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Kentucky High School Athletic Association

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August 1989

Volume LII, No.1

Official Publication of
The Kentucky High School
Athletic Association

Member of National Federation of State High School Associations

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Catalog Number	Title	Length	Check Film
VC0001-A-E	Do We Or Don't We?	17 Min.	_____
VC0002-A-E	Him Or Me?	4 Min.	_____
VC0003-A-E	Alcohol Trigger Films: The Ride The Party The Mother	7 Min.	_____
VC0004-A-E	Hidden Dangers	14 Min.	_____
VC0005-A-E	Anything To Be A Big Boy	4 Min.	_____
VC0006-A-E	Alcohol - The Unlabeled Drug	14 Min.	_____
VC0007-A-E	MTV: It's Your Right To Say "NO"	4 Min.	_____
VC0008-A-E	Should He Tell?	5 Min.	_____
VC0009-A-E	Is It Time To Stop Pretending?	5 Min.	_____
VC0010	Face To Face - On The Level	15 Min.	_____
VC0011-A-D	Carolyn Cade Interviews		_____
VC0012-A-E	Lots Of Kids Like Us	28 Min.	_____
VC0013-A-E	Soft Is The Heart Of A Child	30 Min.	_____
VC0014-A-E	Sons and Daughters/Drugs and Booze	28 Min.	_____

Choose To Lead:

VC0015-A-C	Module I-Choose Life and Leadership	90 Min.	_____
VC0016-A-C	Module II-Get Others Involved	90 Min.	_____
VC0017-A-C	Module III-Turn Energy Into Action	90 Min.	_____
VC0018-A-E	The Rally	28 Min.	_____
VC0019-A-D	No Matter How You Say It . . . Say No (Isiah Thomas)	11 Min.	_____
VC0020-A-E	Crackdown I (3rd-9th)	25 Min.	_____
VC0021-A-E	Crackdown II (10th-Col.)	21 Min.	_____
VC0022-A-E	Crackdown III (parents/teachers)	50 Min.	_____
VC0023-A-E	Benny and The Roids	25 Min.	_____

Person Requesting Videos _____

Name of School _____

Address of School _____

Phone Number _____

Use Date _____

Alternate Date _____

Due Date _____

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The Kentucky High School Athlete

Official Publication of the Kentucky High School Athletic Association

VOL. LII, NO. 1

AUGUST, 1989

\$10.00 PER YEAR

NEWS RELEASE

HOT WEATHER HINTS

Frederick O. Mueller, Ph.D.
University of North Carolina at Chapel Hill



Early fall football, cross country, soccer and field hockey practice are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. Under such conditions the athlete is subject to:

- **Heat Cramps** - painful cramps and spasms of active muscles - most common of the calf muscle - caused in intense, prolonged exercise in the heat and depletions of water and salt due to sweating.
- **Heat Fatigue** - feeling of weakness and tiredness caused by depletions of water and salt due to sweating and exercise in the heat.
- **Heat Exhaustion** - characterized by extreme weakness, exhaustion, headache, dizziness, profuse sweating and sometimes unconsciousness caused by extreme depletion of water and salt. Key feature that is different in heat exhaustion from heat stroke is the sweating skin.
- **Heat Stroke** - an acute medical emergency caused by overheating from a breakdown of the thermoregulatory mechanism. Associated with high rectal temperature, lack of sweating, disorientation, seizures and possible unconsciousness or coma. It may also occur suddenly without being preceded by any of the other clinical signs. The individual is usually unconscious with a hot, dry skin and a rising rectal temperature.

It is felt that the above heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATION TO HOT WEATHER ACTIVITIES**. It is necessary for an athlete to exercise in the heat if he is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athlete at all times. It is recommended that a minimum 10-minute water break

be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water. Cold water is preferable. Taking ample water before practice or games has also been found to aid performance in the heat.

5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets and glucose-electrolyte solution are not recommended. **ATTENTION MUST BE DIRECTED TO REPLACING WATER - FLUID REPLACEMENT IS ESSENTIAL**.
6. Know both the **TEMPERATURE** and **HUMIDITY**. The greater the humidity the more difficult it is for the body to cool itself. Use of a sling psychrometer is recommended to measure the relative humidity. The following precautions are recommended when using wet-bulb temperature:
 - 66F - Safe but be sure to observe athletes most susceptible to heat.
 - 66 - 78F - Caution - unlimited water on field and cool water is preferable.
 - 78F and above - Danger level - alter practice routine, mandatory water breaks and withhold susceptible athletes.
7. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING**.
8. Athletes should weigh each day before and after practice **WEIGHT CHARTS CHECKED**. Generally a 3-percent weight loss through sweating is safe and over a 3-percent weight loss is in the danger zone. Over a 3-percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe them closely under all conditions.
9. Watch athletes carefully for signs of trouble, particularly athletes who lose much weight, overweight athletes, and the eager athlete who constantly competes at his capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season, through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of such an emergency. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care including ambulance service.

HEAT STROKE - THIS IS A MEDICAL EMERGENCY - DELAY COULD BE FATAL. Immediately cool body while waiting transfer to a hospital. Remove clothing and use cool water. An increasing number of medical personnel are now using a treatment for heat illness that involved applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source - The First Aider - September 1987)

AUGUST, 1989

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HEAT EXHAUSTION - OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to a hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY - The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete to drink as much water as he likes, whenever he wishes. The small amount of salt lost in sweat is adequately replaced by salting food to individual taste at mealtime. Talk to your medical personnel concerning emergency treatment plans.

SPECIAL NOTICES

PART II EXAMS FOR FOOTBALL, SOCCER AND VOLLEYBALL — SEPTEMBER 11

The Part II examination must be taken under supervision. It will be given by the local assigning secretary and/or at the K.H.S.A.A. Office in Lexington, or other sites as designated by the K.H.S.A.A. Any exception to the above must be cleared with the Commissioner.

