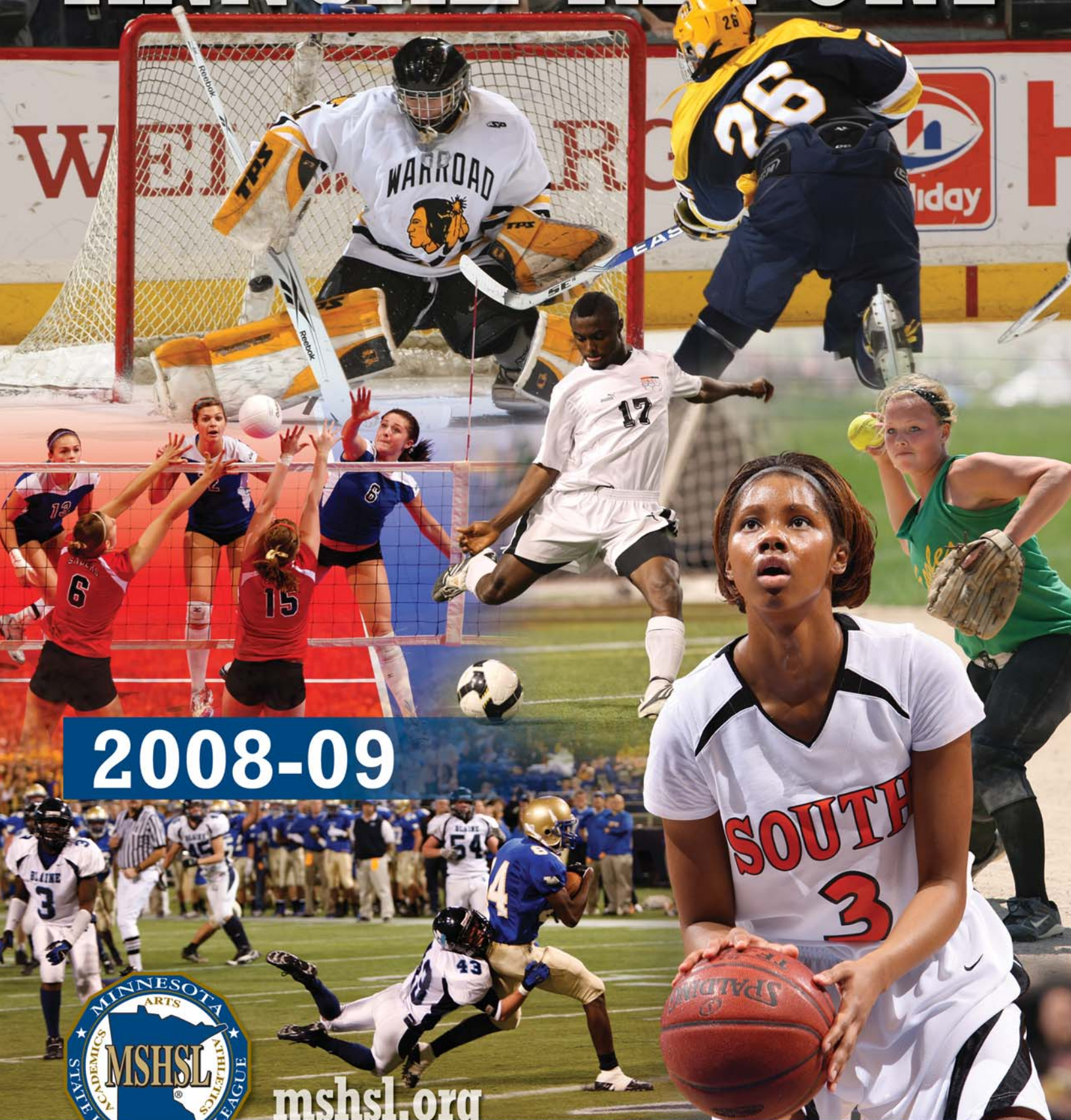


MINNESOTA STATE HIGH SCHOOL LEAGUE

# ANNUAL REPORT



2008-09



[mshsl.org](http://mshsl.org)

2100 Freeway Boulevard, Brooklyn Center, Minnesota 55430 • 763-560-2262



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## 2008-2009 REPRESENTATIVE ASSEMBLY DELEGATES

*The rulemaking body of the Minnesota State High School League*

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<http://www.leg.state.mn.us/lrl/lrl.asp>

### CLASS A REGIONS

#### Region 1A

1. David Thompson, Superintendent, Stewartville
2. Ed Friesen, Athletic Director, Bethlehem Academy, Faribault
3. Dave Runnigen, Coach, Houston

#### Region 2A

4. Randy Soma, Activities Director, Fairmont
5. Craig Morgan, Athletic Director, Minnesota Valley Lutheran, New Ulm
6. David Swanberg, Athletic Director, LeSueur-Henderson

#### Region 3A

7. Bob Grey, Athletic Director, Montevideo
8. Dave Marlette, Superintendent, Tracy-Milroy-Balaton
9. Steve Wiertzema, Athletic Director, Hills-Beaver Creek

