



## Seemingly Healthy, Suddenly Dead

The sudden death of seemingly healthy young athletes sends a shock wave through a community and sometimes, the nation. Several hundred times a year a young person, while playing a sport, dies for no immediately apparent reason – no violence on the playing field, no lightning strike, no noticeable accident. Sudden death in young athletes has been attributed to substance abuse, heat, heart-related causes, hypertrophic cardiomyopathy, commotio cordis, and sickle cell trait.

### Possible Causes

**Hypertrophic cardiomyopathy**, an enlarged and abnormal heart muscle, is the main cause of sudden cardiac death in youngsters. The thickening of the heart muscle may obstruct blood flow from the heart and may also interfere with the pattern of heart cells, resulting in irregular heart rhythms. This structural heart defect is usually genetic. (More information is at [www.americanheart.org](http://www.americanheart.org).)

**Commotio cordis** is death from a sudden blow to the chest wall, such as from a baseball, just as the heart is preparing to pump. The strike interferes with the heart's electrical system, causing an irregular heartbeat.

Although not conclusive, several medical studies indicate a connection between sickle cell trait and exercise-related death. Sickle cell trait is a condition in which a person has one normal and one abnormal gene for hemoglobin. It is distinct from sickle cell anemia. The NCAA now calls it a generally "benign condition" but will meet next year with the National Athletic Trainer's Association for further consideration of the link between athletes and sickle cell trait.

### Screening and Safety

Early detection and protective measures

along with emergency preparedness are important in reducing sudden death in young people. Staff trained in using cardiopulmonary resuscitation and automated external defibrillators is crucial in any emergency plan, but a limited study indicates that more is needed. The study, in the July 2006 issue of *Heart Rhythm*, found that these measures were less effective with youth than adults, probably because the youngster's disease is linked to an abnormally structured heart and not hardening of the arteries.

Athletic facilities and schools should also consider taking these steps:

1. Require that prospective participants undergo a physical examination that includes a complete personal and family history. Young athletes' conditions often result from a genetic or familial condition.
2. Have athletes acclimate to the heat and altitude gradually and keep hydrated. It is risky for any athlete to exercise at high altitudes, in heat and humidity, and while dehydrated, but perhaps even more so for those with sickle cell trait.
3. Use softer balls in sports to reduce risk and teach young children not to block balls, pucks, and other projectiles with their chest. A report published in the April 2006 issue of *Pediatrics* cautioned against reliance on commercial chest protectors, saying they are effective against some injuries but not sudden death in young athletes.

Sudden death is rare. Proper precautions may make it rarer yet.

*From The Gym To The Jury*

## WIAAA President's Message

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October, 2006

Dear WIAAA Members and AD's;

I would like to begin this first communication with our membership by apologizing about what happened, or more precisely, what did not happen at the WCA clinic last summer. Specifically, that we did not offer any LTC classes at that clinic. That will not happen again.

So, as we move forward, here we go with another great year. The next WIAAA Board meeting will be in Casper on Monday November 6, 2006, at 7:00 pm at the Holiday Inn. We will be meeting the evening before the scheduling meeting because the scheduling meeting will start earlier on Tuesday morning than in the past. At that meeting, I expect to make firm plans for our LTC program for next summer's clinic. I also expect that we will offer additional workshops at next year's clinic. On Tuesday evening, we will have our annual general membership meeting/banquet. We have some great awards

to present. All AD's, whether a member or not, are invited and encouraged to attend.

As we dive into this year and all of the time consuming tasks we have, let's not forget that our jobs are not just about starting the next football contest on time, or planning for the next event, but that our jobs are to facilitate opportunities for our students to participate in meaningful activity. Sometimes, I think that our vision gets fogged over in the chase to get everything done, and it is easy to lose focus, or forget what our focus is. Let's keep that focus on our student-athletes and make sure that everything we do, and the decisions we make, are in the best interest of those students.

See you in November.

