



SEPTEMBER 2011 NYSPHSAA OFFICE REPORT

2011 CALENDAR

- September 8**
Section III - 9:00 AM
- September 11**
Indoor Track - 7:00 PM
- September 13**
Section IX - 9:30 AM
Section VII Workshop
- September 14**
Section X Workshop
- September 16**
Ice Hockey - 10:00 AM
- September 18**
Spring Track - 10:00 AM
- September 21**
Sections II, IV, V and VI
- September 22**
Sections I, VII, VIII
- September 26**
Section VIII Workshop
- September 27**
Section XI Workshop
- September 29**
Section IV Workshop
- September 30**
Boys Basketball 10:00 AM

FALL 2011 MANDATORY ATHLETIC ADMINISTRATORS WORKSHOPS

- September 13**
Section VII
- September 14**
Section X
- September 26**
Section VIII
- September 27**
Section XI
- September 29**
Section IV
- October 3**
Section I
- October 4**
Section IX
- October 12**
Section II
- October 13**
Section III
- October 20**
NYSPHSAA Office

NYSPHSAA CENTRAL COMMITTEE MEETING - August 2-4, 2011

APPROVED ITEMS

Member Dues

Member dues will be the same as the amount paid in 2011-2012 for the next two school years (2012-2013 and 2013-2014).

Strategic Plan

The Strategic Plan for 2011-2016.

2011-2012 State Championship Sites

- Football West Semi's - East Syracuse-Minoa High School (3) – November 18-19 (Fri.-Sat)
- Girls Gymnastics - Shaker High School, Latham (2) – Saturday, March 3, 2012
- Bowling - Valley Bowling Center, Waverly (4)
- Skiing - Whiteface, Mt. Van Hoevenberg, Lake Placid (7) – February 27-28 (Mon.-Tues)

Swimming

Scott Warner (9) as the Assistant Boys Swimming and Diving Coordinator
 Protocol to Qualify for the NYSPHSAA State Championship (www.nysphsaa.org)
 Qualifying Times for the 2011-2012 State Championship (www.nysphsaa.org)

Cross Country

Classification Numbers: Class A: 911 and up; Class B: 470 – 910; Class C: 260 – 469; Class D: 259 and below.

Wrestling

14 Day Rule - A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification.
 Weight Classes 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
 Selectively Classified athletes must weigh in excess of: 91 lbs. for 99 lb. weight class, 96 lbs. for 106 lb. weight class, 185 lbs for 220 lb. weight class and 210 lbs. for 285 lb. weight class. Students in grades 9-12 do not have to make minimum weight.
 Weight Certification - Beginning in 2011, a third measurement to all skin fold sites is required. The data must be submitted by using Optimal Performance Calculation on the NWCA website.
 Skin Disease Form - "For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant or nurse practitioner."

Boys Volleyball

Net Height Waiver: The height of the net from the center of court is 7'11 5/8".

IMPORTANT REMINDERS

PRACTICE SESSIONS - Highlights of Rule - No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Specifically, during the regular season, **physical and/or instructional activities related to the sport on seven consecutive days is prohibited. Only one practice session a day and only six days of a calendar week may be counted toward the total practice sessions required. A practice session conducted on the same day as a game cannot be counted to meet the minimum practice requirement to be eligible for that day's contest.** All required practice sessions shall be organized and planned for a reasonable length of time and **shall include vigorous activity specific to the sport** for the purpose of improving the physical condition of the players. **Each of the required number of practices for an individual must include vigorous activity;** however, practice sessions required for the team beyond those needed by the individual may be used solely for meetings, film review and similar activities.
(Reference the entire Practice Regulation found on pages 101-102 of the NYSPHSAA Handbook or pages 102-103 of the on-line version of the Handbook.)

Concussion Management - Schools are encouraged to develop a Board of Education approved concussion management policy. A draft policy and guidelines can be found on the NYSPHSAA website. Educate your coaching staff through a FREE on-line course at www.nfhslearn.org.