FROM THE COMMISSIONER’S DESK

It’s August and time to begin a new school year. Fall sports practice has begun and the rules clinics for coaches and officials are well underway. I would like to share some information on an initiative in which the Association will participate. The KHSAA will be partnering with the National Federation of State High School Associations in an initiative that is addressing the growing problem of steroid abuse around the country in high schools today. The NFHS has developed a multimedia educational initiative called “Make the Right Choice.”

The information includes a DVD containing two ten minute videos, two brochures and two posters. The first video is directed toward coaches and students, while the second video is directed toward parents. Included in the videos are interviews with Indianapolis Colts head coach Tony Dungy and Kansas City Chiefs quarterback Trent Green. They also include Don Hooten’s story of his son Taylor, who tragically took his own life after suffering from depression following steroid abuse.

The brochures include medical information about anabolic steroids, including quick facts and side effects, as well as measures that parents and coaches can use to deter steroid use.

In the next few weeks, the Principal of each KHSAA member school will be receiving a copy of the DVD and two brochures and two posters for use in the athletic programs. I am hopeful that the DVD will be shown to coaches, parents and student athletes to point out the long range consequences of steroid abuse. The DVD’s and material may be reproduced as necessary.

SOCCER MERCY RULE CLARIFICATION

At the July 12, 2005 Board of Control meeting, the Board clarified the Soccer Mercy Rule that appeared in the November 2004 minutes. The Soccer Mercy Rule now reads as follows:

If one team has a 10 goal lead at the end of the first half or at any point in the second half, the match will be terminated. This rule will also be observed in post-season play.

TRANSFER FORM INFORMATION

July through October is a busy time of year for processing domestic and non-domestic student eligibility forms, GE06 & GE07 (Transfer Forms), in the KHSAA office. A revised form GE07 for foreign students is attached and GE06 will be provided mid August. We would appreciate your assistance in helping with the transfer process so we can provide you with rulings in a timely manner:

- Review the transfer form and make sure it is completely filled out by the sending and receiving school (incomplete forms will be returned to the receiving school);
- Include an accurate enrollment date (postdated enrollment dates cannot be processed and will be returned to the receiving school);
- Do not use a Post Office Box for either the sending or receiving school address;
- If questions #13-#14 are checked “NO” (student has never played in a varsity contest in any sport), the transfer form does not need to be sent to the KHSAA for processing. It should, however, be kept on file at the school;
- Inform parents that all communications regarding the transfer status should be with the member school (NOT the KHSAA);
- Faxed or hand delivered transfers are not accepted;
- In the case of a change in residence please include documentation of disposal of previous residence such as sales contract etc.;
- If there has been a change of custody, please include a copy of the court ordered documents with the transfer;
- No athletic participation for one school year at the sending school is a new condition for a waiver effective for the 2005-06 school year. The sending school should verify this on the form;
- Allow one week from the date you mail the form to the KHSAA before calling the office to check on the status (school personnel will receive priority);

Your cooperation in this important matter is greatly appreciated. If you have any questions concerning the transfer form(s) please contact Darlene Koszenski (Administrative Assistant to Commissioner Brigid DeVries).

FALL SPORTS SCHEDULING

Please check the “Member Schools Only” page to ensure that all of your schools fall schedules are as up to date as possible or make any needed changes.
KHSAA HANDBOOK UPDATES
The deadline for changes to school information for the publication of the 2005-06 KHSAA Handbook is Aug. 5.

Please make sure all information that pertains to your school (sports that are sponsored, coaches’ names, addresses, principal’s name, email addresses, phone and fax numbers) is updated and correct. Updates should be done online through the KHSAA website (www.khsaa.org) using the “Member Schools” link.

Much effort has been expended by staff and the member schools over the last year in making sure of the accuracy of the information, and your cooperation is greatly appreciated. If you need password assistance, contact Marilyn Mitchell at the KHSAA (mmitchell@khsaa.org).

ANNUAL MEETING DATES
Please remember all proposals for the Annual Meeting of the Delegates must be submitted by the September 10 deadline to be presented at the Annual Meeting.

Proposals should be addressed to the attention of Julian Tackett, Assistant Commissioner. Prior to the meeting, proposals submitted will be posted on the KHSAA website as well as sent to each member school’s delegate.