Sincerely,

Tom Racette, CAA  
WIAAA President



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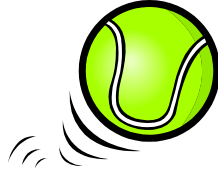
**307-234-4455**

# State Tournament Officials

Thank you and congratulations to our 2006 fall culminating event officials:

## State Tennis

Josh Cossitt – Cody  
Art Frakt – Alta  
Suzanne Gulley – Casper  
Janna Rankin – Alta



## State Volleyball

Connie Anderst – Cheyenne  
Tony Crecelius – Cheyenne  
Pauline Fackrell – Lyman  
Kathy Hamer-Smith – Torrington  
Jan Lilletvedt – Torrington  
Bev Leichtnam – Sheridan  
Troy McLees – Cheyenne  
Phyllis Penzien – Riverton  
Bud Robbins – Cheyenne  
Kate Roberts – Lander  
Penny Schild – Gillette  
Sarah Schlattman - Greybull

## Girls State Swimming



Scott Mills – Buffalo  
Dale Ross – Rawlins  
Bob McKnight – Lander  
Rex Dulaney – Rock Springs  
Todd Dulaney – Rock Springs  
George Mathes – Buffalo  
Mick Newlin – Riverton



## TEAM • WORK

\('tēm-,wərk\) noun

**work done by several associates with each doing a part but all subordinating personal prominence to the efficiency of the whole**

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# OCTOBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# NOVEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# DECEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Schedule of Events

### Girls State Swim

4A – October 26-27, 2006

3A – October 27-28, 2006

Gillette

### State Volleyball

October 26–28, 2006

Casper

### Football Playoffs

First Round:

October 27-28, 2006

Semi-Finals:

November 3, 2006

### State String Clinic

October 30-31, 2006

Casper

### WHSAA Board Meeting

October 31 – November 1, 2006

WHSAA Office – Casper

### Student Council Convention

November 6-7, 2006

Cheyenne

### Statewide Scheduling Meeting

November 7-8, 2006

Casper Holiday Inn

### Football Championships

November 11, 2006

### FFA FIRE

November 17-18, 2006

Douglas

### State Drama

November 30 – December 2, 2006

Rock Springs

# Statewide Scheduling Meeting

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## CASPER HOLIDAY INN

### MONDAY, NOVEMBER 6, 2006

7:00 PM WIAAA Board of Directors Meeting (*Willow Room*)

### TUESDAY, NOVEMBER 7, 2006

9:00 AM—9:30 AM SKIING (*Spruce Room*)  
9:30 AM—10:00 AM GYMNASTICS (*Spruce Room*)  
10:00 AM—11:00 AM TENNIS (*Spruce Room*)  
11:00 AM—11:30 AM GOLF (*Spruce Room*)  
11:30 AM—1:00 PM LUNCH – ON YOUR OWN  
1:00 PM—2:30 PM SWIMMING (*Spruce Room*)  
2:30 PM—5:00 PM SOCCER (*Spruce Room*)  
5:00 PM—6:30 PM FOOTBALL (*See Below*)  
7:00 PM WIAAA Annual Banquet & Winter Business Meeting (*Pine Room*)

- *Track and Cross Country are scheduled throughout the meeting by signing up on master boards.*
- *Master boards are also available for invitational meets in swimming, golf, volleyball, basketball and wrestling. These lists are compiled and sent to each school after the meeting.*

### WEDNESDAY, NOVEMBER 8, 2006

8:00 AM General Session (*Pine Room*)  
8:30 AM – 11:00 AM BASKETBALL (*See Below*)  
11:00 AM – 12:30 PM WRESTLING (*See Below*)  
12:30 PM – 1:30 PM LUNCH – ON YOUR OWN  
1:30 PM – ? VOLLEYBALL (*See Below*)

#### Facilitators

1A – <i>Pine Room (1A-2A FB)</i>	1A – <i>Russ Wiggam (1A FB)</i>	2A – <i>Jerry Fullmer (2A FB)</i>
2A – <i>Cedar Room (3A FB)</i>	3A – <i>Jan Johnson (4A Football)</i>	Joel Eskelsen ( <i>3A FB</i> )
3A – <i>Oak Room (4A FB)</i>	4A – <i>Cliff Hill (5A FB)</i>	
4A – <i>Spruce Room (5A FB)</i>		

*Vendors tables will be located in the Terrace-Holidome Area throughout the meeting.*

\*NOTE: If you need rooms for league and/or conference meetings, please make them through the WHSAA office or you might be charged for them.