— CONGRATULATIONS!! —

1988-89 Championship Teams & Coaches

VOLLEYBALL Mercy Academy Rick Blackwell

CROSS COUNTRY

A Girls	Frankfort	Frank Miklavcic
AA Girls	Warren East	Rick Wood
AAA Girls	Pulaski County	Gail Hurt
A Boys	Cordia	Elmer Combs
AA Boys	Fort Campbell	Leon Lange
AAA Boys	Trinity	Rich Rostel

SOCCER Tates Creek Gary Mayrwieser

FOOTBALL

A	Pikeville	Hillard Howard
AA	Fort Knox	Joe Jagers
AAA	Covington Catholic	Lynn Ray
AAAA	Trinity	Dennis Lampley

WRESTLING Trinity Ken Ellenbrand

SWIMMING

Boys	St. Xavier	Marty O'Toole
Girls	Notre Dame Academy	Joan Mazzaro

BASKETBALL

Boys	Pleasure Ridge Park	Dale Mabrey
Girls	Clay County	Donnie Gray

GOLF

Girls	Henry Clay	Kay Smith
Boys	Bowling Green	Danny Spillman

BASEBALL Lafayette Steve Chandler

SOFTBALL Mercy Academy Mark Evans

TENNIS

Girls Singles	Ky. Country Day	Mary F. Hendershot
Girls Doubles	Sacred Heart	Cathy Stovall
Boys Singles	Dixie Heights	Tom Wischer
Boys Doubles	St. Xavier	Joe Kroh

TRACK

A Girls	Frankfort	Frank Miklavcic
A Boys	Danville	E.G. Plummer
AA Girls	Fort Knox	Dave Shufelt
AA Boys	Paducah Tilghman	Lyman Brown
AAA Girls	Pulaski County	Gordon Bocock
AAA Boys	Henderson County	David Mitchell

NEWS RELEASE

KENTUCKY ASSOCIATION OF PEP ORGANIZATION SPONSORS



The Kentucky Association of Pep Organization Sponsors (KAPOS) is pleased to recognize thirteen 1989 Stella S. Gilb Scholarship winners: Carrie Bowling, Laurel County H.S.; Renee' Daulton, Jessamine County H.S.; Tracy Elliott, Bourbon County H.S.; Laura Ellis, Oldham County H.S.; Dawn Ford, Ohio County H.S.; Melinda Pauley, Fort Thomas Highlands H.S. (picture not available); Ashley Ousley, Reidland H.S.; Lisa Perry, Hughes Kirk H.S.; Elisa Stanley, Williamstown H.S.; Renae Topper, Owensboro Catholic H.S.; Stacie Renee Waters, Scott H.S.; Renee' Wright, Reidland H.S.; and Linda K. Young, Bryan Station H.S. Each recipient was chosen for academic and leadership ability and will receive \$500. Since 1964, KAPOS has awarded 65 scholarships in the amount of \$43,100. Applications for the 1990 scholarships will be available in January. Any cheerleader at a KAPOS member school is eligible.



Carrie Bowling
Laurel County
High School



Renee' Daulton
Jessamine County
High School



Tracy Elliott
Bourbon County
High School



Laura Ellis
Oldham County
High School



Dawn Ford
Ohio County High School



Ashley Ousley
Reidland High School



Lisa Perry
Hughes Kirk High School



Elisa Stanley
Williamstown High School



Renae Topper
Owensboro Catholic
High School



Stacie Renee Waters
Scott High School



Renee' Wright
Reidland High School



Linda K. Young
Bryan Station
High School

1988-1989 GIRLS' GOLF CHAMPIONS
ELIZABETHTOWN COUNTRY CLUB, ELIZABETHTOWN
May 31 - June 1, 1989



Individual Winner
 Lisa Weissmueller, Henry Clay - 144



TEAM CHAMPION - HENRY CLAY HIGH SCHOOL

INDIVIDUAL SCORES

Elizabeth Brandenburgh, Henry Clay . . .	153	Meredith Howe, Murray	166	Jamie Towler, Trigg Co.	170
Kim Tyrer, Franklin Co.	157	Tracye Furlong, Woodford Co. . .	166	Allyson Hartley, Russellville . . .	171
Tracy Hughes, Casey Co.	161	Sandy Stokley, Somerset	168	Tressa Carlisle, North Hardin . . .	171
Karla Kaye Hopper, Madison Central . . .	164	Jennifer McGohon, Oldham Co. . . .	170		

TEAM SCORES

Henry Clay	675	Owen County	783	Taylor County	841
North Hardin	738	Franklin-Simpson	790	Sacred Heart	862
Madison Central	740	Assumption	804	Paintsville	862
Casey County	742	Oldham County	818	Calloway County	864
Murray	755	Johnson Central	820		
Woodford County	761	Glasgow	821		

1988-1989 BOYS' GOLF CHAMPIONS
LINCOLN TRAIL COUNTRY CLUB, VINE GROVE
MAY 31 - JUNE 1, 1989



Individual Winner
 Tommy Rupert - Boyd County - 146



TEAM CHAMPION - BOWLING GREEN HIGH SCHOOL

INDIVIDUAL SCORES

Chad Dawson, Franklin Co.	147	Russ Johnson, Trinity	150	Matt McIntire, Henry Clay	153
John Cain, Somerset	149	Kevin Hurst, Owensboro	150	Drew Traxel, Maysville St. Patrick . .	154
P.J. McDougal, Bowling Green	149	Greg Demling, St. Xavier	151	Matt Wallace, Mayfield	154
Bryan Baysinger, Glasgow	150	Brad Lehmann, Trinity	152	Scotty Alexander, Glasgow	154

TEAM SCORES

*Bowling Green	622	Covington Catholic	656	Rowan County	677
St. Xavier	622	Graves County	658	Paducah Tilghman	677
Trinity	634	Estill County	660	Pleasure Ridge Park	686
Henry Clay	635	Boyd County	660	Erlanger St. Henry	703
Glasgow	639	Madisonville	663	Maysville St. Patrick	708
Franklin County	641	Henderson County	671	Danville	747
Somerset	641	Casey County	674	Highlands	757

* won playoff on first hole



VOLLEYBALL COMMITTEE MINUTES

June 19, 1989

The Volleyball Committee met at the Kentucky High School Athletic Association Office in Lexington, Kentucky, on Monday, June 19, 1989. The meeting was called to order at 2:00 p.m. by Brigid L. DeVries, Assistant Commissioner. Committee members present included Margi McKenna, Joan Mitchell, Katie Wessling and Mike Whitehouse.

The first item on the agenda was a discussion of regional tournaments and sites. Ms. DeVries advised the Committee of a few possible additions to the teams in each region. The 1988 regional sites were discussed and committee members will check their availability for the 1989 tournaments. Regional tournaments will be double elimination again this year.

Katie Wessling made a motion, seconded by Margi McKenna, that the teams not change benches for the 1989 season including regional and state tournament play. The motion carried unanimously.

The Committee then discussed the items on the Regional Information Sheet and made some corrections for the coming year.

A discussion followed regarding the site for the 1989 State Volleyball Tournament to be held October 27-28. The University of Kentucky submitted a proposal to host the tournament at Memorial Coliseum in Lexington, and Seneca High School in Louisville submitted a bid also. A visit to Seneca High School by the K.H.S.A.A. staff will be made, and the site will be determined at a later date. Committee members were very pleased with the 1988 Tournament held at the University of Kentucky.

The State Tournament format was the next topic of discussion. The winner and runner-up will advance from the Regional Tournaments. Some minor revisions were made on the tournament information which will be sent to the schools.

