



UPDATE

Off the CUFF

Heroes Make a Difference

By Rob Cuff, UHSAA Executive Director

Throughout the years I have had many teachers, coaches and other great people inspire me for the good and they have become positive influences on my life. To each of them, I pay tribute with the following thoughts.

The term "HERO" is reserved for those individuals who, day in and day out, are making a difference in the lives of our nation's youth and therefore, a difference in our communities and state. Heroes teach about life through what they say and how they live their lives. We all need heroes we can look up to—those who can inspire us, teach us and assist us along this journey we call life.

My all-time hero and favorite coach is my father, Bob Cuff, who taught and coached for over 38 years, nearly all at Richfield High School. We were fortunate to win championships together, but more importantly, my

continued on next page



Distinguished Service Awards

Once a year, the UHSAA takes special pleasure in recognizing outstanding educators, coaches, officials and individuals throughout Utah who have made a significant contribution to high school activities in a number of different areas.



Front Row (L-R): Jackie Parker, Sterling Parker, Clint Barney, Kelly DeHaan, LeeAnn Hyer, Sharon Wall. Back Row (L-R): Shawn MacQueen, Dave Peck, Greg Sheide, Richard Barton, Bruce Allen, James Edward, Dr. Russ Toronto

James Edward, Distinguished Media from Deseret News
 Dave Peck, 5A Coach of the Year, Bingham High School
 Greg Sheide, 4A Coach of the Year, Orem High School
 Sharon Wall, 3A Coach of the Year, Richfield High School
 Shawn MacQueen, 2A Coach of the Year, Rowland Hall-St. Mark's
 Clint Barney, 1A Coach of the Year, Panguitch High School
 Richard Barton, Athletic Director of the Year, Richfield High School
 Kelly DeHaan, Music Educator of the Year, West Jordan High School
 LeeAnn Hyer, Speech/Drama Educator of the Year, Davis High School
 Jackie Parker, 2009 Female Official of the Year
 Bruce Allen, 2009 Male Official of the Year
 Sterling Parker, Distinguished Contributor
 Dr. Russ Toronto, Distinguished Contributor



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father taught me invaluable life's lessons through sports. He was a coach of character who demon-

strated the fundamental values of commitment, courage and integrity. I developed a passion for sports and worked my heart out because of my father. I learned the importance of leadership, sportsmanship and citizenship. I was shown early in life that being a positive role model is the most powerful form of educating.

Being my basketball coach and an educator, my father would often quote his all-time hero: UCLA Coach John Wooden. Coach Wooden started his career as an English teacher and basketball coach. When I became an English teacher with my own students and a basketball coach with my own student athletes, the inspiration and influence of my father and Coach Wooden were magnified.

Recently named the greatest coach who has ever lived by readers of The Sporting News, Coach Wooden turned 99 years old on October 14th of this year. We can all think back and remember a few events in life that stick in our minds. Meeting and visiting with Coach Wooden ten years ago, when I received a coaching award from the Utah Tip-Off Club, was one of those events I will always remember. I remember him speaking that day and saying, "I am so grateful to Heavenly Father that I could be a teacher and a coach." Hearing him speak was one of the most humbling and inspiring experiences of my life. He closed his remarks saying, "Be at your best when your best is needed. Success is the peace of mind which is a direct result of self-satisfaction in knowing you did your

best to become the best you are capable of becoming."

Mike Reilly wrote an article in Sports Illustrated suggesting, "There's never been a finer man in American sports or a finer coach. He taught simple life lessons called maxims: discipline yourself, and others won't need to—be quick, but don't hurry—failing to prepare is preparing to fail—happiness begins when selfishness ends."

Reilly continued, "Coach Wooden's teams were successful on the court, but he taught his players about life and how to be great people through what he said and how he lived his life." He promoted the development of character and ensured the teaching of positive values, philosophies and principles of educational value that would last a lifetime.

