



518-690-0771
www.nysphsaa.org

December 2013

The 2013 Fall State Championships are officially in the record books!

Over the course of the Fall season thousands of student-athletes had the privilege of participating in interscholastic sport programs offered by their schools. These students had the opportunity to experience victory as well as defeat. They had the chance to learn about teamwork, commitment and dedication. They also represented their communities during championship events hosted throughout the state.

It is my hope you had the chance to attend one of the Fall championship events to support and witness sports played at the purest level.

With the holiday season quickly approaching, I would like to wish you and your family a safe and happy holiday season.

Robert J. Zayas
NYS PHSAA Executive Director



GIRLS GOLF CHAMPIONSHIP DATE CHANGE:

Due to a conflict with the SUNY Delhi golf course, the Girls State Golf Championships will be held June 13-15, 2014.

Outstanding course conditions make The College Golf Course at Delhi the area's leading championship event site. Since 2010, it has annually hosted the New York State Public High School Girls Championship as well as the Section 4, Class D Championship. It has been the long-standing host of the Delaware County Men's and Women's Amateur Championships and it annually serves as the site for a Northeastern New York PGA Section Player Ability Test.

PLAYING RULES PROPOSAL:

During the October 24th Executive Committee meeting, a proposal was made to utilize NFHS playing rules in all sports in which the NFHS develops rules. This has been a topic of conversation for many years within the association. Currently, the NYS PHSAA uses ASA rules for softball and NCAA rules for girls' basketball, as well as girls' and boys' volleyball. This proposal will be discussed at the January 31, 2014 Executive Committee meeting, with a vote to be taken during the May 2, 2014 Executive Committee meeting.



NYSPHSAA RULE HIGHLIGHT:

As college students return home for their winter break, it is important to remind coaches of the NYSPHSAA representation standard (d), which prohibits games and practices between students and adults (alumni or faculty) during the season. Should such a game/scrimmage occur during the season the student-athletes may be ineligible for the rest of the season from the date of the game. Such games held out of the sport season are not covered by NYSPHSAA standards. However, schools are reminded that the Regulations of the Commissioner of Education do limit extra class athletic activities to competition and practice between pupils in grades 7 through 12.



COACHES CLINIC:

NYSPHSAA will conduct its first ever multi-sport coaches clinic this winter so that coaches from different sports across the state can join together for a great professional development opportunity. For more information please access the following link:

<http://www.nysphsaa.org/ProfessionalDevelopment>



WEST

Date: Saturday, February 1, 2014

Site: Holiday Inn, Liverpool (*Section 3*)

Time: 8:00 a.m. until 3:00 p.m.

Cost: \$50.00 per coach (for every 4 coaches sent by school, the 5th is free)

Sports: Boys Lacrosse, Softball, Boys and Girls Volleyball, Field Hockey

EAST

Date: Saturday, February 8, 2014

Site: Long Island Marriott & Conference Center (located next to Nassau Coliseum) (*Section 8*)

Time: 8:00 a.m. until 3:00 p.m.

Cost: \$50.00 per coach (for every 4 coaches sent by school, the 5th is free)

Sports: Girls Lacrosse, Baseball, Tennis, Boys and Girls Soccer

NYSPHSAA TWITTER/ WEBSITE UPDATE:



The website and social media experienced a large increase over the course of the Fall NYSPHSAA Championships. On November 1, we had 2,082 Twitter followers. At the conclusion of the football championships, on December 2, we had 2,761 followers, an increase of almost 700 over the month. On the first day of school, we had just 1,823 followers. The website also saw increased traffic. After averaging about 1,500 unique visits per weekend in October, www.nysphsaa.org saw increased visits throughout November:

Nov. 2-4 (Tennis): 5,998 unique visitors

Nov. 9-10 (Cross Country): 7,550

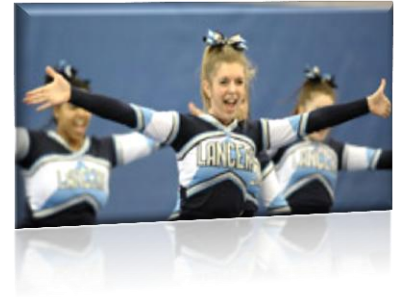
Nov. 15-17 (B/G Volleyball, Field Hockey, B/G Soccer): 11,774