The State Tournament Draw was conducted. Winners and runners-up from the same region were placed in opposite brackets. Only Regional winners were eligible for byes. Following a discussion of the State Tournament time schedule, it was decided to leave it as is for the 1989 tournament. Committee members thought the semi-final schedule on Saturday, with teams playing one after the other, was preferable to playing simultaneously as was done in the past.

The next item on the agenda was the officials fees. There will be no change in fees for the 1989-90 school year. Umpires and referees will receive \$18.00 per match for regular season varsity play. Regional tournament fees are \$20.00 and State Tournament fees are \$25.00 per match plus a travel expense.

Ms. DeVries announced the tentative times and sites for the Clinics. They are as follows:

Tuesday, August 15, Iroquois H.S., Louisville
Thursday, August 17, Dixie Heights H.S., Ft. Mitchell
Tuesday, August 22, Sportsworld, Lexington

A brief discussion followed regarding the 1989-90 National Federation Volleyball rules. The most significant change was in rule 2-1-4 which permits either a 2 or 4 inch center line.

Following a discussion regarding the Limitation of Seasons, it was decided that some clarification was needed on practice and play during the summer. At the end of the academic school year, volleyball teams may play and practice in non-school related tournaments and activities. It is also permissible for their high school coach(s) to work with them at this time. However, a member school may not officially start practice for the high school season until July 15, 1989. K.H.S.A.A. catastrophic insurance coverage will not be in effect until this date.

By-Law 25 further states that the season ends at all levels of play at the conclusion of the varsity teams last regular season contest, and there should be no further practice or play during the remainder of the academic school year. This applies to involvement by the head coach as well as the assistant coach of member schools. Margi McKenna recommended that a proposal regarding the first regular season volleyball match be submitted to the Board of Control. The proposal stated that the first match be allowed during the last full week in August, effective for the 1990-91 season. The proposal will be submitted to the Board of Control at their next meeting.

Ms. DeVries invited committee members to contribute to the volleyball newsletter *Sideout*.

There being no further business, the meeting was adjourned.



1989 State Tennis Championships Team Scoring

BOYS

1	St. Xavier	16	Rowan County	2
2	Trinity (Louisville)	13	Russell	2
3	Lone Oak	8	Sheldon Clark	2
4	Dixie Heights	7	Apollo	2
5	Elizabethtown	5	Boone County	2
6	Henderson County	4	Bourbon County	2
	Male	4	Christian County	2
8	St. Francis	3	Covington Catholic	2
	Sayre	3	Danville	2
	Franklin County	3	Madison Central	1
	Henry Clay	3	Middlesboro	1
	Kentucky Country Day	3	Boyle County	1
13	Owensboro Catholic	2		
	Pleasure Ridge Park	2		

GIRLS

1	Sacred Heart	16	Beechwood	3
2	Sayre	8	Calloway County	3
3	Lone Oak	7	Henry Clay	3
4	Kentucky Country Day	6	17 Morgan County	2
5	Elizabethtown	5	Notre Dame	2
	Franklin-Simpson	5	Pulaski County	2
	Male	5	Boyd County	2
8	Bourbon County	4	Christian County	2
	Bowling Green	4	Louisville Collegiate	2
	Daviess County	4	Danville	2
	Highlands	4	24 Mason County	1
12	Russell	3	North Hardin	1
	Apollo	3	St. Camillus	1

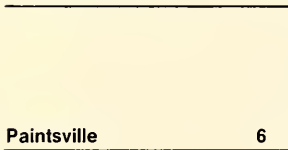
1988-89 K.H.S.A.A. BASEBALL TOURNAMENT
Lexington, Kentucky
June 1 - 2, 1989

LAFAYETTE HIGH SCHOOL



TEAM MEMBERS: Front Row Sitting: Robert Taylor, Matt Spoonamore, Todd Baxter, Jed Dorough, Greg Dixon, Jamie Anderson, Andy McCord, Charles Gray. Kneeling: Keith Gadd, Shown Wigglesworth, Chris Corman, Scott Corman, Eddie Brooks, Robby Henry. Standing: Coach Skip Hanson, Jim Kayse, Kevin Goins, Chris Feltham, Greg Marshall, Coach Steve Chandler.

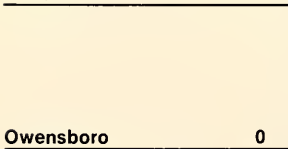
Shelby County 3



Paintsville 4



Lafayette 1



Lafayette 11

Lafayette

- | |
|---|
| <p>Tournament Officials</p> <ul style="list-style-type: none"> Bob Dwyer Bill East Mike Elkin Burney Jenkins |
|---|

REMINDER TO SCHOOLS CONCERNING LIMITATION OF SEASONS

All schools are reminded of the Limitation of Seasons Rules, K.H.S.A.A. By-Law 27, as it applies to competition after the conclusion of the regular season. ALL SPORTS are affected by this rule, which states that following the teams' last regular season match, there shall be no further practice or play as a team for the remainder of the school year, with the exception of the K.H.S.A.A. tournament. Please be sure your coaches are aware of this important rule, and that they are not involved in coaching the team in an outside league, or other competition. For the high school coach, be they the Head Coach or an assistant coach, to coach members of the high school team in a league outside of the school's legal regular season competition, regardless of the type of league, would be a violation of the rules governing the Limitation of Seasons.

CONGRATULATIONS TO ATHLETIC TRAINING SCHOLARSHIP WINNER

Ms. Cathy Burns, a senior at Boyd County High School in 1989, is the 1989 recipient of the Tom Simmons Athletic Training Scholarship. The scholarship is awarded by the Kentucky Athletic Trainer Society in honor of Tom Simmons, Athletic Trainer Emeritus at Murray State University. Ms. Burnse was selected based on her academic records, her work as a student trainer, her interest in the profession of athletic training, and other related activities. She is attending the University of Louisville beginning this fall, and will be working in their athletic training program. Congratulations to Cathy Burns, the 1989 Tom Simmons Athletic Training Scholarship winner.

NOTES CONCERNING ACADEMIC ALL STATE NOMINATIONS

The certificates for persons being named Academic All State Teams for the Spring Sports were mailed to the member school athletic directors who submitted nominations in late August. Please note, that if your school uses a weighted grade point average, or some other system which is not a standard 4.0 system, you will need to convert the grades to a 4.0 scale for your athletes to receive consideration. Thanks again for your cooperation.

OPEN DATES FOR BASKETBALL SCHOOLS

Assumption needs three more girls teams to play in the Holiday Jamboree to be held December 28 and 29. Interested schools should contact Coach Carolyn Medley, Assumption High School, 2170 Tyler Lane, Louisville, 40205, or call (502)458-9551.