The Annual Meeting will be held October 20, 2005 at the Hyatt Regency in Lexington. The meeting will begin with registration starting at 7:15 a.m. with workshops at 8:30 a.m. The voting session will be at approximately 1:45 p.m. The complete schedule will be mailed at a later date.

NIAAA AWARD WINNER NAMED
Faye Thornton, CMAA, will be honored at the National Interscholastic Athletic Administrators Conference as the 2005 Recipient of the Thomas E. Frederick Award of Excellence.

Mrs. Thornton is an assistant principal at Bourbon County High School.

The conference will be held December 15-18 in Orlando, FL.

ATHLETIC ADMINISTRATORS AND CHEER WORKSHOPS
Enclosed you will find information for the upcoming Athletic Administrators Workshop, Friday August 12. Also, information on the Annual Cheerleading Workshop on Saturday, August 27 is included. Both workshops will be held at the KHSAA office in Lexington.

BOARD OF CONTROL MEETING UPDATE
The KHSAA Board of Control met on July 11-12, 2005. The meeting was conducted by the newly elected officers President, Jerry Taylor and Vice President Gary Dearborn. The following are a few highlights of the board meeting:

- Approved the renewal of the Catastrophe Insurance Plan for student athletes as well as Director’s and Officers, and General Liability Insurance proposals effective for the 2005-06 school year. The premium increased for the Association’s catastrophic insurance from $145,000 to approximately $190,000 per year effective immediately. To help fund this increase, the Board approved a $1 per session increase in the price of advance and walkup tickets to boys’ and girls’ basketball, football and boys’ and girls’ soccer, effective immediately. At the same time, the Board approved a recommendation to leave the "pep" or advance participating team price, at the 2004-2005 levels;
- Discussed KHSAA Annual Meeting Proposals to be submitted by the Board;
- Endorsed the Commissioner’s office assessing the published Bylaw 33 fine provisions ($50 per occurrence) to each member school upon the ejection of a coach or official adult representative (grades 9-12) for unsportsmanlike conduct.
- Approved the apparel and novelty proposal for Team I.P. for coverage at state events.
- Reviewed and approved all member school renewal applications for the 2005-06 school years.
- Approved the FY 2006 Budget

HEAT ILLNESS PREVENTION
Enclosed you will find the KMA/KHSAA Heat Illness Chart. We ask all school athletic administrators to carefully review this material and check further information available on the main page of the website (www.khsaa.org). Please remember these guidelines are not only intended for football, but all KHSAA sports. These important reminders are critical to the safety, health and welfare for the student athlete.

The Board of Control has mandated compliance with this procedure by requiring completion of the recording half (GE 20) by each fall sport and submitting to the KHSAA.

HYPE CONFERENCE
The Fifth Annual HYPE Conference will be held Wed., Aug. 31, 2005 at The Lexington Convention Center (next to Rupp Arena).

Please remember all registration forms must be in by August 22 and registration is on a first come first served basis. There is a fifteen student per school limit.
REMINDERS ABOUT KHSAA CONTEST OPPONENTS, IN AND OUT OF STATE

The action taken at the 2005 Annual Meeting, which becomes official and goes into effect August 5, 2005, changes key provisions about contest opponents for KHSAA member schools.

KHSAA MEMBERS VS. IN STATE TEAMS

All games against in-state opponents must be against schools that also belong to the KHSAA. Students from non-member schools in Kentucky may not, under any circumstances, compete against KHSAA member school students in the contests defined within Bylaw 25.

KHSAA MEMBERS VS. OUT OF STATE TEAMS FROM CONTIGUOUS STATES

All games played against out of state opponents must be played against schools that are members of that state's association. The KHSAA office can assist in determining the status of those teams.

A sanction form is not required if all participating schools are from Indiana, Illinois or Ohio, unless a NHFS sanction applies. Please note, however, that Missouri, Tennessee, Virginia and West Virginia require a sanction form for every out-of-state event.

KHSAA MEMBERS VS. NON CONTIGUOUS OR OTHERS THAT REQUIRE NFHS SANCTION

KHSAA member schools hosting an event are to complete the NFHS sanction form and include a processing fee in the amount of $100.00 if the contests includes any of the following criteria:

- The event involves two or more schools and is co-sponsored by or titled in the name of an organization outside the school community (e.g., a university, theme park, athletic shoe/apparel company).
- Non-bordering state events if five or more states are involved.
- Non-bordering state events if more than eight schools are involved.
- Any event involving two or more schools that involves a team from a foreign country. (The exceptions to this rule are Canada and Mexico).

