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May, 1987
Volume XLIX No. 10

**Official Publication of
The Kentucky High School
Athletic Association**

Member of National Federation of State High School Associations

Cocaine Addiction

Many people think they know the facts about cocaine. Some even think it is safe to use. Actually, as many have found out, cocaine is a dangerous, addictive drug.

What is cocaine?

Cocaine in its pure form is a white crystalline powder extracted from the leaves of the South American coca plant. The drug sold on the street is a mixture of the pure substance (cocaine hydrochloride) and various adulterants added to increase the quantity, for the seller's profit.

How is cocaine being used?

Most users "snort" cocaine, that is, they sharply inhale the powdered mixture. Another form of the drug called "freebase" is made by chemically converting the street drug into a basic form that can be smoked. Smoking freebase is an especially dangerous practice.

Which type of use is most dangerous?

The use of cocaine is risky in all forms. As with any drug, the risks vary depending on the amount, how it is used, the setting of use, and individual sensitivity. Risks increase as the amount and frequency of use increase. When cocaine is smoked, very large doses reach the brain within seconds, increasing the risks. Injecting cocaine carries the additional hazards of serious infection and possible adverse reactions to the impure injected mixture. When "snorted," even small amounts of cocaine in sensitive individuals may be enough to cause convulsions that can result in heart and respiratory failure, and death.

Do adulterants increase the risks in cocaine use?

Yes. Cocaine adulterants and cocaine substitutes in common use increase the hazards of taking an already risky drug. The user cannot monitor the dosage of the drug taken. The cocaine that ends up in the hands of the consumer ranges widely from 30% to 95% pure and some of the adulterants are dangerous as well.

Can people become dependent on cocaine?

Yes. Cocaine is an addictive drug. Researchers have found that an addicted animal will prefer cocaine to food even if starved. Sometimes people who have been using the drug over a period of time continue to use it just to feel "normal," or to avoid the severe depression and fatigue that occurs when they try to stop using the drug. Virtually no one who becomes addicted to cocaine ever thought they would.

What are the immediate effects of cocaine?

When cocaine is "snorted," the effects begin within a few minutes, peak in 15 or 20 minutes, and disappear within an hour. The immediate effects include dilated pupils, increases in blood pressure, heart rate, breathing rate, and body temperature. The user usually feels a sense of well-being and may feel more energetic or alert.

Does cocaine get rid of depression?

Once the initial euphoria wears off, in about 30 minutes, users are likely to feel more down, more depressed than when they started. The higher the high, the lower the low. There's even a name for the low: the "coke blues." People often get caught in "binge and crash" cycles when they use cocaine and take other drugs to get rid of the depression that follows the short-lived cocaine "high." Users often get caught in a down cycle of needing more and more of the drug just to feel "normal."

Does cocaine improve concentration and performance?

Some users report that cocaine, like other stimulants, increases their concentration and improves performance in a variety of tasks. No objective evidence supports these reports. Moreover, cocaine is a short-acting drug, and within an hour, a person not only feels less alert, but more anxious, tired, or depressed than before.

Does cocaine enhance sexual pleasure?

Cocaine may initially seem to act as an aphrodisiac, probably because of its initial psychological effects as well as its actions on the sympathetic nervous system. However, when used on a regular basis, cocaine can produce complete sexual dysfunction.

What about long-term psychological effects?

After weeks and months of regular binging, the user is "coked out." Depression can become chronic, and hallucinations and signs of psychosis may appear. Earlier signs of trouble are increased irritability, short temper, and paranoia. Some users have difficulty concentrating or remembering things, lose interest in sex, or have panic attacks.

How does cocaine affect the heart?

A large dose, or even a moderate dose under some conditions, can overtax the heart and may be fatal. Regular use of cocaine can cause heart palpitations,

angina, arrhythmia, and even a heart attack.

What are the effects of cocaine on the brain?

Cocaine use results in an overstimulation of neurotransmitters in the brain. These neurotransmitters act as chemical messengers controlling behavior and mood and are responsible for the drug's effect.

Is it dangerous to use cocaine in combination with other drugs?

Yes. Alcohol and marijuana are the most common substances used with cocaine, either simultaneously or consecutively. Combining cocaine with depressants such as heroin, barbiturates or sedatives, as in a cocaine-heroin "speedball," may result in the build-up of either drug to seriously toxic levels. Since cocaine has stimulant effects itself, combining it with other stimulants can be especially dangerous. Local anesthetics, hazardous in themselves, are common cocaine adulterants.

Do withdrawal symptoms occur when people stop using cocaine?

Yes. The withdrawal effects from stopping cocaine use are not as easy to see as heroin withdrawal symptoms, but they are just as real. Symptoms of cocaine withdrawal include exhaustion, irritability, sleepiness, loss of energy, depression, and an intense craving for more cocaine.

Is there a cure for cocaine dependence?

Most severely dependent cocaine users require help in order to stop using cocaine. Cocaine dependence is a persistent and devastating experience. No one can predict which cocaine users will run into serious trouble. Users may be unaware of or deny the negative effects of the drug because they are addicted. Treatment can be prolonged and costly and craving may persist for long periods. The most common reasons given for entering treatment are financial and family problems.

How much does a cocaine habit cost?

The cost of a cocaine habit ranges from \$200 to \$3000 weekly. Users can also pay the additional price of damaged health, career, and personal life. No matter who you are, cocaine costs too much?

The Kentucky High School Athlete

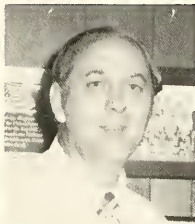
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VOL. XLIX NO. 10

MAY, 1987

\$5.00 PER YEAR

Newly Elected Board Members



William Case



Huston DeHaven

William Case, Assistant to the Superintendent of the Bourbon County School System, and Huston DeHaven, Superintendent of the Breckinridge County Schools have been elected to serve four year terms on the Kentucky High School Athletic Association Board of Control. Case will replace outgoing Board member Chester Turner, retiring Principal of Highlands High School who is completing a year as President of the Board. Case will represent Section 5, which encompasses basketball regions IX and X. DeHaven is replacing Edmonson County Superintendent David Webb, and will represent Section 2, basketball regions III and IV.

Case left his position as Principal at Bourbon County High in 1985 to assume his current position with duties being to direct Transportation, Buildings and Grounds. He had served as Principal at the high school since 1976, following nine years as a teacher at the school, including the last five as Athletic Director. Prior to his tenure at Bourbon County, Case taught for four years at Meade County High School, also serving as the Head Basketball Coach, and another four years in the same capacities at Jessamine County.

Case's education included graduation from Bourbon County, an undergraduate degree from Western Kentucky, a Masters from Eastern Kentucky, and Rank I certification from Eastern. Military service has also been a big part of Case's career, including a stint in 1959 as a Military Police officer on active duty, and subsequently as a member of the United States Army Reserve for twenty years. He graduated in 1972 from the United States Army Command and General Staff School and retired from the Army Reserve as a Major in 1979.

A former Vice-President and President of the Kentucky High School Coaches Association, and a previous honoree in the "Who's Who in American Colleges and Universities" listing, Case and his wife Virginia Ann have one daughter, Kim, one son, Tim, and two granddaughters.

Huston DeHaven joins the Board after 21 years in the education profession including the last four as Superintendent of Breckinridge County. A native of Hardinsburg, DeHaven graduated from Breckinridge County High School and received his BS, MA and Rank I Certification from Western Kentucky University. His teaching career began at Hardinsburg Elementary School in 1966. Following a two year tour of duty in the United States Army, including active service in Vietnam, he returned to teaching. In 1970, DeHaven became Principal at Hardinsburg Elementary, and in 1972 he moved to the central office at Breckinridge County, as Federal

Coordinator. In 1975, he was named Assistant Superintendent where he served until taking his current position in 1983.

DeHaven is an active member of the Hardinsburg United Methodist Church where he is chairman of the Finance Committee, a member of the Administrative Board, and a member of the choir. Most of his spare time is spent farming 225 acres just outside of Hardinsburg, with primary emphasis on raising cattle.

A member of the Kentucky Association of School Administrators Board of Directors, he also belongs to the Kentucky Association of School Superintendents. He is on the legislative committee of both K.H.S.A.A. and K.A.S.S.