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# State Tournament Results

## GOLF 2A BOYS

Place	School	Day 1	Day 2	Total
1	Tongue River	371	359	730
2	Wright	401	363	764
3	Lovell	399	378	777
4	Niobrara County	429	394	823

## 2A GIRLS

Place	School	Day 1	Day 2	Total
1	Niobrara County	306	297	603
2	Sundance	412	384	796
3	Moorcroft	445	409	854

## 3A BOYS

Place	School	Day 1	Day 2	Total
1	Lander Valley	331	335	666
2	Jackson	355	324	679
3	Buffalo	355	334	689
4	Worland	356	349	705

## 3A GIRLS

Place	School	Day 1	Day 2	Total
1	Buffalo	315	299	614
2	Star Valley	308	313	621
3	Lander Valley	315	318	633
4	Thermopolis	314	326	640


## 4A BOYS

Place	School	Day 1	Day 2	Total
1	Central	302	299	601
2	Cody	299	317	616
3	Evanston	313	319	632
4	Green River	314	323	637

## 4A GIRLS

Place	School	Day 1	Day 2	Total
1	Sheridan	277	269	546
2	Kelly Walsh	273	276	549
3	Cody	282	269	551
4	Rock Springs	287	271	558

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# State Tournament Results

## TENNIS

### BOYS TEAM SCORES

Place	School	Score
1	Campbell County	63
2	Laramie	56
3	Natrona	29
4	East	24.5



### GIRLS TEAM SCORES

Place	School	Score
1	Natrona	51
2	Central	42
3	Sheridan	31
4	Campbell County	27



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# September 2006 WHSAA Board Action

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The following items were passed on First Reading:

1. Rule 7.11.42 – Criteria for Determining Soccer Conference Standings
2. Rule 7.11.0 – 4A and 3A Soccer Classification Proposal
3. 2007-2008, 2008-2009 Conference Alignments

The following proposal was passed on Second Reading:

1. Rule 7.16.68 – Regional Wrestling Seeding Proposal

In other action the WHSAA Board:

1. Approved State Volleyball Ticket Pricing with the addition of Thursday afternoon
2. Approved a set fee of \$55.00 for 3 person basketball crews – beginning next season
3. Approved an increase to \$65 per diem for State Culminating Officials
4. Approved a \$50.00 increase for the State Wrestling Officials
5. Approved the 2A East Regional Basket-

ball proposal

6. Took no action on the Indoor Track proposal
7. Took no action on the Outdoor Track proposal
8. Defeated the UW State Football proposal for this year's playoffs
9. Defeated the State Cross Country site proposal
10. Approved Star Valley as the 2007 4A State Golf site
11. Made revisions to the culminating events proposal process
12. Approved the 5A, 4A, 3A Football playoff proposal
13. Placed Wyoming Indian High School football in the 1A classification. They will not be eligible for post season play
14. Took no action on expanding the Soccer season from 14 to 16 games
15. Approved Gold Card Requests for:  
Gene Baldwin - Newcastle  
Janice Peterson - Encampment



## FOSS MOTORS PARTNERS WITH WHSAA

The WHSAA is pleased to announce that Foss Motors of Casper has joined in a partnership with the WHSAA. Foss Motors will be providing two courtesy cars for use by the Commissioner and Associate Commissioner for traveling the state to cover our many activities.

Foss Motors believes in the educational benefits that the WHSAA and our member schools offer students. Please click on the Foss Motors logo on our website to view many fine quality vehicles at their business location. We encourage you to remember that Foss Motors supports our student/athletes the next time you are in the market for a new vehicle.

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## FOTO-SPORT OFFICIAL PHOTOGRAPHER FOR STATE CULMINATING EVENTS

The WHSAA is pleased to announce that Foto-Sport of Lander will be the official photographer at State Culminating Events this year. Foto-Sport will be offering on-site and online purchase options, depending on the site and facilities. You may purchase a single photo or design your own custom sport poster.

To view the Foto-Sport site, click on the Championship Photos link on the tool bar on the left navigation bar of the WHSAA's website. We look forward to adding this option to make your culminating event a memorable one.

[www.customsportposters.com](http://www.customsportposters.com)



## CO-HOST HOTELS OF THE WHSAA

The Wyoming High School Activities Association is proud to continue our relationship with the Holiday Inn on The River, Parkway Plaza, and Best Western Ramkota as Co-Host Hotels for the 2006-07 school year.

