



Section VI Monthly Report

November 2018



Special Thanks to Fall Sportschairs:

Cross Country	(Boys) Ken Hans	(Girls) Nancy Bennett
Field Hockey	Judy Otto	
Football	Ken Stoldt, Adam Stoltman and Chuck Amo	
Girls Gymnastics	Joe Buscaglia	
Boys Soccer	Todd Marquardt and Jon Luce	
Girls Soccer	Chris Durr and Joanna Fildes	
Girls Swimming	Doug Cassidy	
Girls Tennis	Kristin Janese	
Boys Volleyball	Walt Stefani	
Girls Volleyball	Debby Schruefer	

Special Thanks to:

- Spalding – Official Ball of NYSPHSAA
- Section VI Championship Venues
- Section VI Hall of Fame Committee
- Section VI Sports Officials
- Volunteers at Section VI Championships, Regionals and NYSPHSAA Championships
- Corporate Sponsors

Welcome:

Chad Bartoszek, Athletic Director Ellicottville CSD

Reminders:

- Official payments for All Tournaments are the responsibility of the Home School.
- Student Athletes **cannot** practice against the coach, recent graduates or with college team members.
- Teams organized for one sex may only practice and compete against teams of that same sex.
- Modified athletes **cannot** practice with or against High School Teams / individuals.
- Please make certain all scrimmages follow sport specific guidelines in the [NYSPHSAA Handbook](#) and are listed in Arbiter.

Maximum Number of Contests Allowed by NYSPHSAA at the High School Level:

Alpine Skiing	16
Basketball	20
Bowling	20
Competitive Cheer	12
Ice Hockey	20
Rifle	16
Swimming/Diving	16
Winter Track	16 / Individual
Wrestling	20 points/ Individual

Congratulations 2018 Fall Section VI Champions:

Boys Cross Country

Class A Frontier
Class B Pioneer/Holland
Class C Newfane
Class D Maple Grove

Football

Class AA Lancaster
Class A West Seneca East *
Class B Cheektowaga
Class C Cleveland Hill *
Class D Clymer Sherman Panama ***

Boys Soccer

Class AA Clarence*
Class A Williamsville East
Class A1 Williamsville East
Class A2 Lewiston-Porter
Class B East Aurora*
Class B1 East Aurora
Class B2 Southwestern / Newcomer at
Lafayette-Lafayette Academy
Class C Randolph
Class D North Collins

Girls Swimming

Class A Orchard Park
Class B Starpoint
Class C/D Frewsburg/Falconer

Boys Volleyball

Division 1 Lockport
Division 2 Eden *
Division 2a Grand Island
Division 2b Eden

* Regional Champion

*** State Champion

Girls Cross Country

Class A West Seneca West
Class B East Aurora
Class C Newfane
Class D Maple Grove

Field Hockey

Class A Williamsville North*
Class B Pioneer
Class C Barker*

Girls Gymnastics

Williamsville South

Girls Soccer

Class AA Clarence *
Class A Amherst
Class A1 Williamsville East
Class A2 Amherst / Lewiston-Porter
Class B Allegany-Limestone*
Class B1 Olean
Class B2 Allegany-Limestone
Class C Maple Grove
Class D North Collins

Girls Volleyball

Class AA Orchard Park
Class A Niagara Wheatfield*
Class B Alden
Class B1 Olean
Class B2 Alden
Class C Portville ***
Class C1 Eden
Class C2 Portville
Class D Panama *

**** November Quote ****

*"The secret of change is to focus all of your energy,
not in fighting the old,
but on building the new."*

Socrates

Handling Market Volatility



Conventional wisdom says that what goes up, must come down. But even if you view market volatility as a normal occurrence, it can be tough to handle when it's your money at stake.

Though there's no foolproof way to handle the ups and downs of the stock market, the following common sense tips can help.