The sanction fee should be made payable to the National Federation and sent to the KHSAA with the appropriate form. The KHSAA is responsible for forwarding the form and fee to the National Federation Office.

When Kentucky member schools are participating in out-of-state contests, the host school from out-of-state is responsible for completing the sanction form through the applicable state association.

If you have any questions, please contact Marilyn Mitchell at the KHSAA office (859)299-5472 or email mmitchell@khsaa.org.

ATHLETIC DIRECTORS CORNER

It's time to renew your membership or join the Kentucky High School Athletic Directors' Association. The deadline to receive full benefits of membership is September 30. Contact Mitchell Irvin at mirvin@oldham.k12.ky.us for a membership brochure and more information.

The KHSADA and NIAAA will offer three Leadership Training Program courses on August 11 (the evening prior to the KHSAA Athletic Administrators Workshop). The classes will run from 5 - 9 p.m. and be conducted at the KHSAA offices. The cost of a course is $80. Courses to be offered are LTC507 - Assessment of Interscholastic Programs and Personnel; LTC502 - Principles, Strategies & Methods and LTC503 - Citizenship through Sports and Fine Arts. Contact fthornto@bourbon.k12.ky.us by August 7 if you are interested in taking any of these valuable courses.

Information on the National Conference for Athletic Directors will be mailed by mid-September. This year's conference is in Orlando, Florida December 14-18 at the Marriott World Center. Contact Bruce Whitehead at bwhitehead@nfhs.org if you wish to attend and have not received your registration information by September 30.

FALL SPORTS PHOTOS DUE

Please note team photos in the sports of volleyball, football, boys' soccer and girls' soccer are due to the Association by October 1.

Please go to the “Members Only” page on the KHSAA website and use the “Upload Photo” feature. You may also e-mail the photo provided it has been scanned at a minimum DPI of 300 and is not bitmapped. The file should be sent as an attachment and saved with a file extension of .jpg, .gif, or .tif. If mailing a photo, the photo MUST BE AN ORIGINAL. Faxed copies, copies of photos, newspaper copies, or laser printer printouts ARE NOT ACCEPTABLE. Failure to submit the photo will result in a fine as permitted by KHSAA Bylaw 33, and this will be enforced.

Future deadlines for other sports will be published in issues of the Commissioner’s Notes and the Athlete magazine.

INSIGHT/KHSAA ACADEMIC ALL-STATE CERTIFICATE REQUESTS

Request forms for Insight/KHSAA Academic All-State certificates will be emailed to each member school Athletic Director. Please return the request form to Marilyn Mitchell at the KHSAA. Additional copies are available, should you run out of certificates, by contacting Ms. Mitchell.
REMINDERS ABOUT CATASTROPHIC INSURANCE
With the mid August mailing referred to in these Notes (Steroid imitative, etc.), the Association will be distributing a reminder and updated information concerning catastrophic insurance coverage. With the ever-increasing premiums, the Association must exercise due diligence in minimizing risk and exposure to protect this invaluable membership benefit. Discussions with school administrators over the past year, coupled with recent claims history and the turnover in administrators have left a considerable amount of questions for which the Association is seeking clarification from the carrier. Please watch for this important information.

REMINDER SWIMMING COACHES RULES CLINIC REQUIREMENT
Beginning with the 2005-06 school year, ALL head swimming coaches are required to attend an annual KHSAA Swimming and Diving Rules Clinic in order to be eligible to coach in post season play. The 2005 Rules Clinic dates are:

(All times are 6 p.m., unless noted otherwise)
8/30  Lexington, Paul Dunbar HS, TBA
9/17  Madisonville, Madisonville-North Hopkins HS, 9:00 a.m.
9/17  Bowling Green HS, 4:00 p.m.
9/19  Covington, Scott HS
9/21  Louisville, St. Xavier HS
11/15  Make-Up ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.
1. COMPLETE THIS FORM FOR ANY STUDENT WHO IS NOT FROM THE UNITED STATES OR THE DISTRICT OF COLUMBIA WHO TRANSFERS INTO A KHSAA MEMBER SCHOOL AFTER PREVIOUSLY ATTENDING A FOREIGN OR DOMESTIC SCHOOL FOLLOWING ENROLLMENT IN GRADE NINE (9). IF THE STUDENT HAS NOT YET ATTENDED SCHOOL FOLLOWING ENROLLMENT IN GRADE NINE (9) NO RULING IS NECESSARY AS THE STUDENT IS NOT SUBJECT TO THIS BYLAW.