NBA great Bill Walton, who played for Coach Wooden at UCLA, said, "He is the single most important, inspirational and influential person in my life...He taught by example and was relentless...Coach Wooden didn't just coach basketball; he taught us life. I have come to appreciate his lessons. He recently sent me a note, 'Bill, it's the things you learn after you know it all that counts.'"



U.S. author and historian Henry Adams declared, "A teacher affects eternity; they can never tell where their influence stops." Each of us must be heroes for our student athletes by establishing positive learning laboratories called education-based activities where practical life's lessons are taught to promote positive citizenship. We must make a difference by enforcing standards of excellence which enhance the educational experience for the young people we serve. We are the heroes who teach about life through what we say and how we live our lives. We are the heroes who must inspire, teach and assist others along this journey we call life.

Super Fan Award Winners

Each year, Utah high schools nominate Super Fans, members of the community that attend games, support students, and give their time and talents to student athletes. Thank you for supporting our students, Super Fans!

5A David Trujillo, nominated by Layton High

4A Bill Ford, nominated by Payson High

3A Roy and Janette Hatch, nominated by Manti High

2A Danny Fleming, nominated by San Juan High

1A Velda Young, nominated by Tabiona High

Look for profiles of each of our Super Fans in the February issue of the UHSAA Update.

The Time of Year for our MVPs

By Anthony Hall, Chair UHSAA Board of Trustees

Just within the last few weeks the local newspapers have named the Most Valuable Players in our fall sports. These student athletes are to be commended for their excellent performance. I watched two NCAA football games this past weekend, and in both broadcasts there was repeated mention of the candidates for the Heisman Trophy. These student athletes likewise should be very much valued for their personal performance.

The thought came to me at this time of year, "who" is my MVP? Like all of you I have participated in athletics all of my life. I have played with and been coached by many who could be considered for my vote for MVP. But they, like life, have come and gone as they have left an impression on me.

Perhaps the goal of all of us should be, "who" can I be an MVP to? Athletics has laid the foundation for all of us

Participation Impacts Lives

By Craig Hammer, Chair UHSAA Executive Committee

At this time of the year my thoughts are reflective of the gratitude I have for many things. As I look back on my life, one of the things that I'm grateful for is the role that activities played in shaping who I have become. Activities have always been a central focus in my life from a high school player, to a coach and teacher, and now as an administrator. I know that I am where I am today in part because of the lessons I learned as a young man participating in high school sponsored athletics and activities. I have witnessed first hand the amazing impact that activities have on our young people including my four children. I know that through their experiences in activities and athletics they have become better students. They have learned the value of teamwork and doing their very best on and off the field or court. They have learned how to meet challenges head on and work to overcome difficult situations. They have learned how to win with humility and lose with dignity. They have made lifelong friendships with teammates as well as opponents and share a common bond that truly lasts a life time. These

to succeed in life. The value of team work and working together to accomplish a common goal has taught us that we are all important. The old adage that there is no "I" in "team" is one of life's most important lessons. You and I can and do make a difference in the things we do and the work we do together. We can and should be an MVP to our fellow co-workers, neighbors, friends and family.

At this time of year, I want all who work with the UHSAA in any capacity, to know that you are really the MVPs in making a difference in the lives of those we provide this service for—the student athletes. I am grateful for the dedicated time and selfless service that is rendered in this great effort. My wish for the UHSAA is that we can provide the leadership to inspire all who participate to be able to become a Most Valuable Player in life.

are just a few of the life lessons that I also learned from my experiences with athletics and activities.

It has been a wonderful experience to be a part of the UHSAA for more than a decade. It is a privilege to serve as the Chair of the Executive Committee. I am grateful for the dedicated administrators of the Executive Committee who give so much of their time for the students of this great state. It is these same administrators who promote the very best that we have to offer. They surely exemplify the "You Are Us and We Are You" philosophy of the UHSAA.

