

# Raise the Bar

## Sportsmanship Matters!

UPDATE December 2011 - Volume 25, Number 2



## Off the CUFF

Thoughts from UHSAA Executive Director Rob Cuff

### Northeastern Utah is Mountain Country

Northeastern Utah is known for its mixture of lush green forests and fast moving streams of the high Uinta Mountains. The Uinta Mountain range is the highest mountain range in Utah and home to the highest peak—Kings Peak at 13,528 feet. These mountains are the only major mountains in the United States that lie in an east-west direction.

However, when it comes to the Utah High School Activities Association, Northeastern Utah is known more for its eight member schools stretched over four districts and counties.

In the height of the beautiful autumn weather of September, I had the amazing opportunity to visit all eight Northeastern high schools and four districts in the span of three days.

### Wasatch High School

The first stop was in Wasatch County and the city of Heber City. A 3A school in Region 10, the Wasps participate in all UHSAA activities. Principal Shawn Kelly, a graduate of Wasatch High School, and Athletic Director Jason Watt welcomed us to the beautiful campus of the

*continued on page 10*

## Constitution and By-Laws Changes

The recently ratified amendments to the UHSAA Constitution and By-Laws will go into effect on January 1, 2012. Schools will be able to access the updated version of the UHSAA Handbook at [www.uhsaa.org](http://www.uhsaa.org) under the Publications tab. Any changes made to the 2011-12 UHSAA Handbook will be gray shaded. The proposed amendments to the UHSAA Constitution and By-Laws were considered initially by the Board of Trustees at their meeting on June 16, 2011 and given final approval by the BOT at their meeting on August 25, 2011. The amendments were then ratified by two-thirds (2/3) of member district boards of education and governing boards of private schools.

Changes to the By-Laws include a revision in the rule regarding the establishment of eligibility by a ninth grade student. The revision provides that a student establishes initial eligibility by either attending a high school or by trying out for and being selected for a team. The revision also clarifies that a ninth grade student, who is not a student at a high school, may not transfer eligibility unless they enroll in and attend a high school. Other provisions included a closure to the loop hole that allowed a ninth grade student a possible "red-shirt" year if they repeated the ninth grade and a more thorough description of what constitutes undue influence.

Changes to the UHSAA Constitution include a provision for an at large member of the Board of Trustees for charter schools if the aggregation of students attending UHSAA member charter schools reaches or exceeds 5% of the total number of students attending UHSAA member schools and charter schools are not otherwise represented on the Board. There is also a similar provision for an at large member of the Board of Trustees for private schools if the aggregation of students attending UHSAA member private schools reaches or exceeds 5% of the total number of students attending UHSAA member schools and private schools are not otherwise represented on the Board. Another provision states that membership dues shall be paid from monies that are not state appropriated funds.

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# Congratulations!

The UHSAA Announces their Distinguished  
Service Award Winners, Music Educator,  
Coaches and Officials of the Year

## UHSAA 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 areas. The UHSAA Distinguished Service Award was initiated in 1987 to honor individuals for their service and contributions to high school activities. Each recipient was chosen because of the standards of excellence they exemplify through their service, professional responsibilities, leadership and sportsmanship. The UHSAA would like to say thank you to these individuals for touching the lives of so many.

**Kory Bosgieter**, 5A Coach/Advisor of the Year from Fremont High School  
**Matt Barnes**, 4A Coach/Advisor of the Year from Olympus High School  
**Todd Peacock**, 3A Coach/Advisor of the Year from Cedar City High School  
**Brian Phelps**, 2A Coach/Advisor of the Year from Enterprise High School  
**Greg Allen**, 1A Coach/Advisor of the Year from Escalante High School  
**Mike Bair**, Athletic Director of the Year from Dixie High School  
**Paula Burgoyne**, Female Official of the Year  
**Glen Kawa**, Male Official of the Year  
**David Fullmer**, Music Educator of the Year from Timpview High School  
**Douglas Allan**, Music Educator of the Year from Piute High School  
**Dave Smith**, Speech/Drama Educator of the Year from Highland High School  
**Lisa Walker**, UHSAA Sports Medicine, Distinguished Contributor  
**State Bank of Southern Utah**, Distinguished Contributor  
**Jerimiah Johnson**, Distinguished Media Contributor from KSL TV