DeHaven and his wife Peggy, have two children, an 18 year old daughter Lisa who is a freshman at Western Kentucky University, and a 16 year old son, Rob, a sophomore at Breckinridge County.



MINUTES OF THE BOARD MEETING

The Board of Control of the Kentucky High School Athletic Association met at the K.H.S.A.A. Office Building in Lexington, Kentucky, on Thursday, April 16, 1987. The meeting was called to order at 2:00 p.m. by President Chester Turner. All Board Members, Commissioner Tom Mills, Executive Assistant Billy V. Wise, Assistant Commissioners Brigid L. DeVries and Louis Stout and Sports Information Director Julian Tackett were present. Mr. Turner called upon Mr. Sam Chandler to give the invocation.

Charlie Wilson made a motion, seconded by Sam Chandler, that the minutes of the March 19, 1987, meeting of the Board be approved. The motion carried unanimously.

Following a discussion of the status of the Medical Symposiums, Grant Talbott made a motion, seconded by Charles Miller that the following recommendation be submitted to the State Department of Education for approval.

Medical Symposiums will be conducted in Kentucky by the Kentucky Medical Association for all head coaches and new coaches in high risk sports of baseball, basketball, football, soccer and wrestling. It is also recommended they be conducted every other year starting with even numbered years beginning in 1988. One make-up symposium will be conducted in the same manner in the odd numbered years starting with 1989. The symposiums will be conducted as scheduled for 1987 with all head coaches in the above listed sports being required to attend.

The motion passed unanimously.

Sam Chandler moved that all bills of the Association for the period beginning March 1 and ending March 31, 1987 be allowed. The motion was seconded by Charlie Wilson and carried unanimously.

Executive Assistant Billy Wise gave the following report on the Boys and Girls Basketball Tournaments:

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 Lexington, Kentucky

BOARD OF CONTROL

President - Chester Turner (1983-1987) Fort Thomas, Vice-President - Frank Welch (1984-1988) Belfry, Directors - Tom Buchanan (1985-1989) Eddyville, Sam Chandler (1986-1990) Shelbyville, Charles Miller (1986-1990) Louisville, Tony Olinger (1984-1989) Lexington, Grant Talbott (1984-1988) Owensboro, Ken Tippett (1985-1989) Versailles, David Webb (1983-1987) Brownsville, Charlie Wilson (1984-1988) Hyden, State Department of Education - Lloyd Redman, Louisville.
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Minutes Of The Board Meeting Continued from Page One

Boys Attendance:	148,266
Ticket Sales:	\$774,880.00
Expenses:	\$256,571.78 (approx.)
Girls Attendance:	27,967
Ticket Sales:	\$107,075.00
Expenses:	\$84,117.46 (approx.)

Mr. Wise stated that the final audit would appear in the August "Athlete".

Charles Miller made a motion, seconded by Tony Olinger, that the Board go into Closed Session to discuss the recommendations of the Executive Committee with regard to salaries and contracts for the 1987-88 school year. The motion carried unanimously.

Frank Welch moved that the Board go back into Open Session. Tom Buchanan seconded the motion. The motion passed unanimously.

Chester Turner presented the recommendations of the Executive Committee.

Charlie Wilson made a motion that the Executive Committee's Report be accepted. The report included the employment of Earl Cox, Louisville, to serve as Consultant for Corporate Sponsorships for the K.H.S.A.A. Grant Talbott seconded the motion, which carried unanimously.

Mr. Wise advised the Board that all members and staff were invited to the McDonald's Derby Festival Classic to be held at the Ky. Fair & Exhibition Center in Louisville on Saturday evening, April 18 at 8:00 p.m.

Following a lengthy discussion regarding concerns of cheerleader safety and due to the fact that cheerleaders are covered under the same catastrophic insurance plan provided athletes at member schools, safety guidelines should be set forth. Tom Buchanan made a motion, seconded by Charles Miller, that the following recommended guidelines be sent to principals of all member schools:

CHEERLEADING SAFETY REGULATIONS

1. No mini trampolines or other height increasing apparatus allowed.
2. No flip dismounts from mounts (pyramids).
3. No knee drops.
4. No toe or thigh pitches.
5. No mount may be more than two people high, interpreted as follows:
 - (a) Any person in a mount must have principle weight supported by a person whose principle weight support is the floor.
 - (b) Additional persons used in the mount for support may not extend above the mount itself.
6. All maneuvers of the "swan dive" variety are not allowed.

Cheerleaders are subject to the general eligibility requirements of the Association to participate. This includes, but is not limited to, parental permission, enrollment and academic requirements, and a signed physician's statement to the effect he/she is physically fit to take severe exercise without undue risk.

The motion carried by a vote of 9 in favor and one abstention.

Asst. Commissioner Stout advised the Board that the Soccer Committee met on March 13 and recommended the following increase in official's fees.

- \$56.00 per crew - two (2) man system;
- \$66.00 per crew - three (3) man system.

In addition, a soccer official will receive fifteen (15) cents per mile in excess of fifty (50) miles.

Grant Talbott made a motion, seconded by Tony Olinger, that the Board approve the Soccer Committee's request for an increase in fees to be effective for the 1987-88 school year. The motion passed unanimously.

A discussion ensued regarding an increase in the price of tickets for the Girls State Basketball Tournament. Frank Welch made a motion, seconded by Charlie Wilson, that the price for tickets to the 1988 Girls Basketball Tournament be set at \$7.00 and \$5.00. The motion carried by a vote of eight in favor of the motion and 2 opposed.

The next meeting of the Board of Control is scheduled to be held at Lake Barkley on Friday, July 24th.

Commissioner Mills requested the Board's approval to set forth some procedures and guidelines for establishing a Kentucky High School Hall of Fame. Grant Talbott made a motion that the Commissioner's request be approved. David Webb seconded the motion which carried unanimously.

David Webb made a motion, seconded by Grant Talbott, that Outgoing President Chester Turner and Outgoing Vice President Frank Welch be named Delegate and Alternate respectively to the forthcoming 68th Annual Meeting of the National Federation to be held in Denver, Colorado beginning June 29, 1987.

There being no further business, Grant Talbott made a motion the meeting be adjourned. David Webb seconded the motion which carried unanimously.

Start Making Your Plans Now!



**National High School Activities Week
 October 18-25, 1987**

**MINUTES
OF THE
ANNUAL MEETING**
April 17, 1987



The 71st Annual Meeting of the Kentucky High School Athletic Association was held at the office of the K.H.S.A.A., Lexington, on Friday morning, April 17, 1987. The invocation was given by Sam Chandler.

President Chester Turner called the meeting to order at 11:00 a.m. Sixty-six elected delegates or alternates answered the roll call.

Commissioner Tom Mills then presented a report on the activities of the Association during the 1986-87 school year. David Points moved, seconded by Richard Goodman, that the report be accepted. The motion carried unanimously. (The Commissioner's report is printed elsewhere in this issue of the "Athlete").

Mr. Turner introduced newly elected members on the Board of Control to the Delegate Assembly as follows: Superintendent Huston DeHaven, Breckinridge County Schools, representing Regions 3 and 4 and Assistant Superintendent Bill Case, Bourbon County Schools, representing Regions 9-10.

Commissioner Mills stated that presentation of proposals was the next order of business.

Proposal I

Principal David S. Points of Montgomery County High School proposes that the following change be made in By-Law 24, Limitation of Seasons under Soccer, Section 3. "The first soccer game shall begin on the fourth Monday in August and end with the state finals on the first Saturday, after the first Monday in November."

Jack Kaelin moved, seconded by Wilson Sears that Proposal I be adopted. David Points moved that Proposal I be amended by deleting "on the first Saturday, after the first Monday in November." The motion to amend, seconded by Granville Melford, passed unanimously. The motion to adopt Proposal I, as amended, passed 54-0.

Proposal II

Principal Peter Flaig, Trinity High School (Louisville) proposes to amend By-Law 24, Nos. 1. (5), 2. (5), 3. (5), 4. (5), 5. (5), 7. (5), 8. (5), 9. (5), 10. (5), 11. (5) and 12. (5). "The season ends at all levels of play (grades 9-12) at the conclusion of the varsity team's last regular season contest..." to read as follows: "The season ends at all levels of play (grades 9-12) on the Saturday preceding the first K.H.S.A.A. Tournament (District, Region, or State).