2. PLEASE REFER TO KHSAA BYLAW 6, SECTION 2, FOR THE SPECIFIC PROVISIONS REGARDING FOREIGN STUDENT ELIGIBILITY.

3. FOR STUDENTS COMING THROUGH AN EXCHANGE PROGRAM, COMPLETE SECTIONS A, B, C, D, AND F.

4. FOR STUDENTS NOT COMING TO THE UNITED STATES THROUGH AN APPROVED FOREIGN EXCHANGE AGENCY, THE RULING MUST COME THROUGH THE KHSAA DUE PROCESS PROCEDURE. FOR STUDENTS NOT COMING THROUGH AN APPROVED EXCHANGE PROGRAM, COMPLETE SECTIONS A, B, C, E AND F.

5. STUDENTS MAY NOT PRACTICE, SCRIMMAGE (INTER OR INTRA-SCHOOL) OR PLAY IN CONTESTS UNTIL BEING RULED ELIGIBLE BY THE COMMISSIONER’S OFFICE. MEMBER SCHOOL (S) WILL BE PENALIZED FOR SUCH PARTICIPATION.

6. THE KHSAA MEMBER SCHOOL SHALL ENSURE THAT ALL PARTS OF THIS FORM ARE COMPLETE AND LEGIBLE, AND ALL REQUIRED ATTACHMENTS ARE INCLUDED.

7. THE FORM WILL BE REVIEWED BY THE COMMISSIONER’S OFFICE AND A RULING WILL BE ISSUED.

8. A RULING WILL NOT BE ISSUED FOR A MINIMUM OF THREE (3) WORKING DAYS TO ENSURE TIME FOR VERIFICATION OF THE DATA.

9. ONLY THE PRINCIPAL AND/OR DESIGNATED REPRESENTATIVE OF A MEMBER SCHOOL MAY INQUIRE AS TO THE PROCESSING STATUS OF THE FORM.

10. THE WAIVER OF BYLAW 6 DOES NOT IN AND OF ITSELF DECLARE THE STUDENT ELIGIBLE. IT IS THE RESPONSIBILITY OF THE MEMBER SCHOOL TO VERIFY THAT THE STUDENT IS ELIGIBLE ACCORDING TO ALL OTHER BYLAWS.

A. STUDENT RECORD AND RECORDS INFORMATION

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Name of Student as it appears on passport and/or VISA</td>
<td>Birth Date</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Name and address of KHSAA Member School at which eligibility is desired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sport(s) for which eligibility is desired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Grade in school</td>
<td>9th</td>
<td>10th</td>
</tr>
<tr>
<td>5</td>
<td>Date of enrollment at KHSAA member school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Name and Address of Last School Attended</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Last date enrolled at previously attended high school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Has student completed high school (grades 12 or the equivalent) in his/her home country?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>9</td>
<td>Total number of previous years in high school (foreign and domestic combined) after promotion from grade eight:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Did the student participate in varsity athletics at the last high school attended (check yes or no) in his/her home country?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>11</td>
<td>If 10 is yes, list sports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Has student previously attended high school in United States?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>13</td>
<td>If 12 is yes, list school address and enrollment dates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Has this student’s age been verified as meeting Bylaw 3, transcript completely translated into English and academic eligibility verified?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>15</td>
<td>Does this student meet all other KHSAA eligibility rules such as being a full-time student the previous semester and not yet exceeding the semester limit (check yes or no)?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>16</td>
<td>Name and Address of Birth Parents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Name and Address of Host Family?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Daytime Phone Number of Host Family?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>What specific KHSAA public/independent school district includes the address listed in Question 17 above (specific public school not school system).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Is/are host (resident) family member (s) acting as a coach, administrator, faculty or staff member, or otherwise employed by the school?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Is the host (resident) family a member of any sports booster organization or a sponsor of athletics at the local school?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Does this host family have other students involved in interscholastic sports at the school? (If yes, list team)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. CLASSIFICATION (check one)

- This student is coming to my school through a Foreign Exchange Agency (complete items A, B, C, D and F, and return to KHSAA for ruling.)
- This student is not coming to my school through an approved Foreign Exchange Agency (complete item A, B, C, E and F and submit to KHSAA for further instructions.)