## The UHSAA Selects Candidates for NFHS Awards

The National Federation of State High School Association has recognized outstanding coaches and officials through an awards program since 1982. Each state has the opportunity to nominate deserving individuals who exemplify the highest standards of sportsmanship, ethical conduct and moral character. The selection is based on the 2010-11 school year. Congratulations to the following individuals who were selected by the UHSAA as their candidate for this prestigious award for their designated sport.



### NFHS Coaches Association: UTAH COACHES OF THE YEAR

J. Ryan Bishop, Davis, Football  
Dennis Wells, Grand County, Boys Track & Field  
Keith Mecham, Box Elder, Boys Basketball  
Randal Hunter, Beaver, Baseball  
Michael Gurney, Mountain Crest, Boys Soccer  
Gary Crandall, South Summit, Wrestling  
Timo Mostert, American Fork, Boys Cross Country  
Larry Black, Richfield, Boys Tennis  
Shawn MacQueen, Rowland Hall, Boys Golf  
Steven Marsing Wasatch, Boys Swimming  
Larry Jones, North Summit, Girls Track & Field  
Nancy Warner, Springville, Girls Basketball  
Troy Norris, Panguitch, Volleyball  
Craig Swenson, San Juan, Softball  
Alexis Salvo, St. Joseph, Girls Soccer  
Jeff Wyant, Park City, Girls Cross Country  
Dow Christenson, Desert Hills, Girls Tennis  
Dale Ralph, Woods Cross, Girls Swimming  
Elizabeth Conry, Bingham, Girls Golf  
Krysten Reynolds, Canyon View, Spirit

## NFHS Officials Association: UTAH OFFICIALS OF THE YEAR

Mike Reimer, Baseball  
Bret Kinghorn, Boys Basketball  
Kirk Skyles, Cross Country  
Jim Peterson, Football  
Todd Hyer, Boys Soccer  
Dennis Archuletta, Track & Field (Outdoor)  
David Tait, Wrestling  
Ann Esplin, Girls Basketball  
Aaron Culberson, Girls Soccer  
Larry Colledge, Softball  
Carri Oviatt, Swimming & Diving  
Sue Hoskins, Volleyball



## Utah's Outstanding Music Educator



**L**ois Johnson of Lone Peak High School has devoted the past 26 years to music education in Utah. In addition to her choral teaching responsibilities, she teaches both AP Music Theory and Music Appreciation. She has served as the choirmaster of the Utah Valley Youth Symphony and Chorus and from

1993 to the present has worked as a faculty consultant for the College Board and Education Testing Services in Advanced Placement music test development.

Under Lois's direction, the choirs at Lone Peak High School consistently receive Superior ratings at Region and State choral festivals. The Chamber Singers have been among the top three choirs on six separate occasions



at the National Choral Invitational Festival in New York City, being designated twice as the top choir. The A Cappella Choir has received Gold Awards in 14 Choral Festivals with Heritage Festivals.

Not only is Lois committed to the students of Lone Peak High School, she has contributed to state-wide music education by hosting the Utah State Solo and Ensemble festival, which she will do for the seventh year in a row next spring. Some of her most recent awards include Outstanding High School Music Educator of the Year from the Utah Music Educators Association (2000), Outstanding Teacher of the Year from Lone Peak High School (2005), and the Accent on Excellence Award from Alpine School District (2006).

In the words of George A. Welch, former President of the Utah Music Educators Association, "Lois has the reputation among her fellow music educators as a wonderful musician, consummate teacher and advocate for students. Even after 26 years in the classroom, she is excited about her profession as evidenced by the significant contributions she continues to make to music education."