Bardstown has three open dates for boys basketball, 11/28, 12/12, and 1/23. Contact Garnis Martin, A.D., (502)348-1674.

Laurel County has several openings on its boys basketball schedule, including 11/28, 12/8 and 1/30. Contact Coach Charles Broughton (606)864-7371, or (606)843-7208.

Madisonville-North Hopkins has several open dates for boys varsity and junior varsity basketball. The open dates are as follows -- 11/30, 12/7, 12/8, 12/18 and 12/19, 1/18, 1/19 and 2/12. Contact J.E. Barlow, A.D., (502)825-6017.

Oldham County needs boys games on 12/15/89, 12/27-30/89, 1/12/90, 1/30/90, 2/9/90 and 2/10/90. Interested schools should contact Coach Gary Forrest, or Tom Peterson, A.D., (502)222-9461.

Russell has open dates for boys basketball, 11/28, 1/23; and needs a girls' game on 2/12. Contact Jerry Klaiber, A.D.

CORRECTION ON WRESTLING CLINIC

In the pamphlet describing the re-registration procedure, the wrestling clinic schedule contained a minor error. The site of the November 21 clinic in Louisville will be the Kentucky School f/t Blind, not Seneca High School as was stated on the listing. Please make this correction.

A.C.T. TEST DATES FOR 1989-90, and 1990-91

The 1989-90 and 1990-91 A.C.T. test schedule is as follows:

<u>Test Date</u>	<u>Regular Postmark Deadline</u>	<u>Late Deadline</u>
10/28/89	09/29/89	10/16/89
12/ 9/89	11/10/89	11/27/89
02/10/90	01/12/90	01/29/90
04/ 7/90	03/ 9/90	03/26/90
06/ 9/90	05/11/90	05/25/90
10/27/90	09/28/90	10/15/90
12/ 8/90	11/ 9/90	11/26/90
02/ 9/91	01/11/91	01/28/91
04/13/91	03/15/91	04/ 1/91
06/ 8/91	05/10/91	05/24/91

OPEN DATES SOLICITED FOR FOOTBALL SCHOOLS

Many schools are working on 1990 football schedules. With this in mind, please submit your open dates to this office so that we may again compile a list to assist you in scheduling. Please submit these open dates in writing and include 1) the game date desired, and 2) a contact name and daytime phone number.

The following is the list of schools with open dates, listing only those schools who have an open date listed, but have not filled their eleven game limit. The November 3 open date listing may include teams who have already scheduled the 11 game limit.

- ** Date 09/01 -- Barren County, Bryan Station, Calloway County, Frankfort, Jenkins, Kentucky School f/t Deaf, South Hopkins. St. Joseph (Ironton, OH), contact Larry Getts (614)532-0485.
 - ** Date 09/08 -- Ballard Memorial, Corbin, Franklin County, Reidland, Scott County.
 - ** Date 09/15 -- Boone County, Cumberland, Murray, North Hardin, Webster County. St. Joseph (Ironton, OH), contact Larry Getts (614)532-0485.
 - ** Date 09/22 -- Bryan Station, Frankfort, Harrodsburg, Russellville.
 - ** Date 09/29 -- Boone County, Boyle County, Crittenden County, Cumberland, Harlan, Ludlow, Mercer County, Millersburg Military Institute, Paintsville, Pineville, Washington County.
 - ** Date 10/06 -- Bath County, Bellevue, Breckinridge County, Caverna, Corbin, Fulton City, George Rogers Clark, Kentucky School f/t Deaf, Mayfield, Russell County, Somerset. St. Joseph (Ironton, OH), contact Larry Getts (614)532-0485.
 - ** Date 10/13 -- Wayne County.
 - ** Date 10/20 -- Bardstown, Greenville, Henry Clay, Knox Central, Logan County, Owen County, South Hopkins
 - ** Date 10/27 -- Bullitt East, Campbell County, Fulton County, Leslie County
-

OPEN DATES SOLICITED FOR FOOTBALL SCHOOLS (cont'd)

** Date 11/03 -- Adair County, Allen Central, Bath County, Bowling Green, Bryan Station, Caldwell County, Campbellsville, Carroll County, Casey County, Caverna, Cawood, Clay County, Corbin, Cumberland, Dayton, East Carter, Edmonson County, Eminence, Fairview, Fleming County, Fort Campbell, Fulton County, George Rogers Clark, Glasgow, Graves County, Greenup County, Greenville, Harlan, Harrodsburg, Hart County, Hazard, Heath, Henry Clay, Henry County, Highlands, Jenkins, Johns Creek, Kentucky Country Day, Knott County Central, Laurel County, Lawrence County, Leslie County, Lone Oak, Ludlow, Madison Central, Magoffin County, Marion County, Marshall County, Mason County, Metcalfe County, Middlesboro, Millersburg Military Institute, Monroe County, Montgomery County, Owen County, Owensboro Catholic, Paintsville, Paris, Phelps, Raceland, Russellville, Scott, Shelby County, Somerset, Tates Creek, Taylor County, Union County, Warren Central, Wayne County, West Carter, Wheelwright

IMPORTANT DATES FOR 1989-90 SPORTS

The following are the starting dates for the K.H.S.A.A. sponsored events, along with the first day of practice, number of contests and the tentative date for the state finals.

Sport	First Practice	First Contest	Num. Games Allowed	State Finals
Volleyball	July 15	Sept. 1	20	Oct. 27/28
Soccer	July 15	Aug. 22	6-20	Nov. 8/11
Cross Country	July 15	Sept. 1	4-15	Nov. 4
Football	July 19	Aug. 18	11	Dec. 1/2
Wrestling	Oct. 15	Dec. 1	4-23	Feb. 17
Swimming	Oct. 1	Nov. 15	15	Mar. 2/3
Basketball				
non football	Oct. 1	Nov. 15	24	Mar. 14/17 (Girls)
football	Oct. 15	Nov. 28	24	Mar. 21/24 (Boys)
Track	Dec. 1	Mar. 26	4-15	May 26
Softball	Feb. 15	Mar. 26	35	May 24/26
Golf	Feb. 15	Mar. 26	20	May 30/31
Tennis	Feb. 15	Mar. 26	4-20	May 31/June 1/2
Baseball	Feb. 15	Mar. 26	35	June 7/8

These dates are as printed on the 1989-90 Memorandum Calendar. It is important to remember that these dates, particularly for the state finals, are tentative as site availability may force a change in location and/or date.