#### Region 4A

10. Mike Aurich, Athletic Director, Concordia Academy, Roseville
11. Jeff Wall, Athletic Director, Maranatha, Brooklyn Park
12. Steve Eklund, School Board, Braham

#### Region 5A

13. Ron Starke, Athletic Director, Annandale
14. Emmett Keenan, Athletic Director, St. Cloud Cathedral
15. Dale Decker, Athletic Director, Howard Lake-Waverly-Winsted

#### Region 6A

16. Rick Bleichner, Superintendent, Battle Lake
17. Janelle Bright, Coach, Bertha-Hewitt
18. Marc Helmricks, Athletic Director, Pequot Lakes

#### Region 7A

19. Kathy Fredricksen, Athletic Director, Moose Lake
20. James Lah, Athletic Director, Ely
21. Roger Koster, Athletic Director, Silver Bay

#### Region 8A

22. Vern Johnson, Athletic Director, Grygla-Gatzke
23. Craig Oftedahl, Superintendent, Warroad
24. Mike Kolness, Principal/AD, Ada-Borup

### CLASS AA REGIONS

#### Region 1AA

25. Jeff Whitney, Athletic Director, Rochester Mayo
26. Joel Leer, Principal, Northfield
27. Ken Hubert, Activities Director, Faribault

#### Region 2AA

28. Jeff Jeska, Principal, Waconia
29. Paul Szymanski, Activities Director, Hutchinson
30. Perry Thinesen, Activities Director, Dassel-Cokato

#### Region 3AA

31. Michael Manning, Athletic Director, Rosemount
32. Chris McDonald, Coach, Eagan
33. Mike Sjoberg, Coach, St. Thomas Academy, Mendota Heights

#### Region 4AA

34. Jodi Loeblein-Lecker, Athletic Director, Cretin-Derham Hall, St Paul
35. Lee Alger, Activities Director, Tartan, Oakdale
36. John Brodrick, School Board, St. Paul Public Schools

#### Region 5AA

37. Matt Mattson, Athletic Director, Champlin Park
38. Larry Lawler, Athletic Director, Park Center, Brooklyn Park
39. Ron Zopfi, Athletic Director, Maple Grove

#### Region 6AA

40. Jamison Rusthovan, Athletic Director, Minneapolis Edison
41. Amber Hegland, Coach, Wayzata
42. Mike Grant, Athletic Director, Eden Prairie

#### Region 7AA

43. Joel Olson, Activities Director, Forest Lake
44. Brian Lasleiet, Coach, North Branch
45. Ed Saxton, Superintendent, St. Francis

#### Region 8AA

46. Andrea Swanberg, Athletic Director, St. Cloud Tech
47. Mike Olson, Athletic Director, Little Falls
48. David Hartmann, Athletic Director, Alexandria

## MSHSL Administrative Staff

Executive Director ..... Dave Stead  
Executive Assistant ..... Lynne Johnson  
Associate Director ..... Lisa Lissimore  
Administrative Assistant ..... Sheila Robinson  
Associate Director ..... Craig Perry  
Administrative Assistant ..... Susi Hollenbeck  
Associate Director ..... Jody Redman  
Administrative Assistant ..... Amie Symens

Associate Director ..... Kevin Merkle  
Administrative Assistant ..... Amanda Johnson  
Officials' Coordinator ..... Katie Vanderpoel  
Director of Information ..... Howard Voigt  
Assistant Information Director ..... Ellen Giloy-Rajkowski  
Media Credentialing Assistant ..... Yvonne Walsh  
Assistant Director ..... Chris Franson  
Web Site Coordinator ..... Nancy Etter

Assistant Director ..... Richard Matter  
Accounting Assistant ..... Sharon Bahma  
Ticket Assistant ..... Nancy Myers  
Program Specialist ..... Amy Doherty  
Office Manager ..... Kristi Vesall  
Administrative Assistant ..... Yvonne Walsh  
Receptionist ..... Tracie Bressler

# President's Report



It's my pleasure to have served the member schools as your Board of Directors' president during the 2008-09 school year. This was a year of serious economic challenges, and the financial constraints caused all of us to re-evaluate school activities. During this process, the Board of Directors focused on financial issues that could help school districts best manage athletic and fine arts programs without negatively affecting participation levels.

Many proposals came before the Board of Directors this year including recommendations to reduce the number of athletic contests; limiting the number of contact days during the summer for coaches and student athletes; and cutting back on double-elimination post-season tournaments. Following is a list of some of the action items that came before the Board.

- Anyone Can Save A Life—a school-based education and emergency response program for cardiac emergencies. This program is the first of its kind in the nation and was developed in conjunction with the Medtronic Foundation.
- Extension of the current broadcast agreement with KSTC-TV, Channel 45 to 2021. The new contract calls for live web casting of MSHSL tournaments not currently televised.
- A new policy for selecting officials' for Section playoff tournaments. The policy will ensure quality officiating at all levels of tournament competition as well as provide a larger number of individuals the opportunity to officiate Section tournaments.
- Background checks for all registered contest officials.
- A rebate in activity registration fees for all member schools, which results in an average saving of \$820.00 per school or \$403,000.
- Expansion of on-line rules meetings for coaches and contest officials which have saved many schools and officials thousands of hours and dollars.
- Support the merger of the boys' and girls' coaches associations which enables them to speak as one voice for the student athletes they represent.
- Limited all sports teams to two scrimmage dates and one jamboree or a total of three scrimmage dates per season.
- The elimination of neutral sites for Section tournament games before the championship round. Flexibility, however, will be allowed if neutral sites would better accommodate large crowds or reduce travel costs for teams.
- In baseball and softball, all early-round subsection and section play will be single-elimination. Double elimination may be used when four teams remain alive in Section finals.
- Beginning next year, the golf season will begin and end a week later in June. The season will remain 13 weeks long.
- 600 mile round trip limitation for any contest or event that takes place in a state or province that does not border Minnesota.