Lois Johnson was selected as the 2011-2012 NFHS Section 7 Music Award Recipient, representing Arizona, California, Hawaii, Nevada, and Utah. She will be presented with a commemorative plaque during the February UMEA Music Conference.

The Annual UMEA (Utah Music Educators Association) Conference is scheduled for February 3 and 4, 2012 at the Dixie Center in St. George. Registration deadline is January 8, 2012. For a registration form and additional information, go to [www.umea.us](http://www.umea.us)

# UHSAA Chalk Talk

## 2012 Spring Sports Rules Clinics

**ATTENTION: Baseball, Soccer, Softball, Tennis, Track & Field Coaches and Officials**

On an annual basis, all head coaches and officials are required to attend a UHSAA Live Rules Clinic or complete a UHSAA Online Clinic and quiz for their designated sport. If you attend a live clinic you are required to sign the roll to receive credit, and if you complete the on-line clinic you are required to submit a quiz for credit. Schools will be fined \$50 if the head coach fails to complete an annual UHSAA Rules Clinic for their designated sport by the deadline listed below.

Listed below are the dates, times and locations for the live clinics and the dates when the online clinics will be available for viewing. Online clinics will be available Monday, February 13 through Wednesday, March 7, except soccer (ending at 10:00 p.m. MST). To access the online clinics, go to [www.uhsaa.org](http://www.uhsaa.org) and click on the "Training" tab. Because of the size of the clinics, it may take several minutes to download a clinic, depending on your computer. The online clinics are Power Point presentations which include a quiz that must be submitted for credit. In order to submit a quiz for the online clinic, you must open and view every slide or the quiz link will not work.

SPORT	LIVE RULES CLINICS	LOCATION	ONLINE CLINIC AVAILABLE
Baseball	Sat., February 4, 9:00 a.m.	Jordan School District (7905 S. Redwood Rd)	Feb. 13 – Mar. 7
B. Soccer	Online Only	<a href="http://www.uhsaa.org">www.uhsaa.org</a>	Feb. 13 – Mar. 7
Softball	Mon., February 7, 6:00 p.m.	UHSAA Office (199 E 7200 S)	Feb. 13 – Mar. 7
B. Tennis	Online Only	<a href="http://www.uhsaa.org">www.uhsaa.org</a>	Feb. 13 – Mar. 7
Track & Field	Online Only	<a href="http://www.uhsaa.org">www.uhsaa.org</a>	Mar. 5 – Mar. 28

## UHSAA Updates and Reminders

### New Transfer Forms

Change of Residence and Hardship Waiver Request transfer forms will now require notifying sending schools. As a result, a spot for the signature from the sending school principal has been added to the forms.

The new forms should now be typed instead of written by hand. By following the directions on the form and typing the majority of the data, the UHSAA will have an easier time notifying students and schools on the status of their paperwork.

### Basketball Media Guides Now Available Online

Boys and Girls Basketball Media Guides are now available online at [uhsaa.org](http://uhsaa.org). They include the rosters for each classification, team photos, schedules and school information in one document.

Schools can update their rosters at any time to accommodate any changes until 3 weeks before state tournaments start. At that time, any updates or changes will only be reflected in the State Tournament Programs.