CONGRATULATIONS TO PAUL HORNUMG

Congratulations are in order for Paul Hornung, former All-State performer in basketball and football at Flaget High School in Louisville. Hornung was inducted this summer into the National High School Sports Hall of Fame during inductions ceremonies held in Tampa, Florida. Hornung was a standout performer not only during his playing days at Flaget, but in his collegiate career at Notre Dame. As a member of the Fighting Irish, he was to win the Heisman trophy for his football exploits in addition to a short stint with the basketball team. After graduation, he moved on to become a standout with the Green Bay Packers including his selection as the NFL Most Valuable Player. Hornung is the second Kentuckian to be inducted into the National High School Hall of Fame. Former Owensboro great Cliff Hagan was inducted at the 1988 ceremony in Kansas City.

By-Law 27. Requirement for Coaches

Sec. 1. FACULTY COACHES

Head coaches and assistant coaches of interscholastic athletic teams and sponsors of cheerleading squads representing the common schools shall be certified teachers and members of their regular school faculties. They shall be duly employed by their respective boards of education and their entire salaries shall be paid by such board. They shall be employed a minimum of three (3) regular periods for teaching classes, including physical education; for supervision of study halls; and/or exercising responsibilities in other activity assignments within the school schedule. (R-1 51)

Sec. 2. PARAPROFESSIONALS

(1) In the event that the local board of education is unable to staff head or assistant coaching, or head or assistant cheerleader sponsor positions under the provisions of Section 1, the superintendent of the local school district may request the local board of education to approve the employment 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 paraprofessional head or assistant coaches or sponsors under the following provisions:

- (a) The local board of education shall declare, after reasonable notice of a relevant position, that no qualified and certified member of the regular school faculty has applied for the position, pursuant to Section 1 of this By-Law;
- (b) The position shall be filled by the best qualified person available, giving preference to the factors of academic preparation and teacher certification, prior teaching experience or related educational work, and personal attributes compatible with the demands of the position;
- (c) The applicant shall have at least sixty-four (64) semester hours of credit from an accredited college or university, as documented by an official transcript;
- (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, and such shall be timely and appropriately updated as required by the approving agency;
- (e) Nonteaching paraprofessional assistants shall be employed and act under the direct supervision of a head coach or head cheerleader sponsor and under the authority of the principal and shall be evaluated and employed on an annual basis;
- (f) The entire salary for the position shall be paid by the local board of education;
- (g) Paraprofessional head coaches shall not, in any manner, be utilized with respect to high school varsity football or basketball teams.

(2) Nonteaching paraprofessional head and assistant coaches and sponsors utilized under this section shall have the full and same authority and responsibility, consistent with applicable law, as fully certified, teaching counterparts hired under the provisions of Section 1 of this By-Law, but such assistants may not:

- (a) Act as head coaches or sponsors, except in those sports indicated, or in emergencies where the head coach or sponsor is unavailable, of junior varsity, freshman, elementary or middle school, or any other non-varsity athletic team or cheerleading squad; or
 - (b) Act as the school faculty member or administrator required to accompany students on school-sponsored or school endorsed trips pursuant to KRS 161.185, and By-Law 16.
- (3) As long as a non-certified paraprofessional with fewer than sixty-four (64) semester hours of college credit, is acting within the scope and authority set forth in 704 KAR 15:080 and KRS 161.010 and 161.044, he or she may be employed by a local board of education to carry out assigned responsibilities upon approval by the local board of a job description limited to the following duties:
- (a) Assists the coaches in daily and long range athletic activities;
 - (b) Assists the coaches in planning the program;
 - (c) Conducts learning experiences, under the direction of the coaches, with small groups of athletes;
 - (d) Assists the coaches in guiding participants towards a harmonious team spirit;
 - (e) Alerts the head coach to the special needs of individual athletes;
 - (f) Provides escort assistance, and supervision of athletes during periods of team travel;
 - (g) Recommends to the head coach the purchase of equipment, supplies, and uniforms as appropriate for the health, safety, and welfare of student athletes;
 - (h) Perform other non-coaching duties assigned by the principal, athletic director, or head coach.

(4) No person failing to meet the provisions of sections 1, 2 or 3 of this regulation shall be employed or allowed to participate in any supervisory capacity with interscholastic athletic teams or cheerleading squads, nor shall any otherwise qualified person exceed his respective duties as set forth in this By-Law.

(5) The requirements of this regulation shall be made a part of the rules, regulations, and bylaws of any organization or agency designated by the State Board of Education to manage interscholastic athletics and shall be made to apply by said organization or agency to all its member schools. (Revised, 9/14/88, State Board of Education)

Sec. 3. K.H.S.A.A. RULES CLINICS

Head coaches in baseball, basketball, football, soccer and wrestling shall attend a Kentucky High School Athletic Association sponsored rules clinic in the sport in which they are involved.

Sec. 4. C.P.R./FIRST AID REQUIREMENT

All Head Coaches employed by member schools in all sanctioned sports 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, and such shall be timely and appropriately updated as required by the approving agency. (R-1 35)

Sec. 5. MEDICAL SYMPOSIUM REQUIREMENT

Head coaches in all sanctioned sports shall attend, on a bi-annual basis, the Sports Medicine Symposium sanctioned by the K.H.S.A.A. and conducted each summer, such requirement to be fulfilled and enforced in the following manner:

- (a) Head coaches who did not attend a sanctioned medical symposium in 1988 shall be required to attend one of the symposiums in 1989 and bi-annually thereafter; otherwise, head coaches shall attend a symposium in 1990 and bi-annually thereafter.
- (b) A make-up symposium shall be scheduled for early September of each school year with attendance only for those head coaches hired after the last day of the preceding school year.
- (c) All public member schools of the K.H.S.A.A. shall pay the necessary expenses of coaches for the required attendance at the sanctioned Sports Medicine Symposium.

Sec. 6. PENALTIES FOR NON-COMPLIANCE

The K.H.S.A.A. shall impose one of the following penalties for those coaches required, but not properly in attendance at the required rules clinic (Sec. 3); not in compliance with the first aid/C.P.R. requirement (Sec. 4); and/or not in compliance with the Medical Symposium Requirement (Sec. 5):

- (Pen. 1) Not allowing the coach to perform coaching duties for one season in the sport(s) which was not represented; or
- (Pen. 2) Not allowing the coach to perform coaching duties in K.H.S.A.A. sponsored championship competition for one season in the sport(s) which was not represented.