I am grateful for Executive Director Rob Cuff and his staff at the UHSAA, who work tirelessly in supporting our students and the numerous activities that the UHSAA sponsors. I am indebted to all the great coaches we have in this state who promote the very best in all of our students. As we move forward toward a new year and the hope of a bright future, I hope that each of you will find the time to reflect on all the positives that activities have to offer our students. May each of you have a Merry Christmas and a Happy New Year!

UMEA Mid-Winter Conference

The Utah Music Educators Association invites music educators to attend the Annual Professional Development Conference on February 5 and 6, 2010 at the Dixie Center in St. George, Utah. This is a great opportunity for networking, in addition to high quality sessions and concerts.

Presenters & Performers include:

- Martha O'Neill, MENC Western Division President
- Richard Meyer, Alfred Publishing

- Greg Bimm, Marion Catholic HS, Illinois
 - Mark Burrows, Composer; Ft. Worth, Texas
 - Russell Robison, Composer; University of Florida
 - Jeff Tower, All-State Jazz
 - University of Utah Wind Symphony
- and many, many more...

Registration forms are ONLY available on line at www.umea.us. UHSAA strongly encourages Region Music Educators to attend.

Chalk Talk

Last spring, the leaders of the Utah Softball Coaches Association came to the UHSAA with a proposal to provide teams with increased opportunities to play without necessarily increasing time out of school. Over the past six months their proposal has traveled through the required steps, receiving approval from the Athletic Director's Advisory Council (ADAC), the Executive Committee and finally the Board of Trustees. These changes were approved for the 2010 softball season.

Steps taken by the Softball Coaches Association:

- Met with UHSAA staff, UIAAA and ADAC representatives regarding softball proposal, approval given to use official UIAAA form to survey all schools with softball programs
- Surveyed 95 schools; 92 responded (97%); 82/92 voted in favor of the proposal (89%)
- Presented to ADAC on 9/15, Executive Committee on 11/9, and Board of Trustees on 11/19 and received approval

Softball Proposal Approved for 2010 Season:

The approved proposal does NOT change the total number of games allowed under the current contest limitations. The proposal changes the way that tournament games will be counted towards the contest limitations as listed below:

In the 2010 softball season, schools may participate in a total of two tournaments:

- Two-single (non-school day) tournaments
 - A single day tournament counts as a single game towards contest limitations
 - A maximum of four (4) games can be played in the

Softball Contest Limitations

Approved Changes for 2010 Season

single day tournament

- One multiple-day tournament (2-3 day) and one-single day (non-school day) tournament
 - A multiple day tournament will count as two games towards contest limitations
 - A maximum of eight games can be played in the multiple day tournament
 - According to UHSAA sanction rules (Handbook, page 40), a two-day or three-day event in Utah can only be sanctioned if "participating schools do not miss any school time on more than ONE school day for any reason associated with the event."

Benefits of the Proposal:

- Maximizes the opportunities for participation
- Encourages coaches to schedule games on non-school days
 - Instead of scheduling two single away games on school days a coach could enter two Saturday tournaments and not have the students miss school while gaining tournament experience
- Provides equal opportunity for all schools to experience tournament format to prepare for State
 - Currently schools in large regions do not have enough games to even enter a tournament
- Tournaments allow teams time to: build team chemistry; finalize line-ups, get more younger players a chance to play, develop individual and team skills, experience tournament format
- Principals still have the choice to allow or prohibit travel or participation in tournaments

Go to the UHSAA Handbook, available at uhsaa.org, for rules regarding sanctioning.

NIAAA Award Winners

By Marc Hunter, UIAAA

The National Interscholastic Athletic Administrators Association's conference in Grapevine, Texas, December 11-15, 2009, marks an historic occasion for the Utah Interscholastic Athletic Administrators Association. During the conference, three members of the UIAAA will be recognized. Bud Campbell, CAA, will be receiving the NIAAA Distinguished Service Award. Richard Barton, CMAA, will be awarded the NFHS Citation at the Luncheon on Monday. Also, the first inductees to the NIAAA Hall of Fame will be honored. Our own Evan Excell, CAA, will be one of only 12 in the United States to be inducted at the banquet on Tuesday night. All three of these incredible

leaders have served as president of the UIAAA over the years, and have given

countless hours of service to the high school students of Utah. Never have there been three people from Utah recognized nationally at the same conference. The UIAAA is proud to have these gentlemen stand for all the positive events that occur in Utah.