The Board and League staff continued to conduct meetings throughout the year with school board members, superintendents, principals, legislators, athletic/activity directors and coaches in order to receive input, share economic concerns, and discuss issues that impact the administration of interscholastic activities.

As I conclude my year as the Board President, I want to assure each member school that your Board acted on input they received from school administrators, activity directors, school board members, coaches, students, and the general public. School community based decisions were made without regard to personal agendas, and thoughtful dialogue preceded each action item on the agenda.

Our League is strengthened because of your input and support. Thank you for allowing me to serve as your president.

A handwritten signature in blue ink that reads "Mark Kuisle".

Mark Kuisle, Board of Directors  
President, 2008-09



# Mission

The Minnesota State High School League is a non-profit, voluntary association of public and private schools with a history of service to Minnesota youth since 1916. Its mission is to provide educational opportunities through interscholastic athletic and fine arts programs for students and leadership and support for member schools.

## We believe:

- Participation in school activity programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based activity programs.
- Students should have an equal opportunity to participate in all activities offered by their school.
- Ethical behavior, dignity and respect are non-negotiable.
- Student participants who choose to be chemically free must be supported.
- Collaborative relationships with parents enhance a school's opportunity to positively impact student success.
- Academic priorities must come before participation in athletic or fine arts activities.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- High school activity programs are designed for student participants and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and League rules is essential for all activity participants.
- Participation in school-sponsored activities must be inclusive, not exclusive.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities.

# History

The Minnesota State High School League was first organized in 1916 by a group of local superintendents. Then called the State High School Athletic Association, its mission was to promote amateur sports for boys and establish uniform rules for interscholastic contests.

In 1929, the Association broadened its scope to include speech and debate, and the Association's name changed to the Minnesota State High School League.

In 1960, the League incorporated under Minnesota Law as a non-profit, voluntary association of high schools. The League added music to its list of sponsored activities in 1965 and girls' athletic programs in 1969.

In 1973, Minnesota statutes provided that membership in the League is available to any high school in Minnesota that satisfied the compulsory attendance requirement under Minnesota Law. Thirty-seven non-public schools joined the League the next year.

A review of the League eligibility rules in 1980 resulted in the creation of TARGET Minnesota, a program that supports chemically free student leaders.

During the 1990's the League became the first activity association in the nation to sponsor girls' ice hockey and adapted athletic programs for students with disabilities.

In 2005, the League embarked on a new, innovative initiative called TeamUp. Through this program the League annually provides educational materials to school administrators to help them create a positive, safe athletic environment.

The Minnesota State High School League Foundation was created in 2007 to promote high school students' participation in interscholastic athletic and fine arts activities. The Foundation has awarded more than a million dollars in grants to fulfill its mission.

# Services to Member Schools

The Minnesota State High School League is a service organization providing its membership with publications, training opportunities, recognition programs, tournaments, rules interpretation meetings, and many other services that assist in the administration of interscholastic activities.

The League serves students first and foremost, providing educational experiences through involvement in athletics and fine arts activities. Interscholastic competition leads to state tournament competitions which are conducted by the League. Students also are acknowledged through several recognition programs for academic achievements, community service, and leadership.

The League serves its member schools by providing competitive environments with rules that support fair play and equitable competition. School personnel, from elected local school board members to superintendents, from principals to athletic/activity directors, are invited twice annually to area meetings throughout the state to share concerns and discuss issues.

The League serves coaches and officials, both integral to equitable competition, by providing educational and training opportunities. Through the League's

Coaches Education Program coaches can learn about the science of sport, first aid, and the rules that govern both student eligibility and the activities they oversee. Officials are provided with annual meetings to review contest rules and are provided opportunities for further training in the mechanics of officiating.

The League serves the public in general as a complimentary extension of the classroom by providing activities for high school youth that teach lifelong lessons and develop responsible citizens. Communication with the general public takes many forms, not the least of which is a comprehensive Web site - [www.mshsl.org](http://www.mshsl.org).