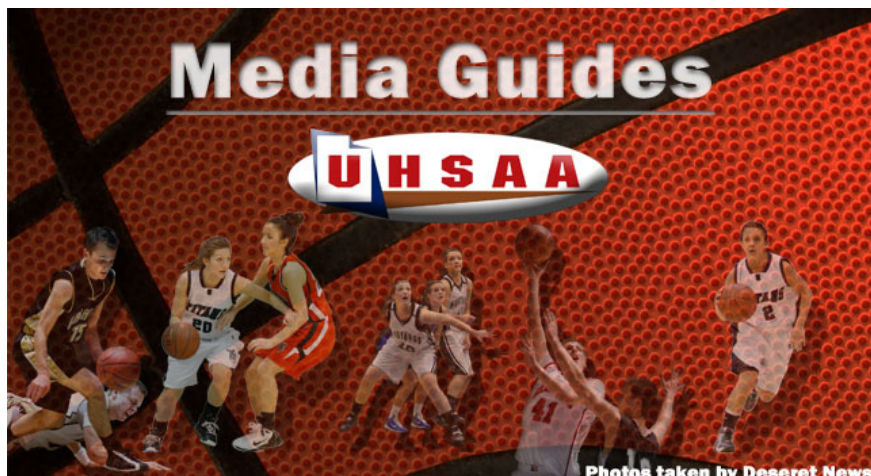
### Submit Photos for Records Book

Along with submitting new records at the end of every sport season, you can submit photos to be potentially included in the records book as well. Submit photos you own the rights to by email to Josh Taylor at [taylor@uhsaa.org](mailto:taylor@uhsaa.org) along with the name and school of the person pictured.

### Ejected Coaches Must Complete Course

One of the UHSAA School Sportsmanship Award requirements is Zero Coach Ejections. If a coach has been ejected he/she must complete the NFHS Online Course: Teaching and Modeling Behavior.

To complete the course, Teaching and Modeling Behavior, coaches go to [www.nfhslearn.com](http://www.nfhslearn.com) and create an account before registering for the 4-6 hour course. Coaches can print a certificate upon completion of the course.



# Thanks to Schools for "Raising the Bar!"

An important goal of our "Raise-the-Bar" sportsmanship program is to "Promote-the-Positive" by highlighting individuals, teams or schools that have demonstrated sportsmanship, character or compassion, etc. Thanks to those who have shared the following experiences. Have an example of sportsmanship to share? We need your help in recognizing deserving individuals, teams, and schools. Email your contributions to [anderson@uhsaa.org](mailto:anderson@uhsaa.org) and we will include them in our newsletter, post them on our website and share them with local media.

## Story of Extraordinary Sportsmanship

This past weekend we had the opportunity to take our cross country team to the Footlocker West Regional Championships in Walnut, CA. While there the student-athletes got to compete against all states in the western US. During the meet on Saturday one of our athletes was especially impressive and it had nothing to do with his athletic abilities. He was running very well and as he approached mile 2 the course goes behind a hill and he was out of sight. Well as we waited to cheer him to the finish we waited and waited and didn't see him. We thought we either missed him or his knee injury was acting up and he had to drop out. Come to find out, neither was true. A runner right near him had collapsed and, instead of flying

right by him onto the finish of a great race he stopped and stayed with the boy until the paramedics arrived. While he was there waiting many of the boy's teammates flew by, but he just stayed there with him the entire time not caring about himself one bit! It was truly a modern day example of the good Samaritan! After hearing this I was so impressed with the sportsmanship and humanity he showed. It really put things in perspective and showed what really matters. If you have David Bowers in class or have had him in class pat him on the back and let him know he is a great representative for our school and our state. Thanks!

Aaron Robison, Westlake Cross Country/Track & Field

## SHOUT OUTS to our member schools! Sharing Positive Stories Submitted to the UHSAA

### Thanks to Salem Hills High School

Rebecca Newman, student body president at Salem Hills High School, together with student council decided that they wanted to do something for Maple Mountain High School in recognizing their recent loss of two students in a tragic train accident. To them, the fact that Maple Mountain would be our opponents on the football field the next evening was all the more reason to come together and show our support for the things that matter most. The student council created a plan and came to the administration with their ideas mapped out to ask permission. With whole hearted administrative support, the plan went forward. On the day of the game, student council announced to the entire Salem Hills student body the plan to help Maple Mountain students know that we care about them and felt for their loss. Students were invited to sign a poster at lunch that said "We Love You Maple Mountain, Our Thoughts are With You." As spectators entered the field that night white balloons were passed out to students from both Maple Mountain and Salem Hills. Before the game, both student councils from Salem Hills and Maple Mountain went to the center of the field holding their balloons. Both crowds joined together in a moment of silence in memory of the girls who had passed away. Then along with the councils, the audience let off their white balloons. The Salem Hills

Student Council then gave the poster signed by the Salem Hills student body to the Maple Mountain Council take back to their school. It was a reverent and meaningful moment for all in attendance and a reminder to us all of that taking time to care is also a victory.