C. VISA VERIFICATION (check one, include US Department of State J-1 Certificate of Eligibility for Exchange Visitor (detailing status))

- This student is in the U.S. with a validated J-1 VISA.
- Other VISA (give details)
D. EXCHANGE PROGRAM SPONSORSHIP, FEES AND VERIFICATION (The following checked items have been certified and verified)

23 Name of Exchange Program

24 Name and Address of Local Area Exchange Program Representative

Daytime Phone number of Exchange Program Representative

25 List amount of agency fee(s) paid for placement, and indicate who payment was made to for the placement.

26 Who is responsible for the payment of placement fees to the foreign exchange agency and list that person’s relationship to the school (i.e. faculty, coach, administrator, parent, none). Enclose copy of payment record (cancelled check, receipt, etc.) clearly indicating payer of fees.

27 Amount of base tuition and fees charged to all students who attend this high school, or charged to non-district resident students.

Amount of tuition and fees charged to this student.

28 Who paid the tuition and fees to the school (if applicable) and that person’s relationship to the school (i.e. faculty, coach, administrator, parent, none). Enclose copy of payment record (cancelled check, receipt, etc.) clearly indicating payer of fees.

29 Yes No The national headquarters of the sponsoring organization approved placement in the host school.

30 Yes No Placement in host school was made by the sponsor prior to departure from the student’s native country.

31 Yes No As host school, we are confident, upon our evaluation that this request for eligibility is within the scope of KHSAA rules.

E. FOREIGN STUDENTS NOT COMING THROUGH FOREIGN EXCHANGE PROGRAM

NOTE: Students not coming through a Board of Control approved program should submit information related to the enrollment of this student. A complete list of those programs is available on the KHSAA web site (www.khsaa.org). This information will be forwarded to the Hearing Officer of the KHSAA who will conduct an administrative hearing to determine this student’s eligibility. Students for which the one-year initial period of ineligibility is waived are subject to the one-year limitation on eligibility. The school and/or student will be notified of the time and place of the hearing. Further details can be found in the KHSAA Due Process Procedure in the KHSAA Handbook.

Please describe in complete detail the circumstances surrounding this student’s arrival in the United State and desire to attend the member school. Attach additional correspondence if necessary.

F. SIGNATURES AND CERTIFICATIONS

I understand that if the waiver of the one-year period of ineligibility is granted, this student shall not be eligible for more than one year of athletic participation under any circumstances.

32 Exchange Student Signature Date

33 Host Family Signature Date

As Principal or Designated Representative of this KHSAA member school, I hereby verify that this student meets all eligibility rules and regulations as promulgated; hereby certify that the student was not recruited for athletic purposes by any official or unofficial representative of the school and that the placement of this student in this school was random as required by Bylaw 10.

It is the recommendation of the undersigned Principal or Designated Representative that the period of ineligibility for transferring students (one year from the date of enrollment) be waived and that he/she be declared eligible immediately to represent my school in interscholastic athletics. I understand that if the waiver of the one-year period of ineligibility is granted, this student shall not be eligible for more than one year of athletic participation under any circumstances.

34 Principal / Designated Representative Signature

35 Position at the School Email Address (for data gathering purposes only, no rulings can be made via electronic mail)

36 Daytime Phone Number Date Signed

For KHSAA use only

Approved The student is eligible upon receipt of notification from the Commissioner’s office.

Denied This student is ineligible.

Referred Referred directly to Hearing Office in accordance with Bylaw 6, Section 2 as this student has not come through an approved Foreign Exchange Agency

Commissioner’s Signature Signature Date

Notes for Transfer Correspondence

Notes for File

The complete text of Bylaw 6, Transfer Rule, is contained in the KHSAA Handbook as well as interpretations that have established enforcement precedents. Rulings are issued based solely on the issue of Bylaw 6, Transfer Rule. No verbal statement in addition or in contradiction to these materials shall apply. It is the School obligation to inform the student of this ruling. If facts or circumstances change, contact the Commissioner because this could affect or change the ruling.