Marty Napper moved, seconded by Stanley Whitaker, that Proposal II be adopted. The motion to adopt Proposal II failed by a vote of 40-19.

Proposal III

Mr. Lex Turner, Saint Patrick's School proposes that the following be added to By-Law 24, Limitation of Seasons under basketball: "The limitation of season does not apply to students below grade nine that may participate in organized practices and games for their particular grade level before the designated starting dates of high school practices and games so that they may be eligible to participate at the high school level on or after the appropriate dates."

Richard Goodman moved, seconded by Bob Frizzell, that Proposal III be adopted. The motion to adopt Proposal III failed by a vote of 39-26.

Proposal IV

Principle Karen Russ, Assumption High School, proposes to change By-Law 27, Limitation of Seasons, regarding the maximum number of Softball games permitted, to read: "A maximum of thirty-five (35) games may be played. Double-headers shall count as two (2) games. Any two county, conference or invitational tournament games played by a member school shall count as only one game for each tournament toward the total game limit of thirty-five."

George Carson moved, seconded by Russell Kline, that Proposal IV be adopted. The motion to adopt Proposal IV passed by a vote of 43-19.

Proposal V

Sister Maureen Coughlin, Principal of Presentation Academy proposes that Section 2 of By-Law 26, Requirement for Coaches be changed to read: "In the event that the local Board of Education is unable to staff head coaching positions under the provision of Section I, the superintendent of the local school district may request the Superintendent of Public Instruction to approve the qualifications of person(s) holding a provisional or standard teaching certificate or having completed a minimum of sixty-four (64) semester hours of college credit as non-teaching head coaches under the following provisions:

- a. The local board of education shall declare that no qualified and certified member of the regular school faculty has applied for the position pursuant to Section of this By-Law;
- b. The position shall be filled by the best qualified person available, giving preference to the factors of academic preparation, prior teaching experience or related educational work, and personal attributes compatible with the demands of the coaching profession;
- c. The applicant shall have at least sixty-four (64) semester hours of credit from an accredited college or university.
- d. The applicant shall provide documentation of successful completion of a first aid course, including C.P.R., as approved by a college or university, the American Red Cross or the American Heart Association.
- e. The local board of education must submit an application, including a job description and current college transcript to the Department of Education on an annual basis;
- f. The entire salary for the position shall be paid by the local board of education.

Marty Napper moved, seconded by Paul Young, that Proposal V be adopted. The motion to adopt Proposal V failed by a vote of 25-38.

Principal Thomas M. Swartz, Pikeville High School presented the following three proposals:

Proposal VI

That Spring Football practice be allowed for a period of two weeks beginning on the Monday following that schools elimination of its last spring sports team. That these practice sessions be in shorts and be non-contact. Written compliance must be forwarded to the K.H.S.A.A. at the termination of their Spring Season.

Jerry Ainley moved, seconded by Richard Goodman, that Proposal VI be adopted. The motion to adopt Proposal VI failed by a vote of 45-18.

Proposal VII

That the football season shall begin the third week in August and consist of ten regular season games. To alleviate the loss of revenue caused by a 10-game schedule, one game-type scrimmage be allowed where there would be a charge for admission. The playoffs shall begin a week earlier

Minutes Of The Annual Meeting Continued from Page Three

than is now scheduled and the State Finals be the weekend before the Thanksgiving Holidays. That the K.H.S.A.A. petition the State Board of Education to have the Friday of the State Football Championship weekend designated for a State Teacher Conference in Louisville in conjunction with the Football Playoffs, thus dismissing school for a long weekend. There was no motion to adopt Proposal VII.

Proposal VIII

That the Girls Basketball season begin in the fall with practice beginning on the first day of August. Games would begin during the first week in September and would be played on Monday thru Thursday evenings only. That the Tournament format be changed to allow four sub-state tournaments for the 16 Regional Winners with the Final 4 State Finals being played in Louisville. Proposals VII and VIII would together create an atmosphere and crowd conducive to State Championship events.

Howard Gorrell moved, seconded by Jim Price, that Proposal VIII be tabled. The motion to table Proposal VIII failed by a vote of 21-39.

Richard Goodman moved, seconded by Kent Stevens, that Proposal VIII be adopted. The motion to adopt Proposal VIII failed by a vote of 12-53.

Proposal IX

Principal Jerry F. Ainley, Calloway County High School, proposes that By-Law 24, Limitation of Seasons, Section 4. (1), be amended as follows:

"Beginning in 1987 Kentucky High School Athletic Association member schools will be allowed to conduct a maximum of twelve organized practice sessions in football in pads during the off-season with these practice sessions to be similar in nature to those conducted during the regular season. These practice sessions must be conducted and concluded during either of the following time periods:

- a. The last two full weeks of May;
- b. The first two full weeks of June;
- c. A combination of any of the above.

Jerry ainley moved, seconded by John Radjunas, that Proposal IX be adopted.

Wilson Sears moved, seconded by John Radjunas that Proposal IX be amended by adding a Section D. to read, "The last two weeks in February." The motion to amend Proposal IX failed by a vote of 12-46.

The motion to adopt Proposal IX failed by a vote of 25-38.

Proposal X

The Board of Control proposes that the following statement be added to By-Law 4, Minimum Academic Requirement:

D. The eligibility of a student failing to meet the provisions of By-Law 4, Section 5c., may be reinstated a maximum of one time provided he/she passes five full credit subjects accepted toward graduation during the school year in which he/she was ineligible.

Jim Price moved, seconded by Ken Tippett, that Proposal X be adopted. The motion to adopt Proposal X passed by a vote of 44-22.

Proposal XI

The K.H.S.A.A. Board of Control proposes that Article IV, Administration and Legislation, be changed to read as follows:

Section 1. Officers

The officers of the Association shall be a Commissioner and a Board of Control composed of **twelve** members, at least two of whom shall be black and **two of whom shall be female.**

Section 2. Procedure of Election

a. Representatives - No change

b. Board of Control - Members of the Board of Control shall be elected for a period of four years by vote of the REPRESENTATIVES of member schools in each section (Basketball Regions 1 and 2, 3 and 4, 5 and 6, 7 and 8, 9 and 10, 11 and 12, 13 and 14, 15 and 16). In addition, one black and one female shall be elected to represent regions 1 through 8 and shall be elected in the even numbered year. Another black and another female shall be elected to represent regions 9 through 16, and shall be elected in an odd numbered year. Minority representatives shall serve four year terms. and shall not be eligible to serve consecutive terms.

*Note: If approved by the Delegate Assembly, the date of election of female representatives on the Board shall be established by the Board of Control upon approval of the Federal Court.

Stanley Whitaker moved, seconded by Hargus Rogers, that Proposal XI be adopted. The motion to adopt Proposal XI failed by a vote of 42-21.

Proposal XII

Principal Thomas L. Hood of Dayton High School proposes that the following changes be made in the Constitution of the Kentucky High School Athletic Association.

Article IV: Administration And Legislation

Section 1 - Officers (Be changed to read:)

The officers of the Association shall be a Commissioner and a Board of Control composed of Twenty members, (20) at least four (4) shall be black.

Section 2 - Procedures of Election & Board of Control shall be changed to read:)

B. Board of Control

1. Members of the Board of Control shall be elected for a period of four (4) years by a vote of the representatives of member schools in each region.
2. There shall be one (1) member from each of the sixteen (16) Basketball Regions.
3. In addition there shall be four (4) blacks elected (Federal Court Decree), two (2) shall be elected to represent Regions 1 through 8 and two (2) shall be elected to represent Regions 9 through 16.
4. All Board of Control members shall be full-time certified employees of their respective Boards of Education.
5. Notifications to the **Representatives** of each school in each **Region**, in which the member is to be elected must be made by the Commissioner not later than January 1.
6. To be eligible for membership to the Board of Control, one must be a certified employee of an accredited K.H.S.A.A. member school or system in the region he/she is to represent and must remain in that region during his/her term of office. Serving in a part-time capacity or on leave of absence or on sick leave in any of these capacities will terminate the eligibility of the member and the remaining members of the Board shall fill the vacancy within sixty (60) days in the same manner as that prescribed for the regular election of the Board Members.
7. Nominations for membership on the Board of Control, signed by five (5) representatives of their **region**, shall be in the hands of the Commissioner, for **regions** that elect during the year, not later than midnight January 31.
8. Ballots for election shall be distributed by the Commissioner before February 15, and returned on or before March 1.
9. Results of the election shall be tabulated by the Commissioner, announced at the meeting of the Dele-



1986-87 ANNUAL REPORT
(Presented to Delegate Assembly)

Two hundred ninety-three schools joined the Association for the 1986-87 school year. Ten of these schools enroll girls only and eight have only boys. In 1985-86 there were 294 schools, in 1984-85 there were 298.