Reminder: The UIAAA State Conference will be held April 14-17, 2010 at the Holiday Inn and Convention Center in St. George, Utah

Clinton Frohm, NFHS Section 7 Music Educator



Clinton Frohm, Utah's candidate for the NFHS Outstanding Music Educator Award, was selected by the NFHS Music Committee to receive the Section 7 Award representing Arizona, California, Nevada, and Utah. Congratulations Clinton!

Clint is the Granite District Music Curriculum Specialist and was nominated by the Utah High School Activities

Association for award. As the Music Curriculum Specialist, Clint's responsibilities include overall responsibility for K-12 music programs in Granite School District, Granite Youth Symphony Orchestras including summer programs and tours. He is currently the musical director and

conductor for the Murray Symphony Orchestra and the Murray Symphony Jazz and Swing Band. Clint was previously the instrumental music instructor at Cottonwood High School for 22 years. He is a well-respected musician and teacher, offering private lessons to trumpet students in both classical and jazz styles.

Clint earned a Masters of Education with an emphasis in Music Education from the University of Utah. He taught as an adjunct music instructor at Utah Valley University, University of Utah, and Westminster College and has been a guest lecturer on many occasions around the state, including the Utah Snowbird Arts Institute. He never lost sight of what is most important: service. He has dedicated his whole life serving his love of music and kids. The UHSAA would like to thank Clint for the huge impact he had in the lives of thousands of youth over the years and the quality of music in Utah.

Memory Lane

By Cathi Jarvis, Athletic Director at Springville High School



Someone recently asked me what my opinion is about the value of athletics in a student's life. The following situation immediately came to mind. The other day, I bumped into a former athlete at the mall and we chatted for nearly an hour about the good ol' days. She told me how she had recently pulled a yearbook off the shelf and took a

trip down memory lane. She recalled homecoming, with its bonfires, parades, and mud volleyball games. Homecoming also brought back vivid memories of powder puff football (which athletes weren't allowed to play) and the assembly (which made each student hope they didn't look that old when it was their time to come back and perform on stage). As she turned each page, she was reminded of more life-influencing experiences connected with her time as a student-athlete. These include fun times in the locker room with teammates, motivational pep talks from the coach, fire-up candy from the AD, year-end banquets, victory dances, and fire trucks blasting their horns in the victory parades.

It dawned on her that she never once reflected about the wins and losses. It was more about saying goodbye on senior night and about giving the coaches a corsage for all their effort throughout the season, and about the team standing together proudly in their nicest dresses to uphold the tradition of always looking classy on game day. She realizes now that the experiences, not the score board, influenced her as she grew and developed. Now as a mom, wife, and successful business woman, she wonders how her life would be without these athletic experiences, and she realizes that athletics was a major factor in the person she became. As I recalled this conversation with my friend, I was happy for her success. I was glad our paths crossed that day, and I felt great satisfaction that I had played a small role in her life.

Now, after twenty-eight years of coaching and athletic-directing, I can say with a surety that athletics can make a difference in a kid's life. This difference is not from the wins, losses, or even the most eloquent locker room chat, but from a collection of character-building experiences. The real value of student athletics is in helping each player to become his/her best self.

According to the NFHS, participation in high school sports has never been higher, increasing for the 20th consecutive year and establishing records for both girls and boys.

2010 Baseball, Softball, & Soccer Rules Clinics

Head Coaches and Officials: Attend one of the following rules clinic or view the UHSAA on-line clinic (www.uhsaa.org):

Softball: Monday, Feb. 1, UHSAA Office, 6:00 p.m.

Baseball: Saturday, Feb. 6, TBA, 12:15 p.m.