If a participant, parent, contest official, coach or member school is dissatisfied with this decision, an appeal may be taken in the manner and within the time set forth in the KHSAA Due Process Procedure.
Using the following scale, activity should be altered and / or eliminated based on this Heat Index as determined –

<table>
<thead>
<tr>
<th>Heat Index</th>
<th>Activity Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 95 degrees</td>
<td>Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully.</td>
</tr>
<tr>
<td>95 degrees to 99</td>
<td>Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully. Helmets removed if not in contact; reduce time of outside activity. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</td>
</tr>
<tr>
<td>100 degrees to 104</td>
<td>Provide ample amounts of water. Mandatory water breaks every 30 minutes for 10 minutes in duration; Ice-down towels for cooling; Watch athletes carefully. Alter uniform by removing items except dry t-shirts and shorts. Reduce time of outside activity. Postpone practice to later in day. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</td>
</tr>
<tr>
<td>Above 104 degrees</td>
<td>Stop all outside activity in practice and/or play.</td>
</tr>
</tbody>
</table>
Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

Under 95 HI
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

95 HI to 99 HI
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

100 HI to 104 HI
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- All sports - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire; Mandatory water breaks every 30 minutes in duration; Ice-down towels for cooling
- Contact sports and activities with additional equipment - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

Above 104 HI
- All sports - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
KHSAA ATHLETIC ADMINISTRATOR’S WORKSHOP REGISTRATION

Fax this form to KHSAA (859) 293-5999 on or before Tuesday, August 9, 2005 so that we have an accurate count for copies and lunch.

School: ____________________________________________________________

The KHSAA will be providing lunch from Chick-Fil-A.

PLEASE PRINT CLEARLY

Persons Attending: Name ____________________________________________

Position in School ________________________________________________

Position in School ________________________________________________

Position in School ________________________________________________

To better prepare for the meeting, you may have encountered questions you need answered or discussed. Please list three items, in priority order, to be addressed at the workshop if time permits:

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

Signature ____________________________ Date ________________________
2005-2006 Workshop For High School Cheer Coaches
Registration Form

Conducted By & Held At:
The Kentucky High School Athletic Association
2280 Executive Drive, Lexington, Kentucky 40505
Date: Saturday August 27, 2005
Registration starts at 8:00 a.m.

Session I (Morning) : 8:30 a.m. – 11:30 a.m.
Topics
KHSAA Regulations
National Federation Spirit Rules and Rule Changes
NFHS Spirit Rules Book Interpretations

11:30-12:00 p.m. Lunch

Session II: 12:00 p.m. – 4:30 p.m.
NFHS Spirit Coaches Education Program: “SPIRIT PROGRAM MANAGEMENT”
This is a Silver Level course. The Bronze and Silver Level courses can be taken in any order.

Whether you are a new or experienced spirit coach, you need both technical knowledge and professional coaching education to excel. It is simply not enough to have been a cheerleader or dancer; coaches need education in coaching techniques to lead, mentor, and impart positive aspects of spirit activities in addition to teaching skills.

To receive credit, you must attend the entire SPM course. At the end of the Spirit Program Management course you will receive a certificate. No test required.

Registration Fees:
Check appropriate box

<table>
<thead>
<tr>
<th>Session I (Morning Session Only)</th>
<th>$30.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Day (Both Sessions or Afternoon only)</td>
<td>$60.00 (Includes course materials &amp; certificate)</td>
</tr>
</tbody>
</table>

AMOUNT ENCLOSED
$______

Registration Required By: Wednesday, August 10, 2005
(Check shall be made payable to KHSAA)
To Guarantee A Reservation Mail Registration & Payment To:
Kentucky High School Athletic Association
2280 Executive Drive
Lexington, Kentucky 40505
Attn: Phyllis Sallee

Full Day (Both Sessions or Afternoon only if you register after August 10, 2005) $75.00

Name: ____________________________________________
Address: ____________________________________________
E-mail Address: ____________________________________________
Daytime Telephone Number: ____________________________
School Name: ____________________________ School Phone: ____________________________
Number of Years as a Cheer Coach: __________

Please indicate any rules questions you would like to see addressed:
________________________________________________________________________
________________________________________________________________________

Space is limited and will be reserved on a first come first served basis.
*Attendees are asked to bring their 2005/06 National Federation Spirit Rules Book AND a tape of any stunts about which you have questions.
2005-2006 KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION
CHEERLEADING CLINIC