One week later Maple Mountain hosted Highland High School in a first round 4A football playoff. At halftime the student body officers from Highland High presented a check to the Maple Mountain student body officers that would go directly to the families of the students whose lives were lost in the train accident. Once again a student body 50 miles away took the time and effort to do something special for a family they didn't know. Maple Mountain High School and the Webster and Ricker families have suffered a terrible and tragic loss. The heartfelt efforts and gestures made by students from all over have gone a long way in easing the pain.



### Thanks to Union High School

The Union girls' soccer team demonstrated one of the most inspirational gestures of sportsmanship I've seen in quite some time. It was senior night for Union; in addition to honoring the Union seniors, the Union team, and it's fans, honored the Judge High School Seniors with flowers, cheers, congratulations, and thank yous. This inspired the Judge players to spontaneously join in the 'human' tunnel that formed for the Union seniors to run through.

This is likely not new to Union; but it was to me and my daughter. As a parent with children who participate in

sports, I can't express enough how appreciative I am that Union facilitated a life learning lesson of that caliber with a small gesture of kindness after a pitched battle on the field.

My entire family attended the game (including our dog). We all left the game better than we arrived because of Union's efforts to demonstrate that regardless of what happens on the field, we all are still brothers and sisters in life.

I was honored to be there with the folks from Roosevelt. Thank you Union High School...you guys are teaching your kids well.

### Thanks to Davis High School

In the midst of a national political campaign we are repeatedly and constantly reminded that our country needs change. As you know, change, needed or otherwise, always takes time.

For the past two years the UIAAA and the UHSAA have dissected, organized, planned and implemented what we feel is a positive commitment to improve our schools for the better. I speak of the "Raise The Bar" initiative. I remain convinced that our student athletes will experience all the positive outcomes that come through education based athletes through this program.

After the Davis/Jordan first round football playoff game, I witnessed an event that I had never before seen in my 33 years of education. It left a lasting impression. The game was hard fought with the ebb and flow of momentum and scoring. For me, the final score is not

### Thanks to Grand County High School

The volleyball team raised \$700.00 for a local toddler undergoing cancer treatments. The football team raised \$1,200.00 in a 24 hour period to donate to South Summit

### Thanks to Richfield High School

I wanted to compliment you, your staff, your administration, and especially your players. Your community creates a fantastic atmosphere, your players play hard, and you and your administration are very gracious to us. Thank you. I

### Raising the Bar at Desert Hills



what will be remembered. For me, it was the Davis High student body officers.

My Principal, Tom Sherwood, and I witnessed the Davis High student leaders in the Jordan High (opposing team's) bleachers picking up the trash after their team had just been eliminated in the playoffs. It was powerful! It was significant! It was an example that portrays everything that is positive about interscholastic athletics!

I know that this was not the first of such actions, and I know that these students didn't just "pick up the trash" because of the implementation of the sportsmanship initiative. But this experience, I believe, proves that we as athletic administrators can influence our student/athletes to make a difference. I tip my hat to the Davis High student body. They have RAISED THE BAR.

Marc Hunter, CMAA, UIAAA Executive Director

High School in behalf of their injured South Summit player before their scheduled game.

have had some parents tell me this week they wish we had the opportunity to play you more often the past few years because of how positive the fans were and how competitive the games are. It is truly great to be a part of.

In order to help our students understand the principles of Raise the Bar and "Do Rowdy Right", we had them make a short video that we showed to our student body before the start of basketball season, when there have been problems in the past. The video is posted on our website. We also invited our parents and community to watch it at home.