Monday, Feb. 8, UHSAA Office, 6:00 p.m.

***On-line clinics and quiz will be available from

Thursday, Feb. 11 until Mar. 4, 2010 for credit

Note: Soccer clinic will be on-line only

If you attend a live clinic make sure to include your name on the roll provided at the clinic. These rolls will be sent to the UHSAA office and only those who have filled it out properly will receive credit.

Those who do not attend a live rules clinic must view the UHSAA on-line clinic (www.uhsaa.org). On-line clinics will be in a power point presentation and will include a link to a quiz to complete and submit to the UHSAA for credit. On-line clinics are large files and could take several minutes to download.

Details regarding the UHSAA on-line clinic for Baseball and Softball will be posted in the training section of the UHSAA web site (www.uhsaa.org). Credit for viewing the clinic will only be available until Monday, March 4, 2010. NO EXCEPTIONS.

Attendance at the clinic or the viewing of the UHSAA on-line clinic exempts the head coach from having to take the written test. If a head coach does not attend or view the clinic, a test for that sport will be sent to your school for your head coach to take. A score of 70% or higher is necessary to pass the test. Failure to attend or view a clinic or complete and pass the test by the deadline will result in a \$50.00 fine to your school.

Officials: The registration deadline for softball, baseball, and soccer officials is Mar. 4, 2010.

The Part 1 Test is open book and must be taken on-line between Monday, Feb. 1, and Monday, Mar. 4, 2010. Follow the link on the home page of the UHSAA web-site to access the exam. Each official must create an account in order to take the test. You must receive a score of 80% or higher on Part 1 in order to pass and become a certified official. An official may take the test more than once; however, after two attempts a \$15 charge per submitted test will be assessed by the UHSAA. An official must pass the Part 1 test to be certified to work UHSAA contests.

The Part 2 Test will be mailed on Friday, Mar. 5, 2010, to only those officials who request it. Tests may be requested by sending an email request to Amie (wagstaff@uhsaa.org). The Part 2 test must be returned to the UHSAA office on or before Tuesday, Apr. 6, 2010. NO EXCEPTIONS. The Part 2 test is open book and you must receive a 90% or higher to be considered for post-season. You must also attend a rules clinic or complete the on-line clinic and quiz to be considered for post-season. If you are not planning to work post-season, it is not mandatory you take the Part 2 test.

There are sometimes reasons why an official should not work at a particular school (recent graduate, family attending, employment, etc.). Please notify your arbiter if there is any school at which you feel you should not officiate and/or close out any school on the arbiter system.

The UHSAA will assess a \$50.00 fine to any official who accepts an assignment and then does not show. The official will then be suspended until the fine is paid.

2010 NFHS Softball Clarification

Effective January, 2010, there are two changes to ball specifications that needed further clarification.

1. **Dynamic Stiffness** – The dynamic stiffness of 12" softballs shall not exceed 7,500 pounds/inch. Manufacturers are expected to adhere to this requirement during the manufacturing process in order to stamp the ball with the NFHS Authenticating Mark. As a result, all softballs used in competition with the appropriate NFHS Authenticating Mark are assumed to meet the requirement. NO new mark indicating compliance is required to be stamped on the ball.
2. **Circumference** – An eighth of an inch was added to the maximum circumference of both 11- and 12-inch

softballs, to 11 1/4 and 12 1/4, respectively. This change helps the manufacturers with tolerance levels in mass production. It also assists manufacturers by making ball specifications the same as other rules codes and assists in producing a consistent product.

Softballs used in competition must meet all the specifications in Rule 1-3. Manufacturers producing a ball in compliance with the rule specifications and meeting NFHS contractual requirements will label the ball with the NFHS Authenticating Mark. The NFHS Authenticating Mark signifies to consumers that the ball is eligible for use in competition. The NFHS should be notified if a manufacturer is not meeting its obligation in this regard.