This corporate sponsorship agreement has been extremely beneficial to the WHSAA and our member schools since its inception. This agreement provides first class convention facilities and great service for a variety of WHSAA activity groups and organizations, as well as reasonable school rates for overnight lodging.

The WHSAA encourages all of our member schools to take advantage of the lodging and convention opportunities available at the Holiday Inn on The River, Parkway Plaza, and Best Western Ramkota Hotels of Casper.

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## Rules Clinic Notification

The following is a schedule of dates and times for the fall sports rules clinics. Please be advised that all officials and head coaches are required to attend a WHSAA sponsored rules clinic.

Clinics will start promptly at the designated time. Attendees are required to attend the clinic in its entirety to receive credit. Make plans now to attend one of these clinics in your sport. There will not be additional clinics.

You can find out if a clinic is being held in your local high school by calling the school or looking on the WEN video network homepage: ([wyvideosch.state.wy.us/VidReports/crSchedule1.aspx](http://wyvideosch.state.wy.us/VidReports/crSchedule1.aspx))

If you have any questions, please feel free to contact the WHSAA office.

- **Gymnastics Rules Clinic** scheduled for **10/24/06 at 7:15PM**
- **Basketball Rules Clinic** scheduled for **11/9/06 at 7:00PM**
- **Basketball Rules Clinic** scheduled for **11/14/06 at 7:15PM**
- **Soccer Rules Clinic** scheduled for **2/13/07 at 7:00PM**
- **Soccer Rules Clinic** scheduled for **2/21/07 at 7:00PM**
- **Track Rules Clinic** scheduled for **12/12/06 at 7:15PM**
- **Track Rules Clinic** scheduled for **2/20/07 at 7:00PM**
- **Wrestling Rules Clinic** scheduled for **11/1/06 at 7:00PM**
- **Wrestling Rules Clinic** scheduled for **11/16/06 at 7:00PM**



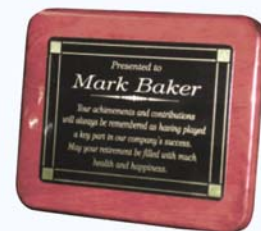
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## Spirit Workshop

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**The WHSAA is sponsoring two classes for spirit sponsors on Saturday, November 18, 2006. Classes will be held in Casper at Kelly Walsh High School.**

### **AACCA Spirit Safety Certification Program**

(9:00 a.m. – 1:00 p.m.)

This is a lecture course, which includes a study manual and timed exam, designed to educate cheerleading and dance coaches in all aspects of spirit safety and risk management. The course focuses on performance readiness, skill progressions, and medical and legal responsibilities in cheerleading.

**This course is required for a bronze level credential and costs \$75.00.**

### **Spirit Program Management Class**

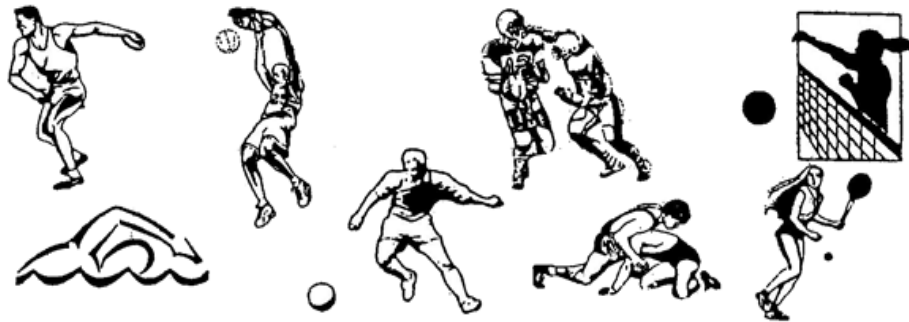
(1:00 p.m. – 4:00 p.m.)

This course is an overview of how to run a successful spirit program. The course includes discussions on coaching and school philosophies, personnel policies, program finance which includes establishing a budget and fundraising activities, and the responsibilities of the spirit coach such as tryouts, facilities, handbooks, calendars, etc.

**This course is required for the bronze level credential and costs \$40.00.**

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