There were 199 schools involved in Football. Classes A, AA, AAA and AAAA championship games were played at the Fairgrounds, Louisville. Attendance was approximately 15,921 and gross receipts were \$80,244.00. Expenses involved in conducting the state football playoffs were \$40,963.35.

In Cross Country 177 boys' teams entered twenty-four regional meets. One hundred fifty girls' teams entered all three classes in twenty-three regionals. The expenses incurred in sponsoring this sport were \$12,337.70 and the receipts were \$5,438.50. Classes A, AA and AAA were held in Lexington at the Kentucky Horse Park.

There were fifty-four schools competing in Wrestling, in eight districts and four regions with the winner and runner-up in each weight class advancing to the finals. The championship tournament was held at Atherton High School. Expenditures incurred were \$6,291.68. The receipts were \$6,292.00.

In Swimming sixty-three girls' teams and sixty-five boys' teams competed for the championships. The meets were held at Eastern Kentucky University, Richmond, Kentucky on February 27-28, 1987. The receipts were \$2,405.00 and the expenses were \$8,972.89.

The approximate gross receipts from the boys' and girls' district Basketball tournaments were \$559,710.29 while the regional tournaments took in \$595,400.88 for a total of \$1,155,111.17. Attendance at the Boys' State Tournament was approximately 148,184 as compared to 123,045 for last year. The gross receipts this year for the tournament are estimated at \$774,434.00 with expenditures of approximately \$257,016.89.

Attendance at the Girls' State Basketball Tournament was 27,976. The gross receipts were \$107,075.00 with expenditures of approximately \$84,117.46. A complete report will appear in the audit.

There were ninety-three schools competing in Soccer. The State Tournament was held in Lexington from October 27-November 1, 1986. The receipts were \$22,155.90 and expenses incurred were \$11,814.54.

The number of schools competing in Volleyball was sixty-two. The K.H.S.A.A. sanctioned tournament was held at Fairdale High School, Louisville, Kentucky on October 31 & November 1, 1986. Expenses incurred were \$3,562.23 with receipts of \$3,316.00.

In the other sports that are to follow, 266 Baseball teams will compete in sixty-three districts and sixteen regions; 194 Softball teams will compete in twelve regions; 218 girls' and 219 boys' Track teams will compete in twelve regions each; 153 girls' and 202 boys' Golf teams will play in 19 regions; 206 girls' and 201 boys' Tennis teams will play in twelve regions. State championship meets will be held in Baseball at Elizabethtown; Softball in Louisville; Track at the University of Kentucky; girls' Golf at Elizabethtown Country Club, Elizabethtown; boys' Golf at Lincoln Trails Country Club Golf Course, Vine Grove; Tennis at the University of Kentucky.

A total of 3047 officials registered with the Official's Division of the Association as of April 8, 1987, and the number of approved and certified officials in each sport are as follows:

	Registered	Approved	Certified	Total
Baseball	329	147	114	590
Basketball	696	377	536	1609
Football	318	197	390	905
Soccer	114	76	24	214
Softball	254	75	2	331
Track & Field	13	3	0	16

Volleyball	64	12	10	86
Wrestling	37	16	13	56

*Note: 304 officials registered under the Multiple State Reciprocal Registration.

Billy V. Wise conducted twelve clinics in Football and seventeen in Basketball for officials and coaches. Assistant Commissioner Brigid L. DeVries conducted three track clinics and three volleyball clinics for officials and coaches.

The Board of Control, the Assistant Commissioners, the Sports Information Director and I are grateful for the cooperation the superintendents, principals, athletic directors and coaches have given us in running the program for the Association.



Game Guy Award

Adam Carrico

The Game Guy Trophy is awarded to a high school athlete in the State of Kentucky who has overcome a physical handicap and participated in high school athletics. Adam was the unanimous choice of the K.H.S.A.A. Game Guy Award Committee for the 1987 trophy.

Adam is a senior at Seneca High School in Louisville, where he plays tennis and is a cheerleader. He is also active in other school clubs and organizations. Adam has overcome a major handicap. He was diagnosed in February of 1986 as having a malignant brain tumor. He had surgery on the 27th of February, followed by six weeks of radiation treatments. At the present time Adam says "Everything is fine."

Minutes Of The Annual Meeting Continued from Page Four

- gate Assembly, and published in the May issue of the "Athlete."
- 10. Terms of Board Members shall be staggered so that five (5) will be elected each year.
- 11. At the Organization Meeting in July, the members of the Board of Control shall elect from their membership a President and Vice-President to serve for one (1) year. They shall not be eligible to serve for more than two (2) one-year terms in succession. The Superintendent of Public Instruction shall designate a liaison person to meet with the Board of Control to participate in all discussion but to have no vote as a member of the Board of Control.

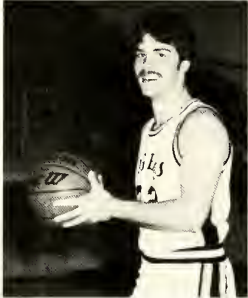
David Points moved, seconded by Richard Goodman, that Proposal XII be tabled. The motion to table Proposal XII failed by a vote of 20-40.

Bill Dosch moved, seconded by Hargus Rogers that Proposal XII be adopted. The motion to adopt Proposal XII failed by a vote of 7-50.

Larry Stewart moved, seconded by David Points, that Proposal XI be reconsidered. The motion to reconsider Proposal XI failed by a vote of 43-22.

Jerald Ellington moved, seconded by Richard Goodman, that the 71st Annual Meeting of the Delegate Assembly be adjourned. The motion passed unanimously.

**TED SANFORD AWARD
MOST VALUABLE PLAYER AWARD**



Richie Farmer, Clay County

Junior guard Richie Farmer became the first person to capture both the Ted Sanford and Most Valuable Player Awards while leading the Tigers of Clay County to the Boys State Basketball championship for 1987. Farmer's outstanding play propelled the Tigers to the title, and that play included a stellar 27 point, 6 rebound, 4 assist performance in the championship game. For the tournament, Farmer scored 89 points, pulled down 21 rebounds and dished out 12 assists.

Off the court, Farmer's credentials are just as strong. An A-/B+ student, Farmer is active in many church, community, and school activities including participation in other sports for the Tigers. Farmer has a rare opportunity next season, should his teammates repeat as 13th region champions, to play in what appears to be an unprecedented fifth state tournament. As a reserve on the Tiger team during both his eighth grade and freshman year, and as a two year starter for the Clay County state tournament teams, Farmer has certainly

made his mark in the state tournament. The Ted Sanford Award is given annually by the Louisville Courier Journal in memory of Mr. Sanford, the first Commissioner of the Kentucky High School Athletic Association who served as Secretary-Treasurer of the Association for ten years before becoming Commissioner, a position he held from 1947 until his retirement in 1972. The award honors the participant in the Boys State Tournament who excels in four areas--basketball ability, sportsmanship, academic accomplishment, and citizenship.

Inaugurated in 1981, the Lexington Herald Leader annually presents the Most Valuable Player Awards in both Boys and Girls State Basketball Tournaments to the participant in each tournament who is voted Most Valuable by a panel of media representatives and the participating coaches in the tournaments. Unofficial M.V.P. recognition had been given by various sources prior to 1981.



Jerry Butler, Mason County



Mike Minix, Paintsville

Photo Not Available

Chris Turner, Warren Central



Kelly Smith, Laurel County

K.H.S.A.A. SWEET SIXTEEN ACADEMIC SCHOLARSHIP AWARD

Instituted in 1985, the Kentucky High School Athletic Association Sweet Sixteen Academic Scholarship Awards are designed to honor one or more participant(s) in the Boys' and Girls' State Tournaments who have excelled in the classroom and on the basketball floor. The awards are in the form of financial assistance to be used at the Kentucky college or university of the recipient's choice to help offset educational expenses. Various sources have funded the scholarships including the K.H.S.A.A., the Superintendent of Public Instruction, and the City of Lexington. For 1987, Mayor **Scotty Baesler** and the City of Lexington provided \$6,000 to be used for the awards in conjunction with the Sweet Sixteen Academic Showcase.