2009 Championship Results



Photo Credit: Ravell Call, Deseret News

1A BASEBALL

Champions: Panguitch

2nd: Piute

Semi-finalist: Intermountain Christian

Semi-finalist: Wayne

FOOTBALL



Photo Credit: Tom Smart, Deseret News

1A Champions: Rich

2nd: Duchesne

Semi-finalist: Monticello

Semi-finalist: Altamont

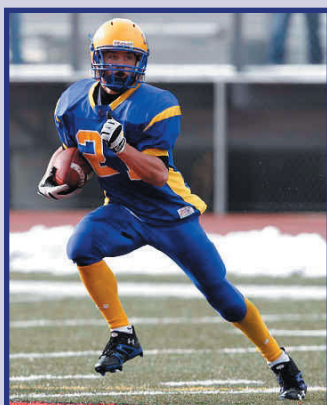


Photo Credit: Tom Smart, Deseret News

2A Champions: San Juan

2nd: South Summit

Semi-finalist: South Sevier

Semi-finalist: Grand

Congratulations
to Our Winners!

3A Champions: Juan Diego

2nd: Hurricane

Semi-finalist: Park City

Semi-finalist: Wasatch



Photo Credit: Scott Winterton, Deseret News

4A Champions: Timpvew

2nd: Springville

Semi-finalist: Mountain Crest

Semi-finalist: Dixie



Photo Credit: Jason Olsen, Deseret News

5A Champions: Bingham

2nd: Davis

Semi-finalist: Alta

Semi-finalist: Hunter

Congratulations to our Champions!



Photo Credit: Keith Johnson, Deseret News

3A Champions: North Sanpete

2nd: Morgan

3rd: Richfield

4th: Delta



Photo Credit: Jason Olson, Deseret News

VOLLEYBALL

1A Champions: Panguitch

2nd: Piute

3rd: Rich

4th: Altamont



Photo Credit: Stuart Johnson, Deseret News

2A Champions: Layton Christian

2nd: South Summit

3rd: Grand

4th: Waterford



Photo Credit: Keith Johnson, Deseret News

4A Champions: Snow Canyon

2nd: Dixie

3rd: Spanish Fork

4th: Highland

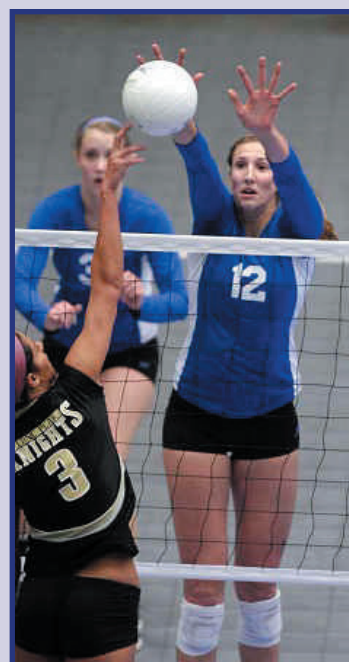


Photo Credit: Jason Olson, Deseret News

5A Champions: Pleasant Grove

2nd: Lone Peak

3rd: Bingham

4th: Brighton

2009 NFHS Student Leadership Conference

"One of the best times of my life"

By Macklin Johnson

This was the second leadership conference that I have attended, and by far the most amazing one. I learned a lot of new things, met a ton of cool people, and had the time of my life. I was worried when I first found out that I was going to go to this leadership conference in Indianapolis, but things actually turned out to be pretty awesome, so everything worked out. We had a really cool group, everyone got along well, so that was good.

The conference started out with a motivational speaker named Harvey Alston. He was fun, and we all learned the formula we need to be 'H-A-P-P-Y'. It stood for Heart, Attitude, People, Pride, and You! If you combine all of that, then you'll be happy. We also heard from Elliot, who was in charge of the whole thing. He was a good speaker too, he told all of the delegates that we were the future and that out of 11 million people, we were the ones chosen. He also told us that we were the future. After these

speakers, I had already started to feel like a different, but better person.

