



# 2017 Fall Regional Administrator and Board of Education Meetings

**REMINDER to School Administrators: PLEASE BRING YOUR ATTENDANCE CARDS.**

**Sr. High – ADM-5 | Jr. High/MS – ADMJ-5**

<b>Monday, October 16, 2017</b>	<b>Topeka, KSHSAA Office</b>
<b>Tuesday, October 17, 2017</b>	<b>*Salina-Smoky Hill Education Service Center</b>
<b>Wednesday, October 18, 2017</b>	<b>**Dodge City USD 443 The Learning Center</b>
<b>Thursday, October 19, 2017</b>	<b>Oakley High School</b>
<b>Monday, October 23, 2017</b>	<b>***Blue Valley USD 229 Hilltop Facility</b>
<b>Tuesday, October 24, 2017</b>	<b>Maize High School</b>
<b>Wednesday, October 25, 2017</b>	<b>Fort Scott High School</b>

**\* NOTE: The location can be found at 605 E. Crawford in Salina.**

**\*\* NOTE: The location can be found at 308 W. Frontview Road in Dodge City.**

**\*\*\* NOTE: The location can be found at 7700 W 143rd St in Overland Park.**

## Agenda

<b>12:30 - 1:15 p.m.</b>	<b>Registration</b>
<b>1:15 - 1:45 p.m.</b>	<b>Opening General Session</b> <ul style="list-style-type: none"><li>Gary Musselman, KSHSAA Executive Director</li><li>1. Welcome &amp; Announcements</li><li>2. Recognition of KSHSAA Board members</li><li>3. Executive Director's report:<ul style="list-style-type: none"><li>a. General comments</li><li>b. Preview agenda items</li></ul></li></ul>
<b>1:45 - 3:45 p.m.</b>	<b>Group discussion meetings - in classification groups</b>
<b>3:45 - 4:00 p.m.</b>	<b>Closing General Session - Reporting advisory votes &amp; adjourn</b>

# Topics for Discussion

## Coaching Requirements & Seasons of Activities

1. Should **Rules 10-1-6 and 30-1-6(a)** be changed to allow coaches one additional day (Sunday of SCW #3) in the summer?

*Rationale:*

- *Finish summer tournaments held on final weekend of the allowed summer contact period.*

**YES**\_\_\_\_ **NO**\_\_\_\_

*Proposed by KSHSAA Executive Board (Sept.12-13, 2017)*

## Awards

2. Should the dollar limit in **Awards Rule 20-1-1** be increased from \$25 to \$50? (Current rule was established in 1991-92 school year.)

**YES**\_\_\_\_ **NO**\_\_\_\_

*Proposed by KSHSAA Executive Board (Sept.12-13, 2017)*

## Seasons of Activities

3. Do you favor creation of a seven consecutive day summer dead period between June 1 and August 1, requiring zero player/coach contact in all sports for all coaches? Each school would establish its own dead period within these dates. (*Non-school baseball & softball teams are permitted to continue their schedules. It would be recommended the dead period include the 4th of July.*)

**YES**\_\_\_\_ **NO**\_\_\_\_

*Proposed by KSHSAA Executive Board (Sept.12-13, 2017)*

## Heat Acclimatization

4. Heat Acclimatization discussion for the beginning of fall sports practice. (*See the following page for information.*)

*Discussion requested by KSHSAA Executive Board (June 14-15, 2017)*

## **HEAT ACCLIMATIZATION:**

A biological adaptation of the human body over time to the stresses of exercise in warm/humid conditions. Physiological adjustments that need to take place include changes to the body's heart rate, body temperature regulation and sweat rate.

## **WHY PROPER HEAT ACCLIMATIZATION IS IMPORTANT:**

- Research indicates that periods of rest and a progressive system of early practices can reduce the incidence of exertional heat stroke in athletes.
- During the summer months exertional heat stroke is the number one reason athletes die during sport.
- The body's biological adaptations to exercise stress in the heat take time, with the first 5 days of the progressive acclimatization period being the most important.
- An increase in sweat rate is one of the most vital changes that occurs during the acclimatization period giving the body the ability to regulate temperature more efficiently thereby reducing the risk of heat stroke.

## **COMPONENTS RECOMMENDED FOR CONSIDERATION IN KANSAS TO IMPROVE ALIGNMENT WITH CURRENT BEST PRACTICES:**

### **Components would apply to all fall sports.**

- Only single practices allowed the first 5 days of practice in all fall sports.
- No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.
- A separate walkthrough is allowed in addition to the single practice. The walkthrough cannot be longer than 1 hour and must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
- Beginning on practice day 6, double practice sessions are allowed, but cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest day.
- On days of multiple practices, total practice time cannot exceed 5 hours. The 3 hour maximum for any single practice still applies.
- Football only:
  - Practice days 1 and 2: Helmets only (Air and Bags permitted)
  - Practice days 3 and 4: Helmets and shoulder pads only (Days 3: Control permitted; Day 4: Thud permitted)
  - Practice day 5+: Full gear permitted (All contact levels permitted)
  - On any multiple practice day, only one practice may involve Thud or Live Action.

The above components are all currently the standard recommended best practices for proper heat acclimatization in high school athletics. These recommended best practices are based on evidence based research and supported by all sports medicine professional organizations and the National Federation of High School Associations.

## **REFERENCES**

Casa DJ; The Inter-Association Task Force for Preventing Sudden Death in Secondary School Athletics Programs: Best-Practices Recommendations. *J Athl Train.* 2013;48(4):546–553.

Casa DJ, Csillan D; Inter-Association Task Force for Preseason Secondary School Athletics Participants. Preseason heat-acclimatization guidelines for secondary school athletes. *J Athl Train.* 2009; 44(3):332–333.

# Kansas State High School Activities Association

## Mission Statement

*Adopted September 2009*

**The Kansas State High School Activities Association (KSHSAA) serves students by providing leadership for the administration of education based interscholastic activities.**

## Belief Statements

### We believe...

- Member schools are the Kansas State High School Activities Association (KSHSAA).
- The KSHSAA is a student-centered organization.
- The KSHSAA is the recognized state authority on interscholastic activity programs.
- Our Association is strengthened by equity and diversity.
- Each school choosing membership in the KSHSAA is equally important and has a direct voice in governing the organization.
- KSHSAA is best governed by representatives of the member schools and its affiliated organizations.
- Each KSHSAA sponsored activity is equally important.
- Student participation in interscholastic activity programs and competitions is a privilege.
- Participation in interscholastic programs promotes student academic achievement.
- Interscholastic activity programs promote positive school/community relations.
- Safety, quality, and fairness in interscholastic activity programs are essential.
- Fiscal responsibility by the KSHSAA benefits member schools.
- Participation in interscholastic programs promotes good citizenship, improves life skills, and builds character.
- Honesty, integrity and sportsmanship are the fundamentals upon which all interscholastic programs are built.
- All professionals that are in contact with students should be knowledgeable and properly trained.



## National Federation Mission Statement

“The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, an awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed by the National Federation as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”

—*National Federation of State High School Associations*—