairman of the NIAAA Credentials Committee and is currently an NFHS Coaches Education instructor.



## Heatstroke

Heatstroke is similar to heat cramps and heat exhaustion. It is one of the heat-related problems that often result from heavy work in hot environments, usually accompanied by inadequate fluid intake. Older adults, people who are obese and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

What makes this syndrome much more severe and potentially life-threatening is the fact that the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control, are lost. The main sign of heatstroke is a markedly elevated body temperature — generally greater than 104 F — with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.

### Other signs and symptoms may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Cessation of sweating
- Irritability, confusion or unconsciousness
- Fainting, which may be the first sign in older adults

### If you suspect heatstroke:

- Move the person out of the sun and into a shady or air-conditioned space.
- Dial 911 or call for emergency medical assistance.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.

## Heat cramps

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. Inadequate fluid intake often contributes to this problem. The spasms may be more intense and more prolonged than typical nighttime leg cramps. Muscles most often affected include those in your calves, arms, abdomen and back, although the cramps may involve any muscle group involved in the exercise.

### If you suspect heat cramps:

- Rest briefly and cool down.
- Drink water or an electrolyte-containing sports drink.
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group.

## Heat exhaustion

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke.

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid intake. Signs and symptoms resemble those of shock and include:

- Feeling faint
- Nausea
- Ashen appearance
- Rapid heartbeat
- Low blood pressure
- Hot, red, dry or sweaty skin
- Low-grade fever, generally less than 104 F



### **If you suspect heat exhaustion:**

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water, not iced, or a sports drink containing electrolytes.
- Cool the person by spraying him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke. If fever especially greater than 104 F, fainting, confusion or seizures occur, dial 911 or call for emergency medical assistance.

## Keep mosquitoes at bay

There's no doubt about it. Mosquitoes and other biting insects are annoying. What's more, these bites sometimes transmit serious diseases. Use insect repellent to avoid both the aggravation and the risks.

### **Proven defense**

Insect repellents are the best way to prevent mosquito-borne illnesses, including West Nile virus and encephalitis. When used properly, repellent are safe for kids and adults alike. In fact, experts at the Centers for Disease Control and Prevention (CDC) recommend using insect repellent during all outdoor summer activities.

Products containing DEET have long been the insect repellents of choice in the United States. The CDC now says repellents containing the chemical picaridin or oil of lemon eucalyptus offer comparable protection from mosquitoes when used in similar concentrations.

DEET remains the only ingredient proven to work against deer ticks, which may transmit Lyme disease. testing those claims

# NLSI

~ National Lightning Safety Institute ~

## Lightning Safety for Organized Outdoor Athletic Events

Practice and training increase recreation performance. Similarly, preparedness can reduce the risk of the lightning hazard. Lightning is the most frequent weather hazard impacting athletics events. Baseball, football, lacrosse, skiing, swimming, soccer, tennis, track and field events •.. all these and other outdoor sports have been visited by lightning.

Education is the single most important means to achieve lightning safety. A lightning safety program should be implemented at every facility. The following steps are suggested:

1. A responsible person should be designated to monitor weather conditions. Local weather forecasts - from The Weather Channel, NOAA Weather Radio, or local TV stations - should be observed 24 hours prior to athletic events. An inexpensive portable weather radio is recommended for obtaining timely storm data.
2. Suspension and resumption of athletic activities should be planned in advance. Understanding of SAFE shelters is essential. SAFE evacuation sites include:
  - a. Fully enclosed metal vehicles with windows up.
  - b. Substantial buildings.
  - c. The low ground. Seek cover in clumps of bushes.
3. UNSAFE SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.
4. lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range ... about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
5. If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.
6. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
7. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

**Teach this safety slogan:  
"If you can see it, flee it; if you can hear it, clear it."**



**SECTION VIII ATHLETICS**

**BOYS & GIRLS CROSS COUNTRY 2013**

**TO: ALL ATHLETIC DIRECTORS,  
BOYS & GIRLS XC COACHES**  
**FROM: KATIE DUNNE & ADAM MCKENZIE**  
**RE: ATHLETES WITH SPECIAL NEEDS**

**AS LISTED IN OUR XC GUIDE, WAS STRESSED AT THE COACHES MEETING, AND DISCUSSED AT THE HSAA MEETING – THE COORDINATORS MUST HAVE A LIST OF ANY ATHLETES IN CROSS COUNTRY WITH SPECIAL NEEDS.**

**ASTHMA IS A SPECIAL NEED! THESE ATHLETES MUST PROVIDE A MEDICAL NOTE TO THE COORDINATORS THAT COVERS THE SEASON. IT IS RENEWABLE EACH SEASON. NF RULES MANDATE THIS AS IT IS A DISQUALIFICATION IF AN ATHLETE USES AN INHALER BEFORE OR DURING A COMPETITION. INHALERS ARE CLASSIFIED AS PERFORMANCE ENHANCING AND THEIR USE IS PERMITTED WITH MEDICAL APPROVAL. NOTES ARE DUE BEFORE THESE ATHLETES COMPETE.**

**PHYSICAL OR PSYCHOLOGICAL NEEDS DO CREATE SPECIAL PREPARATION FOR MEET MANAGEMENT. IT REMAINS CONFIDENTIAL AND SPEEDS UP RESPONSES IN EMERGENICES. WE HAVE HAD SEVERAL RESPONSES IN THIS REGARD IN THE PAST FEW YEARS-WITHOUT NOTICE. OUR RESPONSE WAS SEVERELY HANDICAPPED BY OUR LACK OF PRIOR KNOWLEDGE. SAFETY OF THE INVOLVED ATHLETES IS THE PRIMARY CONCERN IN THESE MATTERS.**

**OTHER SPECIAL NEEDS SHOULD BE PROVIDED TO THE COORDINATORS ...YOU MAKE THE JUDGEMENT AS TO WHAT YOUR SCHOOL CONSIDERS A SPECIAL NEED. EACH YEAR WE HAVE HAD ATHLETES REQUIRE AN AMBULANCE BECAUSE OF AN ASTHMA ATTACK AND WE DID NOT HAVE A CLEARING NOTE.**

**THIS INFORMATION COULD BE USED TO MAKE ADJUSTMENTS TO OUR PROCEDURES ON ANY GIVEN DAY DUE TO THE AMOUNT OR NEEDS OF THE ATHLETES ON THAT DAY. THE PARK EMERGENCY RESPONSE PEOPLE ARE A KEY ELEMENT IN EMERGENCY RESPONSES, AND THEY ARE ALSO VERY CONCERNED ABOUT THIS ISSUE.**

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