# Grassroots Governance

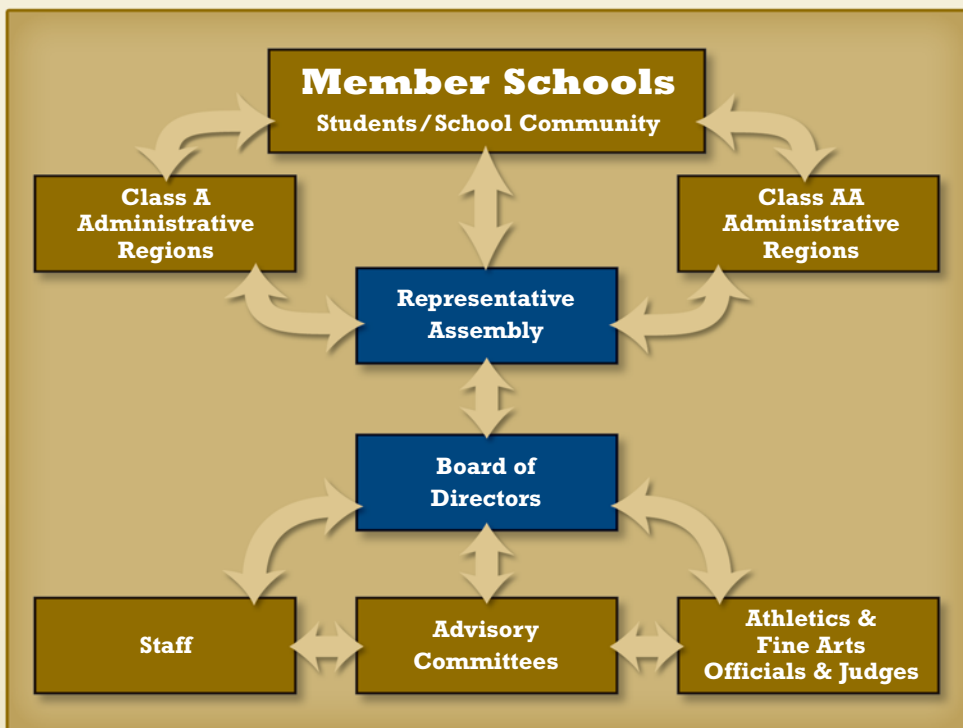
As a non-profit, voluntary association of public and private schools, the League is structured to listen to and respond to its members. Individual school boards decide every year to join the League. Each member school and its composite constituencies—students, parents, coaches, administrators, and school board members—have a voice at the grassroots level known as an administrative region.

A region committee comprised of representatives from League member schools makes decisions about how subsection and section competition is conducted. Each of these 16 committees—eight for schools with an enrollment of fewer than 500 students in grades

10-12 and eight for schools with an enrollment of 500 or more—also elect or appoint three people to serve on the Representative Assembly which acts on bylaws that govern eligibility and the administration of League activities. These committees also review proposed changes to bylaws before consideration by the Representative Assembly. They also report to the 20-member Board of Directors, which oversees the administration of all League activities and structures the conduct of state tournaments.

Activity Advisory committees provide direct information to the Board of Directors about activity programs. These committees—there's one for each activity the League sponsors—meet once a year to review and recommend changes to athletic and fine arts programs. Activity associations appoint people to serve on the advisory committees. Committee members generally serve two-year terms.

The intent is to involve everyone from students and their parents and coaches to school administrators and their elected school board members, in the League's decision-making process.



The Representative Assembly, the League's legislative body, is where local school personnel speak for member schools and develop League bylaws. Regions committees elect or appoint people to the 48-member Representative Assembly. Members generally serve a two-year term.

## 2008-09 Bylaw Changes

Forty-eight people, representing the League's membership, comprise the Representative Assembly, the League's legislative body. The Assembly meets annually to consider all bylaw proposals that come from League member schools, region committees, the Board of Directors, and state athletics and fine arts associations.

League bylaws govern the addition of new activities, season lengths, number of contests, eligibility standards, and amateurism requirements of student athletes and fine arts participants. Bylaws also set requirements for conduct, enrollment, and they give direction to scholarship, student transfers, and many other areas important to the sound administration of high school athletic and fine arts programs.

During the 2008-09 school year, the Representative Assembly approved two amendments that will take effect in 2010. The first amendment redefines the summer period for soccer to June 1 through the Sunday preceding the official starting date of the MSHSL high school soccer season.

The second amendment changes the summer waiver period to June 1 through July 31 of each year and institutes a no-contact period from July 1 through July 7. During the no-contact period salaried and non-salaried coaches are not allowed to coach members of their high school sports teams.

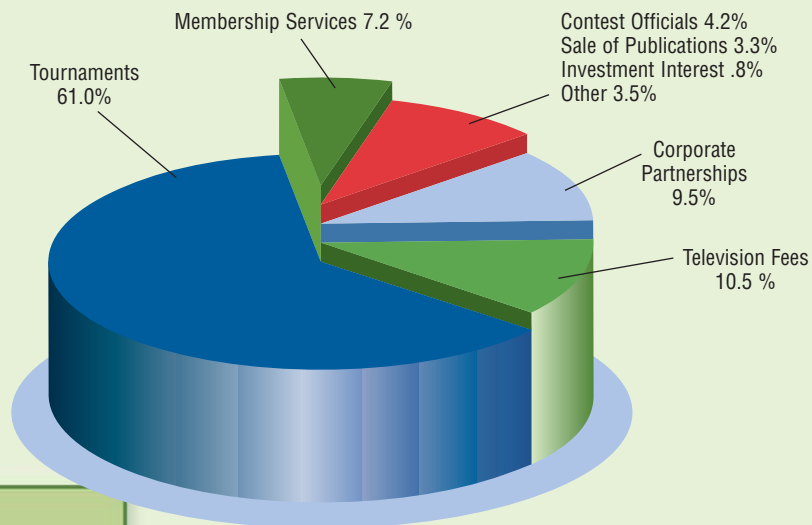
# League Finances

The Minnesota State High School League is a non-profit organization. The League operates on an annual budget of about \$7.8 million and receives no funding from the state legislature.