For the 1987 Tournaments, four winners were selected. Kelly Smith of Laurel County, Jerry Butler of Mason County, Mike Minix of Paintsville, and Chris Turner of Warren Central all excelled in the classroom as well as helping lead their teams to berths in the Boys' and Girls' Sweet Sixteen Tournaments.

ATTENTION ALL ATHLETIC DIRECTORS

The annual information update (blue) forms have been mailed to the Athletic Directors. Please send these forms back to the Association as soon as possible. They will be mailed out again in July for final confirmation, in order to post your late hirings of coaches, etc.

Also, football schedules are due back in, as well as the response card from a special survey for football schools. It is important to return these as soon as possible.

CONGRATULATIONS TO WOMENS SPORTS LEADERSHIP CONFERENCE AWARD WINNERS

Congratulations are in order to four persons named as recipients of awards at the first Women's Sports Leadership Conference, held last month at Eastern Kentucky University. Sacred Heart senior Diving star Laura Profumo was recognized for her excellence in an individual sport, while Marshall County senior center Mary Taylor was recognized for contributions to a team sports. Profumo has not decided on her college yet, while Taylor, who was recently named Miss Basketball in Kentucky, has signed to play at Western Kentucky. Retiring Highlands High School Principal Chester Turner was named recipient of the Leadership Award, while Lois Holmes was given recognition as a female official. In all, nine awards were presented as part of the conference sponsored by the Kentucky Sports Equity Project.

SCHEDULE FOR MEDICAL SYMPOSIUMS

Coaches in the high risk sports of Soccer, Football, Basketball, Baseball and Wrestling are required by the State Department of Education to annually attend the Medical Symposium sanctioned by the Department and sponsored by the Kentucky Medical Association. Each of the sites is responsible for sending information to the schools. The schedule for this year is as follows--

Louisville, Audobon Medical Plaza, June 5 and 6, Dr. Ray Shea, 502/637-3636
Ashland, Robinson Clinic, June 12 and 13, Dr. Garner Robinson, 606/329-0204
Madisonville, Trover Clinic, June 19 and 20, Dr. James Bowles, 502/825-7200
Owensboro, KY Wesleyan, July 18, Dr. William McManus, 502/683-2441
Lexington, Hyatt Regency, July 24 and 25, Dr. William Brooks, 606/277-6143
Northern Kentucky, N.K.U., July 24 and 25, Stan Steidel, 606/261-4357

NEW TRAINERS MANUAL A VALUABLE AID FOR SCHOOLS

The Institute for Public and Private Sector Initiatives had produced a special booklet to aid high schools, called the "High School Sports Injury Manual". This manual is very informative, and according to several experienced trainers, it is easy to understand, with simple, easy to follow, instructions. This manual is very thorough, and could help each school system in Kentucky. The manual sells for \$4.95 per copy, and is available by writing directly to the publisher at PPSI, 6991 East Camelback, #C-240, Scottsdale, Arizona, 85251. If a school or system orders in a large quantity, a discount is available.

REMINDER TO FOOTBALL SCHOOLS AND OPEN DATES

The first playing date for football in 1987 is August 21. The first legal date for practice in pads is August 1. Please remember to contact this office when you fill an open date. At this time, we have the following open dates --

- Week 1 (August 21) - Bourbon County, contact Coach John Nohta (606)987-2556; Bullitt East, contact Coach Keith Collins (502)538-7322; Fleming Neon, contact David Jones (606)855-7597; Greenup County, contact Dan Mercer, A.D. (606)473-7705; Madisonville North Hopkins, contact Jan Ireland, A.D. (502)825-6017; Marion County, contact Coach Mark Brown (502)692-6066; Paris, contact Homer Goins (606)987-4545
- Week 2 (August 28) - Belfry, contact Coach Philip Heywood or Paul Dotson, A.D. (606)353-7230; Betsy Layne, contact Coach Jack Hall or A.D. William Newsome, Jr. (606)478-2966; Christian County, contact Wilton Gant, A.D. (502)887-1100; Conner, contact Coach Joe Clark (606)689-7696; Danville, contact Coach Tom Duffy (606)236-7957; Eminence, contact Coach Steve Frommeyer (502)845-5427; Trigg County, contact Buddy Perry, A.D. (502)522-6072
- Week 3 (September 4) - Betsy Layne, contact Coach Jack Hall or A.D. William Newsome, Jr. (606)478-2966; Boyd County, contact Ed VanHoose (606) 928-6475; Bullitt East, contact Coach Keith Collins (502)538-7322; Clay County, contact Coach Eugene Hensley (606)598-3737; Fleming County, contact Coach Ted Purcell (606)845-6601; Hopkinsville, contact Danny Sundberg (502)886-3384; Oldham County, contact Bob Rowland, A.D. (502)222-9641; Russell County, contact Coach Ron Finley (502)866-3341
- Week 4 (September 11) - Boone County, contact Owen Hauck (606)283-2795. Boyd County, contact Ed VanHoose (606)928-6475; Fleming Neon, contact David Jones (606)855-7597; Russell, contact Lefe Walter, A.D. (606)836-9650
- Week 5 (September 18) - Betsy Layne, contact Coach Jack Hall or A.D. William Newsome, Jr. (606)478-2966; Cathedral High (Indianapolis), contact Coach Michael McGinley (317)542-1481; Christian County, contact Wilton Gant, A.D. (502)887-1100; Dayton, contact Stan Steidel (606)261-4357; Mayfield, contact Bob Sparks, A.D. (502)247-5582
- Week 6 (September 25) - Bowling Green, contact Coach Dan Haley (502)842-1674; Dayton, contact Stan Steidel (606)261-4357; Fleming Neon, contact David Jones (606)855-7597; Garrard County, contact Coach Steve Sullivan (606)792-2146; Holmes, contact Coach William Hina (606)292-5845; Owensboro Catholic, contact Bruce Embry, A.D. (502)684-3215; Shelby County, contact Coach Tom Bechere (502)633-2443
- Week 7 (October 2) - Franklin County, contact Coach Gary Dearborn (502)695-4155 after 11:45 a.m.; Marion County, contact Coach Mark Brown (502)692-6066
- Week 8 (October 9) - Christian County, contact Wilton Gant, A.D. (502)887-1100; Elkhorn City, contact Jerry Childers, A.D. (606)754-9098; Mayfield, contact Bob Sparks, A.D. (502)247-5582; Oldham County, contact Bob Rowland, A.D. (502)222-9641; Williamsburg, contact Coach Bob Rose (606)549-1915
- Week 9 (October 16) - Boone County, contact Owen Hauck (606)283-2795. Christian County, contact Wilton Gant, A.D. (502)887-1100; Danville, contact Coach Tom Duffy (606)236-7957; North Bullitt, contact Bob Wagoner (502)957-2186
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FOOTBALL OPEN DATES (continued)

Week 10 (October 23) - Boone County, contact Owen Hauck (606)283-2795; Bourbon County, contact Coach John Nochta (606)987-2556; DeSales, contact Coach Don Hettich (502)361-1231; Glen Oak in Canton, Ohio, contact Ralph Ciccarelli, Athletic Administrator (216)492-7455; Owen County, contact Gran Mefford (502)484-2715; Owensboro Catholic, contact Bruce Embry, A.D. (502)684-3215; Shelby County, contact Coach Tom Bechere (502)633-2443; Waggener, contact Coach Bob Redman (502)454-8340

Week 11 (October 30) - Elizabethtown, contact Duke Owen, (502)769-3381; Holmes, contact Coach William Hina (606)292-5845; Marion County, contact Coach Mark Brown (502)692-6066; Middletown (OH), contact Jim Place (513)422-7432; Williamsburg, contact Coach Bob Rose (606)549-1915

BASKETBALL OPEN DATES

December 1, January 12, and February 19, Anderson County Boys' need games. Contact A.D. Larry Basham (502)839-5118
January 5-8, 1988, 4th Annual Bath County High School New Year Classic, needs four boys' teams to complete the field. Contact Coach Roy Wright (606)674-6236 (school) or (606)674-2469 (home).
January 27-30, 1988, Boone County High School needs one girls' team for an eight (8) team tournament, contact Coach Nell Hensley (606)283-2795.
February 19 and February 26, 1988, St. Xavier, contact Paul Young (502)635-5300

WEBSTER COUNTY OPENING

Webster County High School is looking for an individual certified in English, Geography, Math or Physics, to also serve as Head Boys' Basketball Coach. Please contact N.S. Greene, Superintendent (502)639-5083.