Sec. 7. COVERAGE

This regulation shall apply to all public and private schools which are members of the Association. (Adopted as amended, 1/11/89, State Board of Education)

1988-89 K.H.S.A.A. SOFTBALL TOURNAMENT

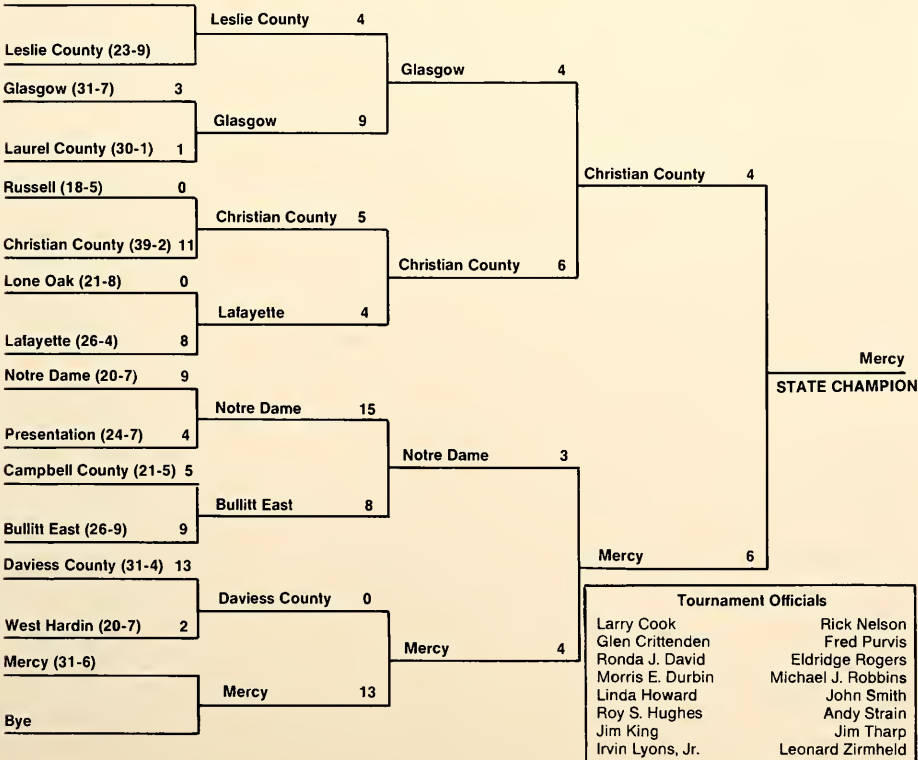
Owensboro, Kentucky May 25 - 26, 1989

MERCY ACADEMY

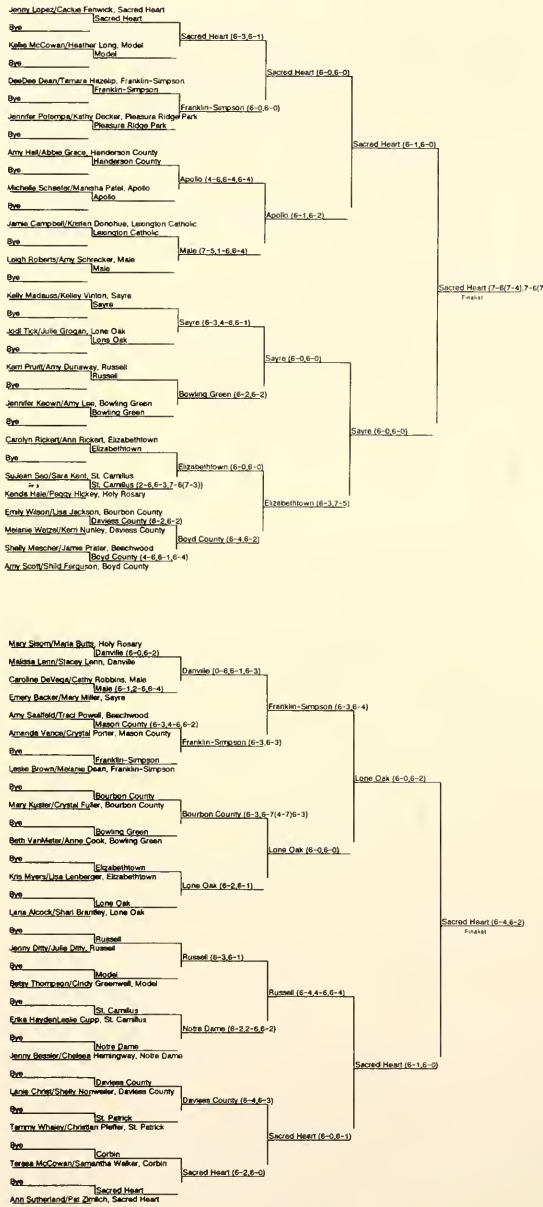


TEAM MEMBERS: Denise Diebold, Lisa Hall, Kristin Kupper, Becky Pierson, Karen Roalofs, Julie Frazee, Robyn Kulp, Paula Landrum, Jennifer Sweet, Lori Allgeier, Missy Cave, Shannon Chesser, Sara Davis, Wendy Hartlage, Karmin Kupper, Dawnyn Moore, Katie Roalofs.

Bye



1989 K.H.S.A.A. State Tennis Tournament, Girls Doubles University of Kentucky, Lexington June 1-3, 1989



Girls' Doubles Seeded Players

1. Ann Sutherland/Pat Zimlich, Sacred Heart
2. Jenny Lopez/Cackie Fenwick, Sacred Heart
3. Lana Alcock/Shari Brantley, Lone Oak
4. Kelly Madauss/Kelley Vinton, Sayre
5. Amy Hall/Abbie Grace, Henderson County
6. Jenny Bessler/Chelsea Hemingway, Notre Dame