Revenues generated from tournament ticket sales, broadcast rights fees, and other tournament related-income make up the majority of the League's operating budget. The remaining portion of the budget comes from broadcast fees, corporate sponsorships, publication sales, registration fees, and investment income.

At the end of each fiscal year, revenue remaining after all expenses are paid, is distributed to member schools fortunate enough to have competed at the state level. Those shares of revenue during the past 10 years have averaged \$624,000 each year, an average of \$1,710 per school. In addition, in 2009, the League refunded activity registrations fees to all member schools which resulted in an average savings of \$820 per school, or \$403,000.

The Office of the State Auditor for Minnesota audits all financial records of the League. The audit report is mailed to League member schools.

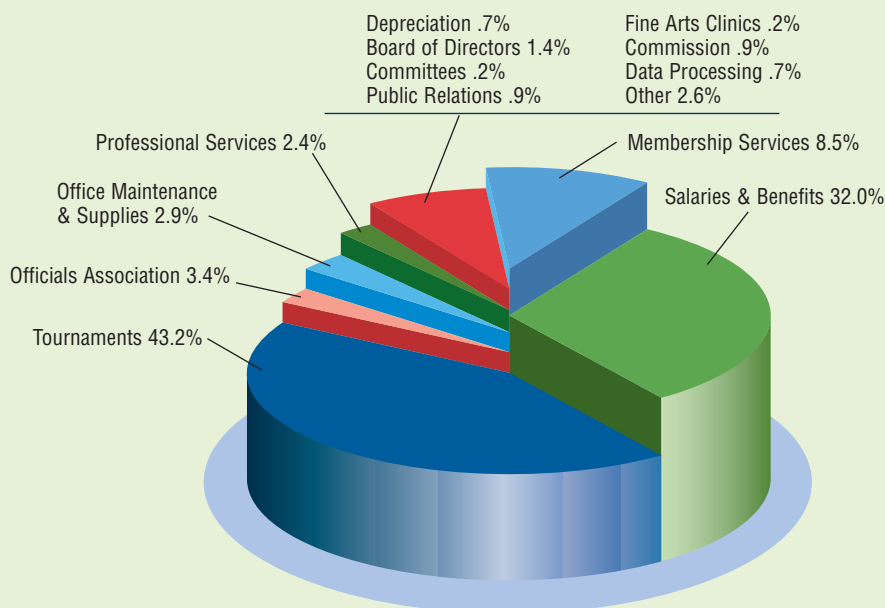


## Revenues \$7,784,404

Tournaments \$4,746,376  
 Television Fees \$822,495  
 Membership Services \$557,930  
 Sale of Publications \$260,428  
 Contest Officials Registration \$325,865  
 Investment Interest \$60,902  
 Corporate Partnerships \$737,375  
 Other \$273,033

The League pays for and member schools receive—

- Catastrophic insurance coverage for student activity participants
- Tournament liability insurance
- Educational and training opportunities for coaches and contest officials
- Advisory committees that provide direct information to the Board of Directors
- Certificates, trophies and medals for students participating in League tournaments
- Student recognition programs
- Postage for mailing agendas, minutes of meetings, rule books, newsletters and requested information to member school and to anyone who requests to be on League mailing lists.



## Expenses \$7,644,550

Tournaments & School Reimbursements \$3,299,579  
 Salaries & Benefits \$2,450,651  
 Professional Services \$181,701  
 Membership Services \$647,430  
 Office Maintenance & Supplies \$219,894  
 Other \$200,268  
 Board of Directors \$108,841  
 Committees \$14,584  
 Officials Associations \$259,107  
 Depreciation \$54,564  
 Fine Arts Programs \$19,035  
 Public Relations \$67,293  
 Corporate Partnership Commission \$66,575  
 Data Processing \$55,028