OHIO STATE TO HOLD TRAINERS WORKSHOP

Ohio State will be sponsoring a student athletic training workshop this summer on campus. The workshop will be held June 21-26/ For further information, contact Ohio State University, ATTN: Student Athletic Trainer Workshop, 410 Woody Hayes Drive, Columbus, OH, 43210, or call Bill Davis, Assistant Athletic Trainer, at (614)292-1164.

EASTERN KENTUCKY TO HOST CRAMER TRAINERS WORKSHOP

Eastern Kentucky University will host a 1987 Basic Workshop for student athletic trainers in conjunction with Cramer products. The workshop is designed to teach junior and senior high school students the fundamentals of athletic injury prevention and care. The seminar runs from June 28 through July 1. For further information, contact Janet Lozar, (800)255-6621.

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

The National Strength and Conditioning Association will hold its Region II clinic at the Kenan Fieldhouse on the campus of the University of North Carolina - Chapel Hill on May 2nd and 3rd. For further information, contact Mike Marks or Harley Dartt (919) 966-2575.

A.C.T. TEST DATES FOR 1987-88, and 1988-89

With the implementation of the NCAA Minimum Eligibility Guidelines, it is important to keep up with the test dates for the American College Testing Assessment (ACT test). For 1987-88, and 1988-89, the schedule is as follows:

	<u>Test Date</u>	<u>Regular Postmark Deadline</u>	<u>Late Deadline</u>
1987-88	10/24/87	09/25/87	10/13/87
	12/12/87	11/13/87	12/01/87
	02/27/88	01/29/88	02/16/88
	04/16/88	03/18/88	04/05/88
	06/11/88	05/13/88	05/31/88
1988-89	10/22/88	09/23/88	10/11/88
	12/10/88	11/11/88	11/29/88
	02/11/89	01/13/89	01/31/89
	04/15/89	03/17/89	04/04/89
	06/10/89	05/12/89	05/30/89

IMPORTANT CHANGE IN INSURANCE COVERAGE RELATIVE TO CHEERLEADERS

Thus far, the Kentucky High School Athletic Association has been able to maintain liability and catastrophic insurance coverage for cheerleaders through the existing policy at no additional charge to the Association or the schools. In an effort to hold down the costs of insurance, the K.H.S.A.A. Board of Control recently adopted the following guidelines for limitations on cheerleader stunts which have been determined to be high risk -- 1) No mini trampolines or other height increasing apparatus allowed; 2) No flip dismounts from mounts (pyramids); 3) No knee drops; 4) No toe or thigh pitches; 5) No mount may be more than two people high, interpreted as follows: (a) Any person in a mount must have principle weight supported by a person whose principle weight support is the floor, (b) Additional persons used in the mount for support may not extend above the mount itself; 6) All maneuvers of the "swan dive" variety are not allowed.

Cheerleaders are subject to the general eligibility requirements of the Association to participate. This includes, but is not limited to, parental permission, enrollment and academic requirements, and a signed physician's statement to the effect he/she is physically fit to take severe exercise without undue risk.

These stunt limitations are only recommendations, however, cheerleaders from schools not adhering to these guidelines will not be covered by the blanket insurance plan and may have to seek additional coverage elsewhere.

J.B. MANSFIELD AWARD



Angel Stevens, Breathitt County

The winner of the J.B. Mansfield Award for 1987 is Breathitt County senior center Angel Stevens. Stevens is a participant in many activities at her school including the National Honor Society and Spanish Club, as well as serving as a class officer and a member of the prom court, and being very involved in her local church activities. Academics are also important to Angel as she compiled a 3.66 g.p.a., was a member of the Academic Team, and was a student in Advanced Placement - English. On the basketball floor, Stevens was a three time All District, and All Region selection, attended two Blue-Chip basketball camps, was a three year starter for the Lady Bobcats, and has recently signed a basketball grant-in-aid to attend the University of Kentucky. The Award is given annually by the Louisville Courier Journal in memory of Mr. Joe Billy Mansfield, long-time K.H.S.A.A. employee who served as an Assistant Commissioner from 1949 to 1972, and as Commissioner from 1972 until ill health forced him to leave the Association in December of 1975. The award honors the participant in the Girls State Tournament who excels in four areas--basketball ability, sportsmanship, academic accomplishment, and citizenship.

MOST VALUABLE PLAYER AWARD



Joretta Carney

Junior center Joretta Carney became the second consecutive underclassman to win the Most Valuable Player Awards as she led Roy Bowling's Lady Cardinals of Laurel County to the championship of the 1987 Girls Sweet Sixteen Tournament in Bowling Green. For the four game tournament, Carney tallied 84 points and 25 rebounds, including an outstanding 30 point, 11 rebound performance in the quarter-finals against Lexington Henry Clay. Carney shot seventy percent from the field for the tournament, hitting 37 of her 53 field goals.

Previous winners of the award have been --

Girls' Tournament

- 1981 - Lori Hines, Pulaski County
- 1982 - Maria Poschinger, Mercy Academy
- 1983 - Clemette Haskins, Warren Central
- 1984 - Carol Parker, Marshall County
- 1985 - Annette Jones, Atherton
- 1986 - Nancy Crutcher, Oldham County

Boys' Tournament

- 1981 - Tony McKinley, Simon Kenton
- 1982 - Todd May, Virgie
- 1983 - Steve Miller, Henry Clay
- 1984 - Fred Tisdale, Logan County
- 1985 - Wendell Quarles, Hopkinsville
- 1986 - Reggie Hanson, Pulaski County

Previous Sweet Sixteen Academic Scholarship Winners have been --

Boys' Tournament

- 1985 - George Harrison "Chip" Nixon, Metcalfe County
- 1986 - Jeff Baldwin, Paintsville
- 1986 - John Calver, Hopkinsville
- 1986 - Justin Hancock, Paducah Tilghman

Girls' Tournament

- 1985 - Tammy Golden, Whitley County
- 1986 - Jana Newman, Wayne County

Prior Winners of the Ted Sanford Award are --

- 1973 - Rickey Witherspoon, Hickman County
- 1974 - Ronnie Watt, Warren East
- 1975 - Jerry Lee Britt, Warren East
- 1976 - Tim Stephens, McCreary Central
- 1977 - Jeff Lamp, Louisville Ballard
- 1978 - Mike George, Shelby County
- 1979 - Dirk Minniefield, Lafayette
- 1980 - Dicky Beal, Covington Holmes
- 1981 - Allen Feldhaus, Jr., Mason County
- 1982 - Kelly Middleton, Mason County
- 1983 - Phillip Hall, Carlisle County
- 1984 - Jeff Royce, Bourbon County
- 1985 - Spence Shipley, Doss
- 1986 - Terry North, Hazard

Prior Winners of the J.B. Mansfield Award are --

- 1975 - Donna Murphy, Newport
- 1976 - Sue Dickman, Covington Holy Cross
- 1977 - Debbie Johnson, Tates Creek
- 1978 - Irene Moore, Breathitt County
- 1979 - Beth Wilkerson, Paris
- 1980 - Jackie Bearden, Dixie Heights
- 1981 - Laura Seay, Marshall County
- 1982 - Lisa Jarrett, Marshall County
- 1983 - Tiphania Bates, Whitesburg
- 1984 - Sabrina Tussey, Belfry
- 1985 - Dina Disney, Meade County
- 1986 - Lisa Doyle, Mason County

NEWS RELEASE



ANNUAL SURVEY OF FOOTBALL INJURY RESEARCH — 1931-1986

Frederick O. Mueller, Ph.D.