Nov. 22-23 (Swimming, Football Semi-Finals): 4,140

Nov. 29-Dec 1 (Football Finals): 3,889

CHEERLEADING INVITATIONAL (EAST/ WEST):

The NYSPHSAA is proud to present the second East/ West Cheerleading invitational for our member schools. The 2013 events witnessed nearly 100 teams compete in the inaugural cheerleading invitational event. The 2014 events are scheduled for **February 9** (West- SRC Arena at Onondaga Community College- Section 3) and **February 22** (East- Sullivan Community College- Section 9). There is no registration fee for teams to compete. For registration information please visit: <http://www.nysphsaa.org/Sports/Winter/Cheer.aspx>



For more information, please contact Todd Nelson (*NYSPHSAA Assistant Director*) at 518-690-0771 or tnelson@nysphsaa.org

LIFE OF AN ATHLETE WINTER SESSION:

The Life of An Athlete Winter Session will be held at the Lake Placid Olympic Training Center on January 23-26, 2014. Attendees will be housed at the Olympic Training Center, where US Olympic athletes live and train. Life of an Athlete is a program that encourages athletes to make better choices to improve their performance in sports and other aspects of everyday life. For more information visit www.lifeofanathlete.us

The NYSPHSAA Life of An Athlete committee is also working on a video entitled "What It Takes." The video will focus on what it takes to be a better student-athlete; highlight the various aspects of being a healthy person. The video will include the Buffalo Bills CJ Spiller, students and administrators and should be available in the Spring.



BRANDING CAMPAIGN UNDERWAY:

Spectators and fans who attended one of the many Fall State Championship events or watched games on Time Warner Cable noticed an increased presence of the NYSPHSAA logo. The NYSPHSAA has launched a branding campaign in an effort to bring recognition to the association and more importantly enhance the atmosphere for the participating student-athletes.



LOOKING AHEAD:

- Jan. 23-26** Life of An Athlete Winter Session (Lake Placid Olympic Training Center)
- Jan. 31** NYSPHSAA Executive Committee Meeting (Teleconference)
- Feb. 1** East Coaches Clinic (Long Island Marriott & Conference Center- Section 8)
- Feb. 8** West Coaches Clinic (Holiday Inn, Liverpool- Section 3)
- Feb. 9** West Cheerleading Invitational (SRC Arena at Onondaga Community College- Section 3)
- Feb. 22** East Cheerleading Invitational (Sullivan Community College- Section 9)
- Feb. 24-25** Girls/ Boys Skiing Championships (Bristol Mountain, Canadaigua- Section 5)
- Feb. 28-Mar. 1** Boys Swimming & Diving Championships (Webster-Schroder HS, Webster- Section 5)
- Feb. 28-Mar. 1** Wrestling Championships (Times Union Center, Albany- Section 2)
- Mar. 1** Girls Gymnastics Championships (SUNY Brockport- Section 5)
- Mar. 1** Girls/ Boys Indoor Track & Field (Barton Hall; Cornell University, Ithaca- Section 4)
- Mar. 1** Rifle- Regional (West Point- Section 9)
- Mar. 1-2** Girls/ Boys Bowling (Babylon Lanes- Section 11)
- Mar. 8** Boys Volleyball Regional (TBA- Section 3)
- March 8-9** Ice Hockey Championships (Memorial Auditorium, Utica- Section 3)
- Mar. 14-16** Girls Basketball Championships (Hudson Valley Community College, Troy- Section 2)
- Mar. 14-16** Boys Basketball Championships (Civic Center, Glens Falls- Section 2)
- Mar. 21-23** Girls/ Boys NYS Federation Basketball Championships (Times Union Center, Albany- Section 2)

QUOTE TO REMEMBER:



"It always seems impossible until its done."

- Nelson Mandela