# Comparative Schedule of Tournament Revenues and Direct Expenses

for the Years Ended July 31, 2009 and 2008

Tournament	2009**			2008*		
	Revenues	Direct Expenses	Excess (Deficiency) of Revenues Over Direct Expenses	Revenues	Direct Expenses	Excess (Deficiency) of Revenues Over Direct Expenses
Baseball	90,246	71,895	18,351	84,503	74,552	9,951
Boys' Basketball	510,751	219,630	291,121	486,770	214,488	272,282
Girls' Basketball	300,527	194,158	106,369	289,849	194,129	95,720
Cross Country Running	13,593	28,187	(14,594)	13,503	30,062	(16,559)
Football	878,960	342,417	536,543	887,689	326,332	561,357
Golf	10,570	44,175	(33,605)	10,106	57,865	(47,759)
Girls' Gymnastics	41,255	65,189	(23,934)	46,055	68,542	(22,487)
Boys' Hockey	1,335,456	327,440	1,008,016	1,221,944	289,563	932,381
Nordic Ski Racing	3,474	21,496	(18,022)	3,049	19,914	(16,865)
Alpine Skiing	3,566	24,517	(20,951)	3,118	21,943	(18,825)
Soccer	177,260	112,672	64,588	168,414	107,444	60,970
Girls' Softball	56,352	50,109	6,243	46,403	51,311	(4,908)
Boys' Swimming & Diving	46,965	49,047	(2,082)	48,093	48,616	(523)
Girls' Swimming & Diving	51,235	50,436	799	48,776	48,147	629
Boys' Tennis	4,833	31,003	(26,170)	5,374	30,205	(24,831)
Girls' Tennis	5,901	35,292	(29,391)	4,993	35,357	(30,364)
Track and field	114,096	121,367	(7,271)	112,023	122,856	(10,833)
Girls' Volleyball	175,591	140,506	35,085	176,449	117,082	59,367
Wrestling	440,109	232,083	208,026	364,251	212,989	151,262
Synchronized Swimming	0	1,165	(1,165)	0	997	(997)
Adapted Soccer	6,872	17,594	(10,722)	7,249	17,647	(10,398)
Adapted Floor Hockey	10,141	18,001	(7,860)	9,076	17,274	(8,198)
Adapted Softball	6,200	17,040	(10,840)	5,655	17,501	(11,846)
Adapted Bowling	462	11,781	(11,319)	581	11,220	(10,639)
Debate	0	15,992	(15,992)	142	15,745	(15,603)
Speech	5,701	50,266	(44,565)	5,704	46,199	(40,495)
One Act Play	15,526	18,107	(2,581)	14,683	18,696	(4,013)
Girls' Hockey	249,314	192,153	57,161	183,989	163,321	20,668
Cheerleading	0	4,570	(4,570)	0	6,672	(6,672)
Girls' Dance Team	161,796	94,898	66,898	149,500	88,561	60,939
Lacrosse	29,624	22,520	7,104	24,771	21,276	3,495
Badminton	0	640	(640)	0	640	(640)
Visual Arts	0	675	(675)	0	640	(640)
<b>Total</b>	<b>4,746,376</b>	<b>2,627,021</b>	<b>2,119,355</b>	<b>4,422,712</b>	<b>2,497,786</b>	<b>1,924,926</b>

The tournament direct expenses shown above include only those expenses that are directly associated with conducting the tournaments (i.e. personnel, site and program costs). School expense reimbursement and indirect costs such as membership services, salaries and benefits, postage, and other general administrative costs of the MSHSL have not been allocated to any specific tournaments and therefore, are not included in the schedule shown above.

\* From State Auditor's Report \*\* End of year balance on League financial statements

## A 10-Year Comparison of School Reimbursements For Tournament Participation

	Number of Schools Participating	Total Amount Returned	Average Per School
1999-00	352	650,581	1,848
2000-01	357	671,141	1,879
2001-02	359	476,296	1,326
2002-03	360	256,233	712
2003-04	357	669,084	1,874
2004-05	364	671,022	1,843
2005-06	365	600,689	1,645
2006-07	360	692,930	1,925
2007-08	365	870,259	2,384
2008-09	487	1,084,736	2,227



# ANYONE CAN SAVE A LIFE

## An Emergency Response Program for After School Practices and Events

Take a moment to imagine you're at a sporting event at your local high school. The home team is taking on a tough rival, and the gymnasium is packed with cheering fans. Suddenly, amid all the action and commotion, a young athlete collapses to the floor. You can see he is not breathing as he lies motionless on the court. His heart has stopped due to sudden cardiac arrest or SCA.

Perhaps you've heard of this before and realize you have just a few minutes to do something before it's too late. Would you call 911? Do you know how to do CPR? Do you know where to find the nearest automated external defibrillator (AED)? Do you know how to use it?

### SCA is the Leading Cause of Death in Young Athletes

Unfortunately, SCA is not an imaginary foe. It is the leading cause of death in young athletes and the leading overall cause of death in the United States, claiming more than 250,000 lives annually. It occurs without warning when the heart's electrical system stops working and blood does not flow through the body. Over the past year, a reported six Minnesota students have died or nearly died from SCA.

### Access to Defibrillators within Three to Five Minutes Could Save Lives

We may not know when SCA will strike, but we do know that unless the victim is provided with adequate aid in a timely fashion—three-to-five minutes—SCA is 100 percent fatal. In fact, the survival rate for SCA victims decreases by 10 percent for every minute that passes without treatment after collapse, and severe brain damage can begin in as little as five minutes.

How quickly a victim receives treatment for sudden cardiac arrest is the single greatest factor in determining whether they will live or die. A recent Minnesota State High School League survey shows 90 percent of Minnesota high schools have at least one AED on site. However, less than 40 percent have emergency action plans for quickly accessing and using those AEDs at after school activities and events.

## Save-A-Life Story

### Quick Response Saves Student-Athlete



Michael Spillman of Cannon Falls was playing in a pick-up basketball game when he collapsed without warning. The gym supervisor and two fellow student-athletes responded to the emergency. The trio began CPR, yet Michael remained unresponsive. Meanwhile, other players immediately called 911 and the school janitor retrieved the AED. The police officer, who arrived at the scene within 3 minutes, used the AED to shock Michael's heart back into normal rhythm. Michael was air-lifted to the

hospital and regained consciousness while in the helicopter. He is now doing very well, thanks to the easily accessible AED and the quick response of his teammates.