Chairman, American Football Coaches Committee on Football Injuries
and

Richard D. Schindler

Assistant Director of the National Federation of High School Associations

Section I INTRODUCTION

In 1931 the American Football Coaches Association initiated the First Annual Survey of Football Fatalities. The original survey committee was chaired by Marvin A. Stevens, M.D., of Yale University, who served from 1931-1942. Floyd R. Eastwood, Ph.D., Purdue University, succeeded Dr. Stevens in 1942 and served through 1964. Carl B. Blyth, Ph.D., University of North Carolina at Chapel Hill, was appointed in 1965 and served through the 1979 football season. In January 1980, Frederick O. Mueller, Ph.D., University of North Carolina at Chapel Hill, was appointed by the American Football Coaches Association and the National Collegiate Athletic Association to continue this research under the new title, Annual Survey of Football Injury Research.

The primary purpose of the Annual Survey of Football Injury Research is to make the game of football a safer and, therefore, a more enjoyable sports activity. Because of these surveys, the game of football has realized many benefits in regard to rule changes, improvement of equipment, and improved coaching techniques. The 1976 rule change that made it illegal to make initial contact with the head while blocking and tackling was the direct result of this research.

Data Collection

Throughout the year, upon notification of a suspected football fatality, immediate contact is made with the appropriate officials (coaches, administrators, physicians, trainers). Pertinent information is collected through questionnaires and personal contact.

Football fatalities are classified for this report as direct and indirect. The criteria used to classify football fatalities are as follows:

- Direct** - Those fatalities which resulted directly from participation in the fundamental skills of football.
- Indirect** - Those fatalities which are caused by systemic failure as a result of exertion while participating in football activity or by a complication which was secondary to a non-fatal injury.

In several instances of reported football fatalities, the respondent stated the fatality should not be attributed to football. Reasons for these statements are that the fatality was attributed to physical defects that were unrelated to football injuries.

Dr. Mueller compiled and prepared the survey report on college, professional, and sandlot levels, and Mr. Richard D. Schindler of the National Federation of State High School Associations assumed complete responsibility for collecting and preparing the senior and junior high school phase of the study. Sandlot is defined as non-school football, but organized and using full protective equipment.

At the conclusion of the football season, both reports are compiled into this Annual Survey of Football Injury Research. This report is sponsored by the American Football Coaches Association, the National Collegiate Athletic Association, and the National Federation of State High School Associations.

Acknowledgements

The 1986 report was compiled with the assistance of executive officers, high school and college coaches, athletic directors, school administrators, physicians, a national newspaper clipping agency, and professional associates of the authors. Dr. Carl S. Blyth served as a consultant for the 1986 report.

Section II SUMMARY

1. Twelve fatalities were directly related to football during the 1986 football season. Eleven of the direct fatalities occurred in high school and one in college.
2. The incidence of direct fatal injuries is very low on a 100,000 player exposure basis. For the approximately 1,575,000 participants in 1986, the number of direct fatalities was 0.76 participants per 100,000 players.
3. The incidence of direct fatalities in high school and junior high school football was 0.85 participants per 100,000 players. The incidence of direct fatalities in college was 1.33 participants per 100,000 players.
4. Most direct fatalities usually occur during regularly scheduled games, and during the 1986 season eleven direct fatalities occurred in games and one in practice.
5. The 1986 survey shows that of the twelve direct fatalities one occurred in August, two in September, eight in October and one in November.
6. The major activities in football would naturally account for the greatest number of direct fatalities. In 1986 two players were injured tackling, three being tackled, one blocking on a punt return, and the activity of six was unknown. The six listed as unknown collapsed on the field or sideline and a specific activity could not be identified.
7. In 1986 nine of the direct fatalities resulted from injuries to the head, one from a neck injury and two of the direct fatalities resulted from injuries to the spleen.
8. In many cases football cannot be directly responsible for fatal injuries (heat stroke, heart failure and so forth). In 1986 there were seven indirect fatalities. Six of the indirect fatalities were related to heart failure and one was related to sickle cell crisis. Six of these fatalities were associated with high school football and one with college football.
9. There were four fatalities reported that should not be related to football. Two died at home from natural causes, one died from malignant hyperthermia and the coroner stated it was not football related, and one died from cardiac arrest while lifting weights.

Section III DISCUSSION AND RECOMMENDATIONS

After an eight year trend for fewer football fatalities the 1986 research shows an increase. The numbers are still low when compared to the late 1960s, but any increase in football fatalities is cause for concern. An all out effort must be made to reduce fatalities and to avoid another increase in 1987.

Annual Survey Of Football Injury Continued on Page Nine

Annual Survey Of Football Injury Continued from Page Eight

Head and Neck Injuries

Past efforts that were successful in reducing fatalities to the level indicated in the 1979, 1983, 1984 and 1985 data should again be emphasized. Rule changes for the 1978 football season which eliminated the head as a primary and initial contact area for blocking and tackling is of utmost importance. Since 1960 most of the direct fatalities have been caused by head and neck injuries. The 1986 survey shows that nine of the direct fatalities resulted from injuries to the head. We must continue to reduce head and neck injuries.

Several suggestions for reducing head and neck injuries are as follows:

1. Athletes must be given proper conditioning exercises which will strengthen their necks so that participants will be able to hold their heads firmly erect when making contact.

2. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling.

3. Coaches and officials should discourage the players from using their heads as battering rams when blocking and tackling. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.

4. All coaches, physicians, and trainers should take special care to see that the player's equipment is properly fitted, particularly the helmet.

5. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss), he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.

Another important effort has been and continues to be the improvement of football protective equipment. It is imperative that old and worn equipment be properly renovated or discarded and continued emphasis be placed on developing the best equipment possible. Manufacturers, coaches, trainers, and physicians should continue their joint and individual efforts toward this end.

The authors of this research are convinced that the current rules which eliminate the head in blocking and tackling, the helmet research conducted by NOCSAE, excellent physical conditioning and proper medical supervision have played the primary role in reducing fatalities and serious head and neck injuries in football.

This is best illustrated by graphs which would show the increase in both head and cervical spine fatalities during the decade from 1965-1974. The time period was associated with blocking and tackling techniques that involved the head as the initial point of contact. The reduction in head and cervical spine injuries is shown in the decade from 1975-1984. This decade was associated with the 1976 rule change that eliminated the head as the initial contact point in blocking and tackling. There is no doubt that the 1976 rule change has made a difference and that a continued effort should be made to keep the head out of the fundamentals of football.

Heat Stroke

A continuous effort should be made to eliminate heat stroke deaths associated with football. Since the beginning of the survey through 1959 there were five cases of heat stroke deaths reported. From 1960 through 1986 there have been seventy-three heat stroke cases which resulted in death. Since 1974 there has been a dramatic reduction in heat stroke deaths with the exception of 1978 when there were four. No deaths were caused by heat stroke in 1986. All coaches, trainers, and physicians should continue their efforts toward eliminating athletic fatalities which result from physical activity in hot weather.

Heat stroke and heat exhaustion are prevented by careful control of various factors in the conditioning program of the athlete. When football activity is carried on in hot weather, the following suggestions and precautions should be taken:

1. Each athlete should have a complete physical examination with medical history and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included.

2. Acclimatize athletes to heat gradually by providing graduated practice sessions for the first seven to ten days and other abnormally hot or humid days.

3. Know both the temperature and the humidity since it is more difficult for the body to cool itself in high humidity. Use of a sling psychrometer is recommended to measure the relative humidity and anytime the wet-bulb temperature is over 78 degrees practice should be altered.

4. Adjust activity level and provide frequent rest periods. Rest in cool, shaded areas with some air movement and remove helmets and loosen or remove jerseys. Rest periods of 15-30 minutes should be provided during workouts of one hour.

5. Provide adequate cold water replacements during practice. Water should always be available and in unlimited quantities to the athletes. *GIVE WATER REGULARLY.*

6. Salt should be replaced daily and liberal salting of the athletes' food will accomplish this purpose. Coaches should not provide salt tablets to athletes. Attention must be directed to water replacement.

7. Athletes should weigh each day before and after practice and weight charts checked in order to treat the athlete who loses excessive weight each day. Generally, a three percent body weight loss through sweating is safe, and a five percent loss is in the danger zone.

8. Clothing is important and a player should avoid use of long sleeves, long stockings, and any excess clothing. Never use rubberized clothing or sweat suits.

9. Some athletes are more susceptible to heat injury. These individuals are not accustomed to work in the heat, may be overweight, and may be the eager athlete who constantly competes at his capacity. Athletes with previous heat problems should be watched closely.