Sacred Heart

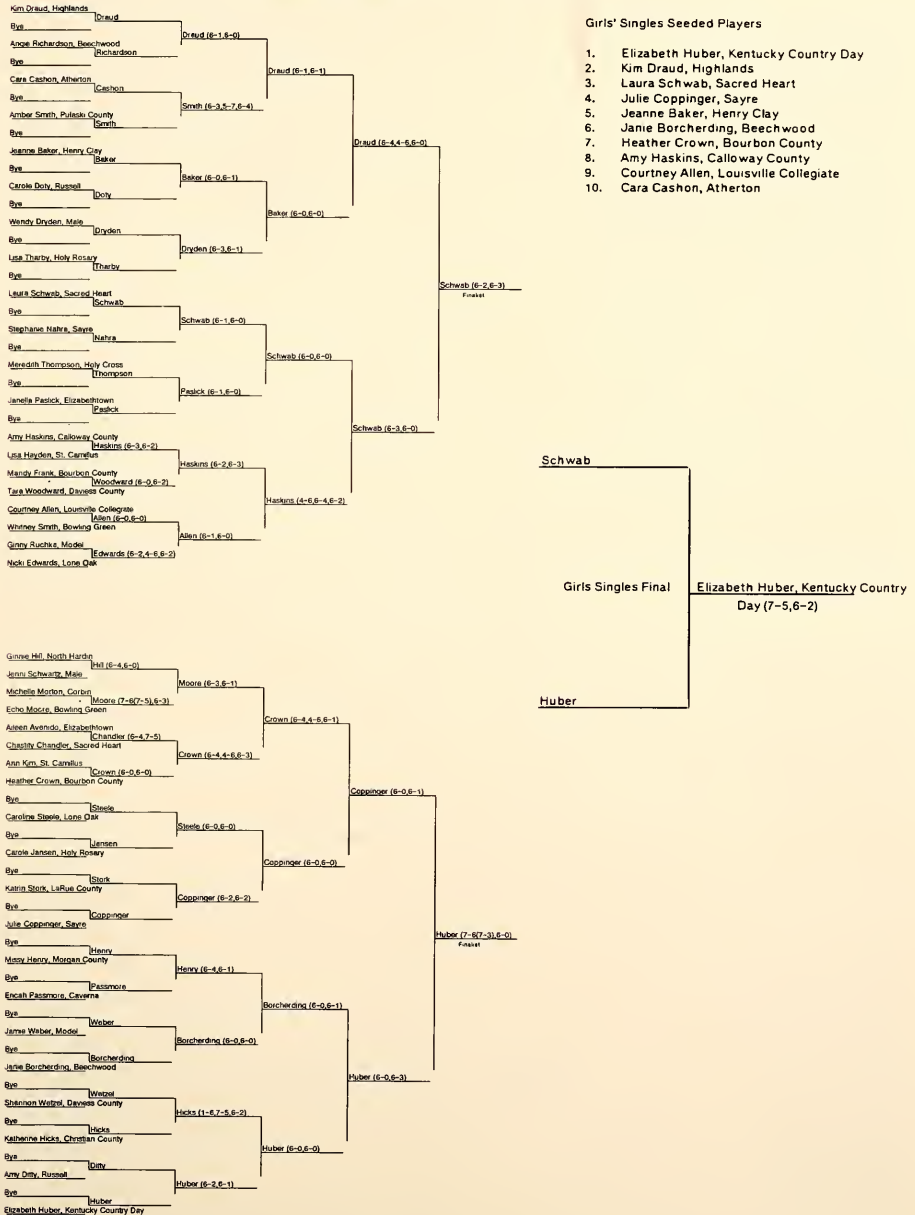
Girls Doubles Final **Ann Sutherland/Pat Zimlich, Sacred Heart (6-3, 7-6(7-2))**

Sacred Heart

1989 K.H.S.A.A. State Tennis Tournament, Girls Singles University of Kentucky, Lexington June 1-3, 1989

Girls' Singles Seeded Players

1. Elizabeth Huber, Kentucky Country Day
2. Kim Draud, Highlands
3. Laura Schwab, Sacred Heart
4. Julie Coppinger, Sayre
5. Jeanne Baker, Henry Clay
6. Jamie Borchering, Beechwood
7. Heather Crown, Bourbon County
8. Amy Haskins, Calloway County
9. Courtney Allen, Louisville Collegiate
10. Cara Cashion, Atherton



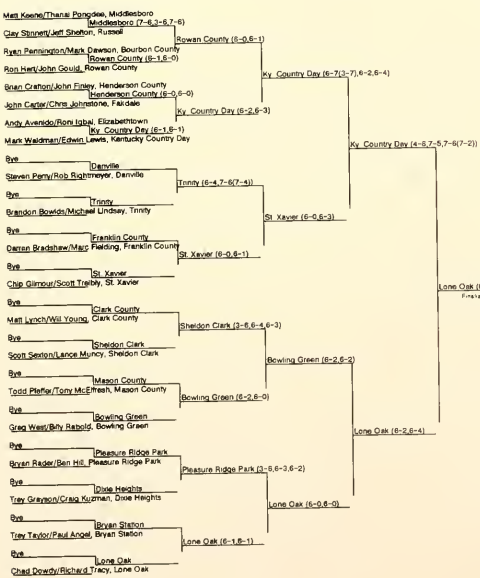
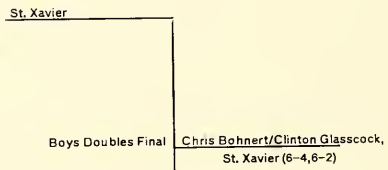
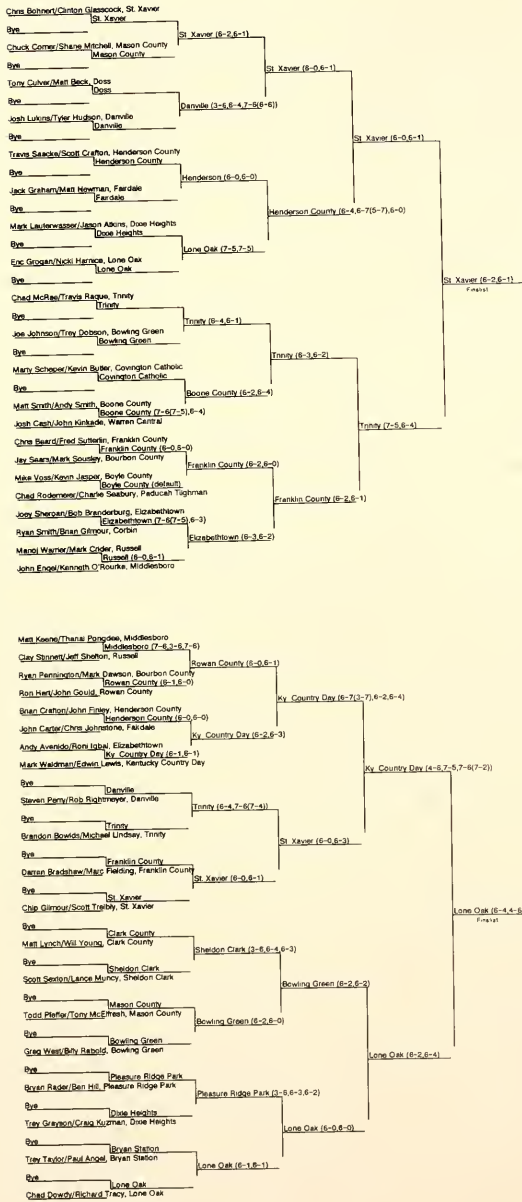
1989 K.H.S.A.A. State Tennis Tournament, Boys Doubles