### Survival will Improve as Emergency Plans, Training and AEDs Become More Available

These SCA events are reasons why the Minnesota State High School League and the Medtronic Foundation have developed an emergency response program that will help schools prepare for and respond to life-threatening emergencies that may occur at high school athletic practices and events.

We call the program 'Anyone Can Save A Life' because learning how to save a life from sudden cardiac arrest is fast and easy: someone calls 911, someone starts chest compressions, and someone gets the AED. The AED tells you exactly what to do: simply turn it on and follow the directions. It is impossible to hurt someone with an automated external defibrillator. It will only deliver a shock if one is needed.

By helping schools implement this life-saving program, the Minnesota State High School League and the Medtronic Foundation hope to raise awareness of SCA and help establish a protocol for response.





## Anyone Can Save A Life Program Components

Anyone Can Save A Life is a first-of-its-kind, school-based SCA education and emergency response program for cardiac emergencies. The program has the tools every school needs to prepare for and respond to life-threatening emergencies at high school athletic practices and events. It also includes resources that will assist in the education of school communities about SCA signs and symptoms and the use of pre-participation screening as the first line of defense in preventing SCA.

**The Emergency Planning Workbook** provides athletic administrators with an outline of the necessary elements to establish an emergency action plan that includes a standardized protocol for managing cardiac emergencies, steps for developing a communication plan, and guidelines for a program evaluation system.

**PowerPoint Presentations** are the perfect tool for the 'Anyone Can Save A Life' program administrator to use to facilitate open discussion among coaches, parents and students about SCA risk factors, signs, and symptoms. Additional PowerPoints include information on CPR training and AED use for event staffs and others involved in high school athletics and activities.

**The American Heart Association CPR Anytime Kit** is available to train event staffs, coaches, students, parents and other likely first responders in Hands-Only CPR. The kit includes a 20-minute CPR training DVD and a blow up training mannequin.

**Grant Program.** The Minnesota State High School League Foundation will provide grants to member schools to purchase automated external defibrillators and for CPR and AED training.

**Brochures and Handouts** are also available for superintendents, school board members and others on the importance of emergency preparedness and SCA prevention.

Anyone Can Save A Life program materials are available through the Minnesota State High School League. You can visit [AnyoneCanSaveALife.org](http://AnyoneCanSaveALife.org) for additional information about this life-saving program.

## What Every Parent Should Know: Symptoms and Risk Factors for Sudden Cardiac Arrest

Educating young people about the symptoms and risk factors of sudden cardiac arrest is one way to help prevent it. In more than half of the cases of SCA in kids, death is the first sign of a problem. Young people are often unaware of the risk factors and don't tell adults if they experience the symptoms. They may be frightened, embarrassed, or simply unaware that what they are feeling indicates a potentially fatal condition. Athletes don't want to jeopardize their playing time, so they may also avoid telling their parents or coaches in hopes that the symptoms will "just go away" on their own. Make sure you talk to your child about the symptoms and risk factors for SCA. If he or she has experienced any of them, visit your primary care physician immediately for further evaluation.

### The symptoms below indicate that SCA may be about to happen:

- Racing heart; palpitations
- Dizziness or lightheadedness
- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or being startled
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise
- Excessive shortness of breath during exercise

### The following factors increase the risk of SCA:

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history for Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting or seizures
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs such as cocaine, inhalants, or "recreational" drugs

- ✓ Sudden cardiac arrest is an abrupt loss of heart function caused by irregular activity in the heart. It is the leading cause of death in young athletes. The unfortunate statistic to date is that just 1 in 10 U.S. student-athletes who suffers sudden cardiac arrest survives. It is estimated that 1,000 American kids die each year from sudden cardiac arrest.
- ✓ Defibrillation is the process of providing an electrical shock to restore a heart to its normal rhythm.
- ✓ Implementation of 'Anyone Can Save A Life' can help decrease the number of SCA deaths in all Minnesota schools and the communities they represent.
- ✓ For every minute that elapses after SCA, the chances of survival diminish 10%.

Plan. Learn. Save.

# Listening to Students SURVEY

## Minnesota high school student views about athletic participation **Here is what they had to**

During the 2008-2009 school year, more than 5000 students from around the state completed the Listening to Students survey, a survey that is conducted approximately every five years. Some of the questions remain the same from year to year, while others change based on current issues and trends. Athletic directors from member schools were asked and encouraged to facilitate survey-completion by approximately 10% of their students who participate in athletics and fine arts activities. They were asked to select a wide range of students, 9-12 graders, both genders, and not strictly team leaders or captains. Although schools were not required to participate, a wide variety of schools did participate—large and small, metro and outstate, well known schools in state tournament play and less frequent tournament visitors.