Saturday, August 27, 2005
Location: KHSAA
2280 Executive Drive, Lexington, KY. 40505

Clinicians:
Brigid DeVries – KHSAA Commissioner       Kathy Tadlock – Former Chair of the National Federation Spirit Rules Committee
Lucy Moore – KAPOS President              Donna Robinson Wilson – Cheer Coach
                                            Henry Clay High School

Coordinator: Phyllis Sallee – KHSAA Administrative Support Specialist

AGENDA

8:00 A.M.          Registration                          Gayle Mills, Donna Tackett & Phyllis Sallee
8:30 A.M.          Welcome & KHSAA Regulations Relating to Cheerleading
                    Brigid DeVries
9:00 A.M.          NFHS Spirit Rules with Questions & Answers
                    Kathy Tadlock
9:45 A.M.          Break
10:00 A.M.         Continuation of Spirit Rules & Video Interpretations
                    Kathy Tadlock
10:30 A.M.         Stunts & Demonstrations
                    Donna Robinson Wilson & Henry Clay Cheerleaders
11:30-12:00 P.M.   Lunch (Provided)
12:00 P.M.         “Spirit Program Management”
                    Kathy Tadlock, Lucy Moore
4:30 P.M.          Wrap Up and Final Comments
2005-06 KHSAA RULES CLINICS
(As of May 5, 2005)

It is an Association requirement that each licensed official and head coach attend a rules interpretation clinic conducted by the KHSAA (ByLaw 26, Sec. 2). Officials who have not met the requirement will not be permitted to officiate any postseason contest. Coaches who have not met the requirement will not be permitted to coach any postseason contest. For 2005-06, approved KHSAA rules clinic sites and dates. ALL TIMES ARE LOCAL.

BASEBALL
(All times are 7 p.m., unless noted otherwise)
1/14 Louisville, Holiday Inn, Fern Valley
1/25 Florence, Boone Co. HS
1/29 Cadiz, Trigg Co. HS, 5:00 p.m.
1/30 London, North Laurel HS
1/31 Bowling Green HS
2/4 Paintsville, Johnson Central HS, 9:00 a.m.
2/8 Lexington, Tates Creek HS
2/12 Elizabethtown, John Hardin HS, 3:00 p.m.
4/12 Makeup Clinic ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

BASKETBALL
(All times are 7 p.m., unless noted otherwise)
10/10 Paris, Bourbon Co. HS
10/11 Newport HS
10/12 London, South Laurel HS
10/13 Grayson, East Carter HS
10/17 Louisville, Male HS
10/18 Bardstown, Nelson Co. HS
10/19 Eastern, Allen Central HS
11/7 Owensboro, Apollo HS
11/8 Eddyville, Lyon Co. HS
11/9 Bowling Green HS
12/14 Make-Up Clinic ($75 fine) Lexington, KHSAA Office, 1:30 p.m.

CROSS COUNTRY
(All times are 7 p.m., unless noted otherwise)
7/21 Somerset, Pulaski Co. HS
7/25 Covington Catholic HS
7/26 Ashland, Boyd Co. HS
7/27 Elizabethtown, John Hardin HS
7/28 Louisville, Christian Academy HS
7/31 Bowling Green HS, 5:00 p.m.
8/8 Cadiz, Trigg Co. HS
8/16 Lexington, Tates Creek HS
9/14 Makeup Clinic ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

FIELD HOCKEY
(All times are 7 p.m., unless noted otherwise)
7/26 Louisville, Assumption HS
8/2 Louisville, Sacred Heart HS
8/6 Louisville (Play Day), Louisville Collegiate HS, 10 a.m.-12 p.m. and 1 p.m.-3 p.m.