University of Kentucky, Lexington

June 1-3, 1989

Boys' Doubles Seeded Players

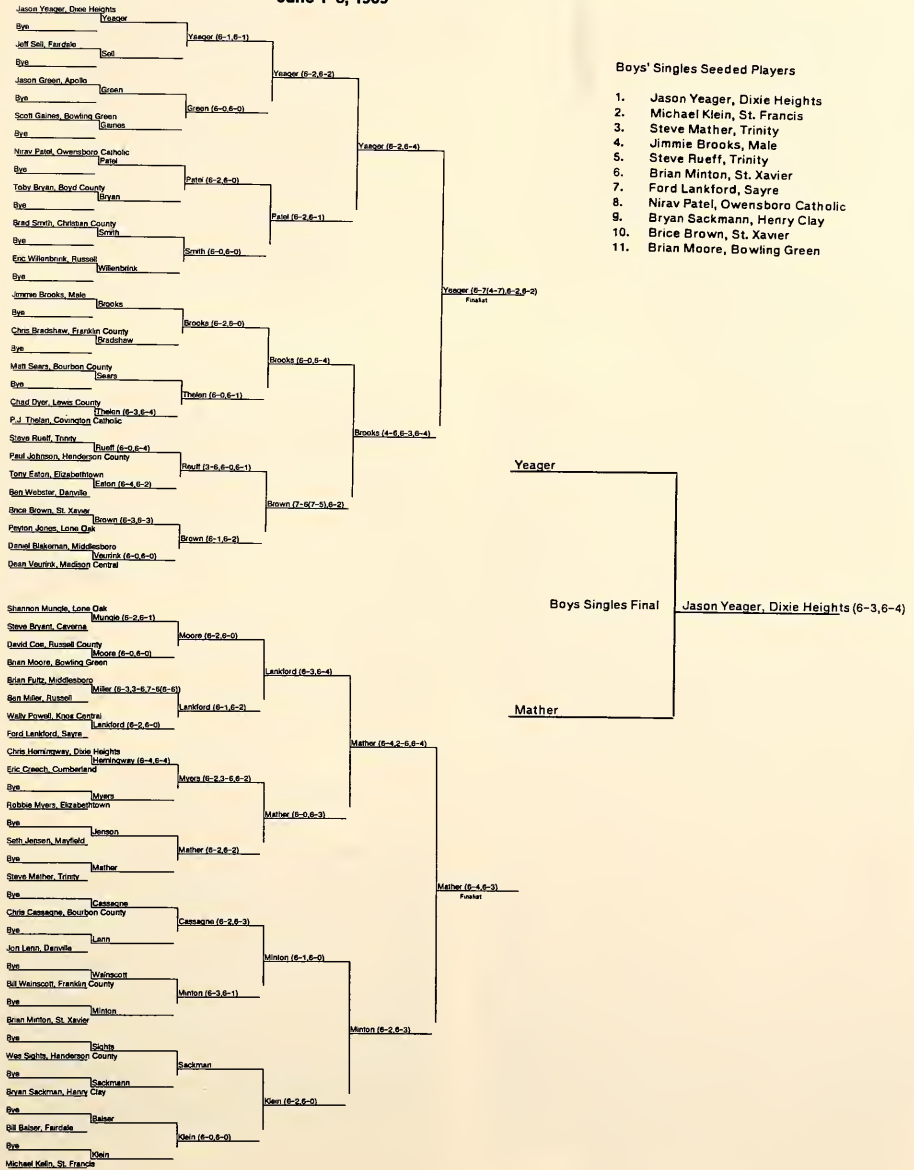
1. Chris Bohnert/Clinton Glascock, St. Xavier
2. Chad Dowdy/Richard Tracy, Lone Oak
3. Chip Gilmour, Scott Treibly, St. Xavier
4. Chad McRae/Travis Raque, Trinity
5. Mark Waldman/Edwin Lewis, Kentucky Country Day
6. Chris Beard/Fred Sutterlin, Franklin County
7. Travis Saacke/Scott Crafton, Henderson County
8. Greg West/Billy Rabold, Bowling Green
9. Brandon Bowlds/Michael Lindsay, Trinity
10. Joey Sheroan/Bob Brandenburg, Elizabethtown
11. Ron Hart/John Gould, Rowan County



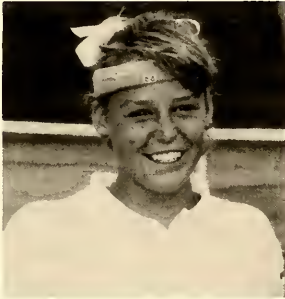
Boys Doubles Final
Chris Bohnert/Clinton Glascock, St. Xavier (6-4,6-2)

Lone Oak

1989 K.H.S.A.A. State Tennis Tournament, Boys Singles University of Kentucky, Lexington June 1-3, 1989



1988-89 TENNIS CHAMPIONS
University of Kentucky - Lexington
June 1 - 3, 1989



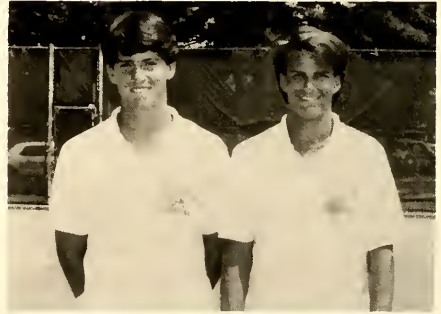
GIRLS SINGLES CHAMPION
Elizabeth Huber
Kentucky Country Day



BOYS SINGLES CHAMPION
Jason Yeager
Dixie Heights

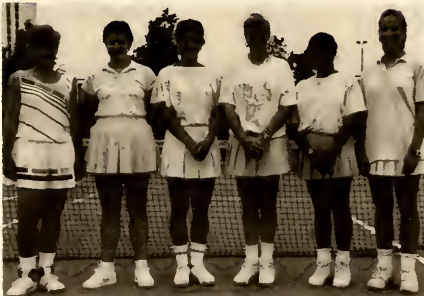


GIRLS DOUBLES CHAMPIONS
Ann Sutherland - Pat Zimlich
Sacred Heart



BOYS DOUBLES CHAMPIONS
Chris Bohnert - Clint Glasscock
St. Xavier

GIRLS STATE CHAMPION
Sacred Heart Academy



(L to R): Pat Zimlich, Anne Sutherland, Jenny Lopez,
Cockie Fenwick, Chastity Chandler, Laura Schwab

BOYS STATE CHAMPION
St. Xavier



(L to R): Terry Tillman, Adam Bibb, Chad Muntan, Bryan
Minton. (Second Row): Scolt Treibly, Chris Bohnert,
Clinton Glasscock, Brice Brown, Chip Gilmour,
Coach Joe Kroh.

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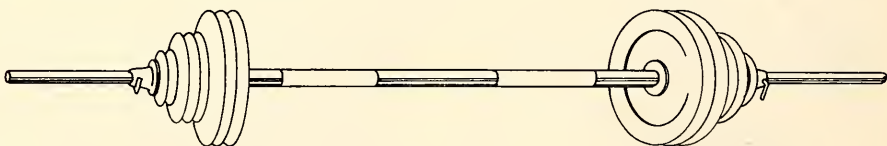


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