*"I think EVERYONE should be involved in sports. It helps me manage my time and stay healthy. I have also developed so many long term friendships through all three of my sports."*

*"I believe that Minnesota high school sports are very fair for all coaches and student athletes. I love the competition that comes with sports."*



### **The top three positive outcomes that student participants have experienced through athletic participation:**

- Teamwork and cooperation with peers
- Time management, self-discipline, commitment, responsibility, respect for authority
- Fun

### **The top three negative outcomes that student participants have experienced through athletic participation:**

- Too much time away from studies
- People expect more from an athlete
- Too much pressure to win (from parents and self)

### **The three most selected qualities that student participants enjoy most about their coaches:**

- Inspires and motivates me to perform at my best
- Cares about and respects players as individuals
- Gives a lot of his/her time

### **The top three things that student participants appreciate MOST about their parents' attitudes toward their participation in athletics:**

- Encouragement
- Attendance at games/contests
- Opportunity to participate in sport(s) of student's choosing



*"My coaches really care about me as a person, not just about how I do in terms of sports but also how I am doing academically and in my regular life."*



s share their  
on  
**say:**



**Participating in school activities provides an opportunity to develop self-discipline not necessarily found in the classroom.**

- 93% Strongly agree/agree
- 4% No opinion
- 3% Disagree

**How much pressure is there on you to win?**

- 73% About right
- 13% Too much
- 10% Not enough
- 4% None

**School activities and athletics instill a sense of school pride.**

- 96% Strongly agree/agree
- 2% Disagree
- 2% No opinion

**Students who participate in school activities and athletics tend to be school leaders.**

- 88% Strongly agree/agree
- 6% Disagree
- 6% No opinion



"High school sports are great to have because it teaches a student how to manage their time and get involved with their school. Also, it helps teach important things in life that you can't necessarily teach in a classroom. It also is a great way to meet new people in your school."



# Listening to Students



*"I really enjoy, not just becoming a stronger player, but also learning more about life and myself. I feel that after the many years, I've not just come away with athletic ability, but the ability to grow as a person, on and off the field."*



Website for full survey results:  
<http://www.mshsl.org/students>



# 2009-2010

# CALENDAR OF EVENTS



## Activity

## Dates

## Tournament Sites

### FALL

Girls' Tennis	Oct. 27-30	AA – University Baseline Tennis Center, Minneapolis A – Reed-Sweatt Family Tennis Center, Minneapolis
Boys' & Girls' Soccer	Oct. 28-30 Nov. 2, 3, 5	Quarterfinals – Various Sites Semifinals & Finals – Metrodome, Minneapolis
Boys' & Girls' Cross Country Running	Nov. 7	St. Olaf College, Northfield
Girls' Volleyball	Nov. 12-14	Xcel Energy Center, St. Paul
Girls' Swimming & Diving	Nov. 19-21	University Aquatic Center, Minneapolis
Adapted Soccer	Nov. 20-21	Stillwater Area High School
Football	Nov. 12-14 Nov. 20-21, 27-28	Quarterfinals – Various Sites Semifinals & Prep Bowl – Metrodome, Minneapolis

### WINTER

Debate	Jan. 15-16	University of Minnesota
Boys' & Girls' Alpine Skiing	Feb. 10	Giants Ridge, Biwabik
Boys' & Girls' Nordic Ski Racing	Feb. 11	Giants Ridge, Biwabik
One Act Play	Feb. 11-12	The O'Shaughnessy, St. Catherine University, St. Paul
Girls' Dance Team	Feb. 12-13	Target Center, Minneapolis
Girls' Hockey	Feb. 24-27	Xcel Energy Center, St. Paul
Girls' Gymnastics	Feb. 26-27	University Sports Pavilion, Minneapolis
Wrestling	Mar. 3-6	Xcel Energy Center, St. Paul
Boys' Swimming & Diving	Mar. 4-6	University Aquatic Center, Minneapolis
Boys' Hockey	Mar. 10-13	Xcel Energy Center, St. Paul
Girls' Basketball	Mar. 17-20	Target Center, Minneapolis & Williams Arena, Minneapolis
Adapted Floor Hockey	Mar. 19-20	Bloomington Jefferson High School
Boys' Basketball	Mar. 24-27	Target Center, Minneapolis & Williams Arena, Minneapolis

### SPRING

Speech	April 23-24	Gustavus Adolphus College, St. Peter
Adapted Bowling	May 21	Brunswick Zone, Eden Prairie
Adapted Softball	June 4-5	Coon Rapids High School
Boys' & Girls' Lacrosse	June 8-11	Hopkins & Mounds View High Schools
Boys' & Girls' Golf	June 15-17	AAA (15-16) – Bunker Hills, Coon Rapids AA (16-17) – Ridges at Sand Creek, Jordan A (16-17) – Pebble Creek, Becker
Boys' Tennis	June 8-11	AA – University Baseline Tennis Center, Minneapolis A – Reed-Sweatt Family Tennis Center, Minneapolis
Girls' Softball	June 10-11	Caswell Park, North Mankato
Boys' & Girls' Track & Field	June 11-12	Hamline University, St. Paul
Baseball	June 17-18	AAA – Midway Stadium, St. Paul & Dick Siebert Field, Minneapolis AA – Dick Putz & Joe Faber Fields, St. Cloud A – Chaska Athletic Park & Mini Met, Jordan

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