FOOTBALL
(All times are 7 p.m., unless noted otherwise)
7/31 Bowling Green HS, 3:00 p.m.
8/2 London, North Laurel HS
8/4 Louisville, Christian Academy HS
8/9 Mayfield HS
8/10 Lexington, Tates Creek HS
8/11 Elizabethtown, John Hardin HS
8/14 Paintsville, Johnson Central HS, 3:00 p.m.
9/21 Makeup Clinic ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

GOLF
(All times are 7 p.m., unless noted otherwise)
7/13 Owensboro, Daviess Co. HS
7/20 London, South Laurel HS
7/21 Florence, Boone Co. HS
7/27 Paintsville, Johnson Central HS
7/28 Lexington, KHSAA Office
8/16 Bowling Green HS
8/17 Murray HS
8/18 Louisville, Christian Academy HS
9/13 Make-Up Clinic ($75 Fine), Lexington, KHSAA Office

SOCCER
(All times are 6:30 p.m., unless noted otherwise)
7/27 Grayson, East Carter HS
7/29 Frankfort (w/Coaches Association Conference), Holiday Inn
8/1 Louisville, Fern Creek, 7:00 p.m.
8/6 Cadiz, Lake Barkley State Resort, (w/WKSOA Meeting), 11 a.m.
8/7 Bowling Green HS, 2:00 p.m.
8/8 Elizabethtown, HS
8/10 Erlanger, St. Henry HS
8/11 Somerset, Pulaski Co. HS
9/8 Make-Up ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

SWIMMING
(All times are 6 p.m., unless noted otherwise)
8/30 Lexington, Paul Dunbar HS, TBA
9/17 Madisonville, Madisonville-North Hopkins HS, 9:00 a.m.
9/17 Bowling Green HS, 4:00 p.m.
9/19 Covington, Scott HS
9/21 Louisville, St. Xavier HS
11/15 Make-Up ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

TRACK
(All times are 7 p.m., unless noted otherwise)
1/23 Somerset, Pulaski Co. HS
1/24 Louisville, Christian Academy
1/29 Cadiz, Trigg Co. HS
2/1 Bowling Green HS
2/2 Covington Catholic HS
2/12 Elizabethtown, John Hardin HS, 5:00 p.m.
2/22 Lexington, Tates Creek HS
3/5 Paintsville, Johnson Central HS, 3:00 p.m.
4/11 Makeup Clinic ($75 Fine) Lexington, KHSAA Office

SOFTBALL
(All times are 6:30 p.m., unless noted otherwise)
8/1 Louisville, Fern Creek, 7:00 p.m.
8/6 Cadiz, Lake Barkley State Resort, (w/WKSOA Meeting), 11 a.m.
8/7 Bowling Green HS, 2:00 p.m.
8/8 Elizabethtown, HS
8/10 Erlanger, St. Henry HS
8/11 Somerset, Pulaski Co. HS
9/8 Make-Up ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

WRESTLING
(All times are 7 p.m., unless noted otherwise)
10/5 Hebron, Conner HS
10/6 Louisville, Christian Academy HS
10/9 Princeton, Caldwell Co. HS, 3:00 p.m.
10/10 Lexington, KHSAA
10/12 Makeup Clinic ($75 Fine) Lexington, KHSAA Office, 1:30 p.m.

An additional track clinic may be added to coincide with the KTCCA State Conference.

VOLLEYBALL
(All times are 7 p.m., unless noted otherwise)
7/25 Lexington, KHSAA Office
7/26 Louisville, Fern Creek HS
8/7 Cadiz, Trigg Co. HS, 2:00 p.m.
8/8 Bowling Green HS
8/9 Owensboro, Daviess Co. HS
8/10 Covington, Scott HS
8/11 Paintsville, Johnson Central HS
8/14 Bardstown HS, 3:00 p.m.
8/15 Morehead, Rowan Co. HS
8/22 London, North Laurel HS
9/21 Make-Up Clinic ($75 Fine) Lexington, KHSAA Office

2005-06 KHSAA RULES CLINICS
(As of May 5, 2005)
Kentucky High School Athletic Association  
2280 Executive Drive  
Lexington, KY 40505  
(859) 299-5472 • FAX: (859)293-5999  
2005-06 Publication Order Form

Name ____________________________________________  
School/Business ________________________________________  
Address ________________________________________________  
City __________________________ State __________ Zip __________  
Phone # __________________________ Email __________________________  
Credit Card # __________________________ Expiration Date __________________________  

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| Sport - | Extended Price | 3.00 |
**PLAYING RULE BOOKS**, each school that has properly reported participation is provided one copy of each through its head coach, use this form to order additional.

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Total Enclosed

Fax or mail your order to the KHSAA Office, attn. Marilyn Mitchell. Visa/MC orders may be taken over the phone, minimum $15 purchase. Checks should be made payable to KHSAA. You may also order online at www.khsaa.org/publications.htm.