Don't put your eggs all in one basket

Diversifying your investment portfolio is one of the key ways you can handle market volatility. Because asset classes often perform differently under different market conditions, spreading your assets across a variety of different investments such as stocks, bonds, and cash alternatives (e.g., money market funds and other short-term instruments), has the potential to help manage your overall risk. Ideally, a decline in one type of asset will be balanced out by a gain in another, though diversification can't guarantee a profit or eliminate the possibility of market loss.

One way to diversify your portfolio is through asset allocation. Asset allocation involves identifying the asset classes that are appropriate for you and allocating a certain percentage of your investment dollars to each class (e.g., 70 percent to stocks, 20 percent to bonds, 10 percent to cash alternatives). A worksheet or an interactive tool can suggest a model or sample allocation based on your investment objectives, risk tolerance level, and investment time horizon, but your strategy should be tailored to your unique circumstances.

Focus on the forest, not on the trees

As the markets go up and down, it's easy to become too focused on day-to-day returns. Instead, keep your eyes on your long-term investing goals and your overall portfolio. Although only you can decide how much investment risk you can handle, if you still have years to invest, don't overestimate the effect of short-term price fluctuations on your portfolio.

Look before you leap

When the market goes down and investment losses pile up, you may be tempted to pull out of the stock market altogether and look for less volatile investments. The small returns that typically accompany low-risk investments may seem downright attractive when more risky investments are posting negative returns.

But before you leap into a different investment strategy, make sure you're doing it for the right reasons. How you choose to invest your money should be consistent with your goals and time horizon.

For instance, putting a larger percentage of your investment dollars into vehicles that offer safety of principal and liquidity (the

opportunity to easily access your funds) may be the right strategy for you if your investment goals are short-term or if a long-term goal such as retirement has now become an immediate goal. But if you still have years to invest, keep in mind that although past performance is no guarantee of future results, stocks have historically outperformed stable value investments over time. If you move most or all of your investment dollars into conservative investments, you've not only locked in any losses you might have, but you've also sacrificed the potential for higher returns.

Look for the silver lining

A down market, like every cloud, has a silver lining. The silver lining of a down market is the opportunity you have to buy shares of stock at lower prices.

One of the ways you can do this is by using dollar cost averaging. With dollar cost averaging, you don't try to "time the market" by buying shares at the moment when the price is lowest. In fact, you don't worry about price at all. Instead, you invest the same amount of money at regular intervals over time. When the price is higher, your investment dollars buy fewer shares of stock, but when the price is lower, the same dollar amount will buy you more shares. Although dollar cost averaging can't guarantee you a profit or protect against a loss, over time a regular fixed dollar investment may result in an average price per share that's lower than the average market price, assuming you invest through all types of markets. A workplace savings plan, such as a 401(k) plan in which the same amount is deducted from each paycheck and invested through the plan, is one of the most well-known examples of dollar cost averaging in action. Please remember that since dollar cost averaging involves continuous investment in securities regardless of fluctuating price levels of such securities, you should consider your financial ability to make ongoing purchases.

Don't count your chickens before they hatch

As the market recovers from a down cycle, elation quickly sets in. If the upswing lasts long enough, it's easy to believe that investing in the stock market is a sure thing. But, of course, it never is. As many investors have learned the hard way, becoming overly optimistic about investing during the good times can be as detrimental as worrying too much during the bad times. The right approach during all kinds of markets is to be realistic. Have a plan, stick with it, and strike a comfortable balance between risk and return.

Don't stick your head in the sand

While focusing too much on short-term gains or losses is unwise, so is ignoring your investments. You should check up on your portfolio at least once a year, more frequently if the market is particularly volatile or when there have been significant changes in your life. You may need to rebalance your portfolio to bring it back in line with your investment goals and risk tolerance, or redesign it so that it better suits your current needs. Don't hesitate to get expert help if you need it when deciding which investment options are right for you.

The Legend Group is a Corporate Sponsor of Section VI.