



Commissioner's Notes

February 2011

A monthly newsletter from Commissioner Julian Tackett, Kentucky High School Athletic Association, 2280 Executive Drive, Lexington, Kentucky 40505 859-299-5472 • www.khsaa.org

SPRING PRACTICE REMINDER

This reminder that the three-week window, from which 10 days can be selected for spring practice, begins on the Monday following the last basketball team's elimination from postseason play. There was a proposal to change that time period that has passed a vote of the schools, but has not yet been approved by the General Assembly committee as required, and will not be approved in time for 2011 implementation. The passage by the Annual Meeting is only the first step in the regulation approval process.

Therefore the rule for this spring remains exactly as it has been for many years and the three week window is the three school weeks immediately following (beginning on Monday) the elimination of that school's last basketball team.

BYLAW 25, Section 5 - Football

h) Each football school may conduct ten (10) practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during the three calendar school weeks following the school's elimination from postseason play in basketball. All equipment authorized by the football playing rules may be used during this period. There shall be no inter-school competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules. In order to conduct the spring practice sessions:

- 1) No student below grade nine may participate nor may seniors participate;
- 2) Dates shall be reported to the KHSAA on supplied forms;
- 3) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
- 4) Intrasquad games may be held but shall be counted as one of the ten practice sessions;
- 5) There shall be no school or coach imposed penalty for any player who chooses not to participate; and
- 6) There shall be no mandatory participation by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) and no mandatory participation by any other person not appearing on a spring sports roster.

NFHS UNVEILS NEW ONLINE PUBLICATION

The National Federation of State High School Associations (NFHS) has announced the launch of a new online publication for high school coaches called NFHS Coaching Today. The publication can be accessed from the main link on the NFHS Home page (www.nfhs.org) or from the home page of the NFHS Coaching Education site (www.nfhslearn.com). The direct link to the publication is: <http://www.nfhs.org/CoachingToday/>

NFHS Coaching Today replaces the NFHS Coaches' Quarterly, which is no longer being printed. A benefit of the new online



publication is wider distribution and access from the NFHS and Coaching Education sites, which give the potential of reaching hundreds of thousands of coaches nationwide. Material on the site will be changed regularly, with new features and department articles being posted each month. The NFHS Coaching Today Publications Committee is responsible for approving all editorial material.

As a "work in progress," the NFHS welcomes any feedback you might provide. The contact on this project is bhoward@nfhs.org.

SCHOOLS REMINDED ABOUT SCHEDULING FOR 2011-2012 IN VOLLEYBALL AND BASKETBALL

Member schools are reminded that the limitation of seasons for basketball and volleyball HAS NOT changed at this time. Though the membership has voted to change the counting requirement, the change has not yet completed the regulatory review cycle. Schools should schedule based on the 2010-2011 rule as published. If the change is approved prior to the start of play in 2011-2012, schools will have the flexibility to add games to get to the new limit.

CDC OFFERS FREE CONCUSSION INFORMATION

Concussions can happen to any athlete - male or female - in any sport. Concussions are a type of traumatic brain injury (TBI), caused by a blow or jolt to the head that can range from mild to severe and can disrupt the way the brain normally works. More than 300,000 people sustain sport-and-recreation-related TBIs every year in this country. Coaches, athletic directors and athletic trainers play a key role in helping to prevent concussions and in proper management procedures when they do occur.

To reduce the number of this type of injury, the Center for Disease

Control and Prevention (CDC), with the support of partners and experts in the field, have developed an online collection of resources for coaches titled Heads Up: Concussion in High School Sports. This website contains practical, easy-to-use information including a video and DVD featuring a young athlete disabled by concussion. This site also includes a guide, wallet card, clip board sticker for coaches, posters, fact sheets for parents and athletes in English and Spanish, a CD-ROM with downloadable materials and additional concussion related resources. The information can be accessed for free at http://www.cdc.gov/concussion/HeadsUp/high_school.html.

KHSAA LOOKING FOR ANTHEM SINGERS

In preparation for the 2011 Houchens/KHSAA Sweet 16® Girls State Basketball Tournament and the PNC/KHSAA Sweet 16® Boys State Basketball Tournament, the KHSAA is seeking students to sing the national anthem before each session.

If you have a student who would be capable of performing in front of a large audience while representing your school, please contact Darren Bilberry or Phyllis Sallee and submit a sample of their previous anthem performance.

SPORT UPDATES

Baseball

Coaches/Officials are reminded that the mandatory Rules Clinic will be available online beginning Feb. 8. Coaches, the first date of practice is Feb. 15 and first contest date is March 21. We continue to advise all audiences to check the KHSAA website for information on the composite bat rule change and the most up-to-date listing of approved BESR composite bats approved by the National Federation.

Bowling

We will be sending out a survey in the near future asking schools if they will be sponsoring a bowling team. Your response will help us as we continue to work to add this new and exciting sport to the KHSAA sanctioned sports.

Soccer

Surveys were sent to member school principals soliciting their views on the resolution of overtime contests. Those surveys have been collected and data is being compiled.

Tennis
Tennis rules clinics begin this week and will continue throughout the month. For more information, including times and locations, please check the KHSAA Web site at www.khsaa.org/tennis.

Softball

The mandatory softball rules clinic will be available online beginning Feb. 8. Coaches, the first date of practice is Feb. 15 and first contest date is March 21.

Swimming & Diving

The 2011 Pannell Swim Shop/KHSAA State Swimming and Diving Championships will take place on Feb. 24-26 at the Ralph Wright Natatorium on the campus of the University of Louisville. The meet has been expanded to three days this year, with the diving preliminaries scheduled for Thursday evening. The swimming preliminary events will take place on Friday with the boys and girls finals for Saturday. Admission is \$10 per session with children under 10 admitted free.

Track and Field

This years state meet will be held at the University of Louisville from May 26 through May 28. The Class AA events will take place on Thursday, Class A on Friday and the Class AAA on Saturday. We are excited to announce that this years state track meet will include exhibition wheelchair competition in the 400m and shot put. There will be more information distributed to schools in the near future that will include training for coaches and officials.

Volleyball

Coaches are continually reminded that the Bylaw change approved by the schools and KHSAA Board is still within the approval process. Athletic Directors and Coaches are advised to continue to schedule for the 2011 season under the current "old" format of 20 contests, of which 3 tournaments can in counted in the shortened manner of one contest. We will communicate to schools immediately when we have final approval and the new Bylaw change goes into effect.

REMAINING 2010-11 KHSAA CHAMPIONSHIP DATES

Feb. 25-26	Pannell Swim Shop/ KHSAA Swimming & Diving	Wright Natatorium, Louisville
March 9-12	Houchens/KHSAA Girls' Basketball	Diddle Arena, Bowling Green
March 16-19	PNC/KHSAA Boys' Basketball	Rupp Arena, Lexington
May 26-28	Boys' & Girls' Tennis	UK & Sayre Complex, Lexington
May 26-28	Boys' & Girls' Track and Field	Frazier Park, Louisville
June 10-11	Softball	Fisher Park, Owensboro
June 13-18	Forcht Bank/ KHSAA Baseball	Applebee's Park, Lexington

UPCOMING EVENTS

- Feb. 24-26 Pannell Swim Shop/KHSAA State Swimming & Diving Championships, Louisville
- March 9-12 Houchens/KHSAA Girls' Sweet 16® State Basketball Tournament
- March 16-19 PNC/KHSAA Boys' Sweet 16® State Basketball Tournament

Thanks for all of your continued support!

Julian Tackett