10. It is important to observe for signs of heat illness. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, flushed appearance, visual disturbances, and unsteadiness. If heat illness is suspected, seek a physician's immediate service. Recommended emergency procedures are vital.

Recommendations

Specific recommendations resulting from the 1986 survey data are as follows:

1. Mandatory medical examinations and medical history should be taken before allowing an athlete to participate in football. The NCAA recommends a thorough medical examination when the athlete first enters the college athletic program and an annual health history update with use of referral exams when warranted. If the doctor or coach has any questions about the athlete's readiness to participate, the athlete should not be allowed to play. High school coaches should follow the recommendations set by their state high school athletic associations.

2. All personnel concerned with training football athletes should emphasize proper, gradual, and complete physical conditioning. Particular emphasis should be placed on neck strengthening exercises.

3. A physician should be present at all games and practice sessions. If it is impossible for a physician to be present at all practice sessions, emergency measures must be provided.

1987-88

CALENDAR OF ACTIVITIES

August 3-20	Twelve Football Clinics for Coaches and Officials
August 18-25	Three Volleyball Clinics for Coaches and Officials
August 24-28	Four Soccer Clinics for Coaches and Officials
September 14	National Federation Part II Exam - Football, Soccer, Volleyball
October 1-29	Seventeen Basketball Clinics for Coaches and Officials
October 23-24	Regional Volleyball Tournaments
October 26-31	Regional Soccer Tournaments
October 30-31	State Volleyball Tournament
October 31	Regional Cross Country Meets
October 31 -	
November 24	Four Wrestling Clinics for Coaches and Officials
November 2-7	State Soccer Tournament
November 6-7	Football District Winners & Runners-Up - Play-Offs
November 7	State Cross Country Meet
November 13-14	Football District Winners Play
November 20-21	Football Reigonal Winners Play
November 27-28	Football State Championships (Class A, AA, AAA, AAAA) Louisville
December 7	National Federation Part II Exam - Basketball, Wrestling
February 6	District Wrestling Tournament
February 12-13	Regional Swimming Meets
February 13	Regional Wrestling Tournaments
February 20	Sectional Wrestling Tournament
February 25	Track Clinic - Louisville
February 26-27	State Swimming Meets
February 27	State Wrestling Tournament
February 29 -	
March 5	District Basketball Tournaments
March 7-12	Regional Basketball Tournaments
March 16-19	Boys' State Basketball Tournament
March 21	National Federation Part II Exam - Baseball, Softball, Track
March 23-26	Girls' State Basketball Tournament
March 29	Track Clinic - Owensboro
March 30	Track Clinic - Lexington
April 2	Mid-America Classic - Louisville
April 15	Delegate Assembly Meeting
May 9-14	District Softball Tournaments
	District Baseball Tournaments
May 14	Regional Track Meets
May 16-21	Regional Baseball Tournaments
	Regional Softball Touranments
	Regional Tennis Tournaments
May 21	Sectional Track Meets
May 23-28	First Round of State Baseball Tournament
May 24	Girls' Regional Golf Tournaments
May 25	Boys' Regional Golf Tournaments
May 26-28	State Softball Tournament
May 28	State Track Meet
May 31 -	
June 1	Boys' State Golf Tournament
	Girls' State Golf Tournament
June 2-3	Semi-Finals and Finals of State Baseball Tournament
June 2-4	State Tennis Tournaments

State Tennis Tournament

University of Kentucky, Lexington, Kentucky June 4-6, 1987



TIME SCHEDULE

Thursday, June 4, 1987

- 12:45 — Coaches Meeting and Briefing Session, K.H.S.A.A. Office
- 2:00 — Competition begins and continues throughout day and evening (if necessary) through quarterfinals of singles and doubles.

Friday, June 5, 1987

- 9:00 a.m. — Competition continues in singles and doubles.

Saturday, June 6, 1987

- 9:00 a.m. — Doubles Semi-finals (Boys and Girls)
- 10:30 a.m. — Singles Semi-finals (Boys and Girls)
- 12:00 p.m. — Doubles-finals (Boys and Girls)
- 1:30 p.m. — Singles (Girls)-Finals followed by the Boys Singles Finals (a change in schedule may occur in case of inclement weather)

BOYS' TOURNAMENT MANAGER - Joe Kroh

GIRLS' TOURNAMENT MANAGER - Becky Watson, Liz Sadler, Mary Robinson

Annual Survey Of Football Injury Continued from Page Nine

4. All personnel associated with football participation should be cognizant of the problems and safety measures related to physical activity in hot weather.

5. Each institution should strive to have a team trainer who is a regular member of the faculty and is adequately prepared and qualified.

6. Cooperative liaison should be maintained by all groups interested in the field of Athletic Medicine (coaches, trainers, physicians, manufacturers, administrators, and so forth).

7. There should be strict enforcement of game rules, and administrative regulations should be enforced to protect the health of the athlete. Coaches and school officials must support the game officials in their conduct of the athletic contests.

8. There should be a renewed emphasis on employing well-trained athletic personnel, providing excellent facilities, and securing the safest and best equipment possible.

9. There should be continued research concerning the safety factor in football (rules, facilities, equipment, and so forth).

10. Coaches should continue to teach and emphasize the proper fundamentals of blocking and tackling to help reduce head and neck fatalities. *Keep the head out of football.*

11. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.

12. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbance, headache, inability to walk correctly, obvious disorientation, memory loss), he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities.



STATE GOLF COMMITTEE MEETING

February 3, 1987

The State Golf Committee for the Kentucky High School Athletic Association met on Tuesday, February 3, 1987, at the Association office in Lexington. The meeting was called to order by Bill Wise, Executive Assistant at 10:00 a.m. Attending the meeting were Lou Brown, Ernie Denham and Marty Donlon, members of the State Committee; Bill Wise, Executive Assistant and Brigid DeVries, Assistant Commissioner.

The first item of business was to re-establish a State Golf Committee. The Committee members are as follows: Tish Car, Ernie Denham, Bill Frost, Dave Baer, Joan Mazzaro, Lou Brown, Marty Donlon, John Hackett and Doug Jenkins.

All information for State and Regional Tournaments was reviewed and minor changes were made for the current season. It was requested that Ernie Denham obtain Golf Rule Books for each school and to include these in information to the Regional Managers. The Kentucky High School Athletic Association announced that the Boys' State Tournament would be held at Lincoln Trail Country Club, Vine Grove in 1987 and the Girls' Tournament will be at the Elizabethtown Country Club, Elizabethtown, Kentucky. Date for the Regionals: May 27-28, 1987. Date for the State: June 2-3, 1987.

The Committee made a recommendation that the Board of Control be approached again concerning moving golf from a spring sport to a fall sport.

There being no further business, the meeting adjourned.

NEWS RELEASE



1987-88 Test Dates For Part II Examinations

Tests dates have been established in all sports where a Part II examination is printed. Starting with the 1987-88 school year. Part II examinations should not be given prior to the following dates:

Football	Sept. 14, 1987
Volleyball	Sept. 14, 1987
Soccer	Sept. 14, 1987
Basketball	Dec. 7, 1987
Wrestling	Dec. 7, 1987
Baseball	March 21, 1988
Softball	March 21, 1988

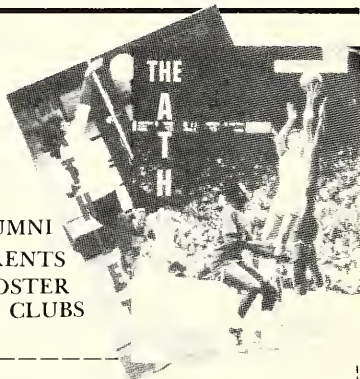
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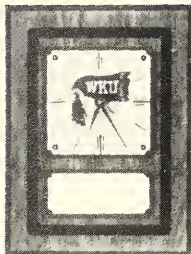
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- R15 - Gold Award
- R16 - Bowling Award
- R17 - Cheerling Award
- R18 - Basketball Award

- R19 - Volleyball Award
- R20 - Band Award
- R21 - Baseball Award
- R22 - Track Award
- R23 - Football Award
- R24 - Softball Award
- R25 - Sports Award
- R26 - Recognition Award
- R27 - Attendance Award
- R28 - Service Award

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