It was nice meeting people from other places. Starting the second night, I went around to everyone I saw and introduced myself, saying, "Hi, I'm Macklin from Utah," and I'd flash my name tag. That was one of my favorite parts of the whole conference, because I got to meet just about everyone there. I liked how everyone was different, but also exactly the same. We all were there for the same reason, and we all thought the same about a lot of different things.

This conference has been one of the best times of my life. I enjoyed going to all of the break out sessions, meeting new people, and learning about how to be a better person and how to make those around me better people as well. I'm excited to apply what I learned there to my school and community.

SPORTSMANSHIP

As coaches, administrators and educators, we hope to instill in our students the desire to act with character, not just because they believe it is expected but because they believe it is right.

- Robert Kanaby, NFHS Executive Director
Jim Tenopir, NFHS President

Do you know of a coach, fan, official, student who has committed a notable act of sportsmanship? If so, let the UHSAA know by emailing your story to anderson@uhsaa.org.



It's Our Business!

Coming Events

Updates@uhsaa.org

HOLIDAY MORATORIUMS

No practices or competitions
Dec. 23-27 and Jan. 1

ACADEMIC ALL-STATE APPLICATIONS

Jan. 5 Drill Deadline
Jan. 12 Swim/Dive Deadline
Jan. 12 Wrestling Deadline
Jan. 19 B/G Basketball Deadline

RULES CLINICS

Feb. 1 Softball Live Clinic
Feb. 8 Baseball Live Clinic
Feb. 11-Mar. 4 On-Line Clinics: Baseball, Softball, & Soccer

SWIMMING & DIVING

Swim & dive schedules for schools posted on Swim Page at uhsaa.org

Feb. 5-6 3A & 4A State
Feb. 11 Diving State
Feb. 12-13 5A State

WRESTLING

Feb. 5-6 2A-4A Div. Tourneys
Feb. 10-12 4A & 5A State
Feb. 12-13 3A, 2A, 1A State

BOYS BASKETBALL

Feb. 20 2A & 3A 1st Round
Feb. 25-27 2A & 3A State
Feb. 27 4A & 5A 1st Round
Mar. 2 4A & 5A 2nd Round
Mar. 3-6 1A, 4A, 5A State

GIRLS BASKETBALL

Feb. 17-20 1A State
Feb. 19 2A & 3A 1st Round
Feb. 20 4A & 5A 1st Round
Feb. 23 4A & 5A 2nd Round
Feb. 24-27 4A & 5A State
Feb. 25-27 2A & 3A State

DRILL TEAM

Jan. 15-23 Region Competitions
Jan. 29 4A & 5A State
Jan. 30 3A, 2A, 1A State



Photo Credit: Jason Olson, Des. News

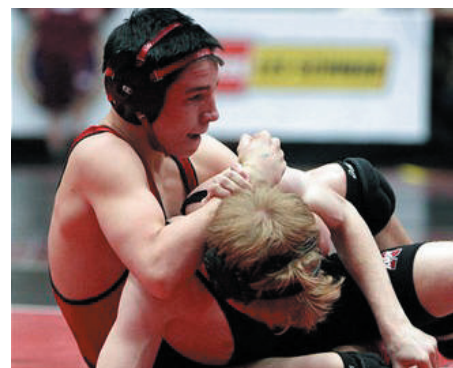
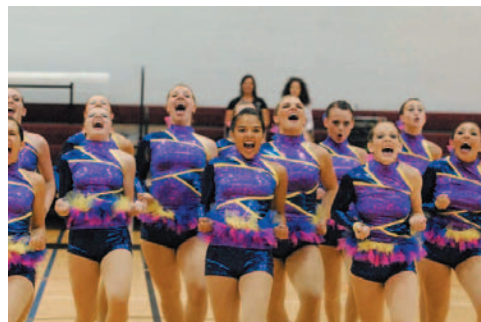


Photo Credit: Jason Olson, Deseret News



Photo Credit: Keith Johnson, Des. News



Photo Credit: August Miller, Deseret News

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