We've seen a big improvement from our student section. It is something we'll continue to work on, but knowing the state has the same expectations for all of the schools has added strength behind what we've tried to do.

This is a photo of the student section on "Neon Night" at Desert Hills during a home basketball game last year.

Rusty Taylor, Desert Hills High School Principal

## Dare2LEAD Student Leadership Conference

On Saturday, June 23, 2012, the Utah High School Activities Association (UHSAA) will sponsor their first statewide leadership conference in partnership with the Utah Interscholastic Athletic Administrators Association (UIAAA). The UHSAA is asking all of their member schools to select two students, one boy and one girl, to participate in the full day conference that will include a youth mentoring activity with elementary students, continental breakfast, lunch and dinner.

Principals were asked to submit the names and contact information through the survey link included in emails sent

out a few weeks ago. Names can still be submitted, because we want all schools to participate in the conference. Contact Becky Anderson at the UHSAA if you have any questions.



# Fall Sports 2011 Results



## BOYS CROSS COUNTRY

### 1A

1st Place	Monticello
2nd Place	Bryce Valley
3rd Place	St. Joseph Catholic
4th Place	Panguitch
5th Place	Piute
6th Place	Duchesne

### 2A

1st Place	Parowan
2nd Place	Rowland Hall
3rd Place	San Juan
4th Place	Richfield
5th Place	Millard
6th Place	North Summit

### 3A

1st Place	Ogden
2nd Place	Park City
3rd Place	Pine View
4th Place	Bear River
5th Place	Desert Hills
6th Place	Canyon View

### 4A

1st Place	Mountain View
2nd Place	Bonneville
3rd Place	Orem
4th Place	Sky View
5th Place	Herriman
6th Place	Timpanogos

### 5A

1st Place	American Fork
2nd Place	Davis
3rd Place	Bingham
4th Place	Lone Peak
5th Place	Riverton
6th Place	Syracuse



## GIRLS CROSS COUNTRY

### 1A

1st Place	Panguitch
2nd Place	Wayne
3rd Place	St. Joseph Catholic
4th Place	Rich
5th Place	Monticello
6th Place	Duchesne

### 2A

1st Place	Rowland Hall
2nd Place	San Juan
3rd Place	Enterprise
4th Place	North Summit
5th Place	Manti
6th Place	Richfield

### 3A

1st Place	Park City
2nd Place	Pine View
3rd Place	Ogden
4th Place	Cedar City
5th Place	Judge Memorial
6th Place	Snow Canyon

### 4A

1st Place	Mountain View
2nd Place	Timpview
3rd Place	Skyline
4th Place	Mountain Crest
5th Place	Maple Mountain
6th Place	Orem

### 5A

1st Place	Davis
2nd Place	Lehi
3rd Place	Jordan
4th Place	Weber

5th Place

American Fork

6th Place

Alta



Photo Credit: Ravell Call

## FOOTBALL

### 1A

1st Place	Duchesne
2nd Place	Layton Christian

### 2A

1st Place	Manti
2nd Place	Millard

### 3A

1st Place	Hurricane
2nd Place	Desert Hills

### 4A

1st Place	Logan
2nd Place	East

### 5A

1st Place	Lone Peak
2nd Place	Fremont



Photo Credit: Ravell Call

## BOYS GOLF

### 2A

1st Place	Beaver
2nd Place	Grand
3rd Place	Richfield
4th Place	South Sevier
5th Place	Manti

# Fall Sports 2011 Results continued

## 3A

1st Place	Park City
2nd Place	Wasatch
3rd Place	Uintah
4th Place	Juan Diego
5th Place	Spanish Fork

## 4A

1st Place	Woods Cross
2nd Place	Highland
3rd Place	Timpview
4th Place	Maple Mountain
5th Place	Skyline

## 5A

1st Place	Alta
2nd Place	Lone Peak
3rd Place	Syracuse
4th Place	Brighton
5th Place	Bingham

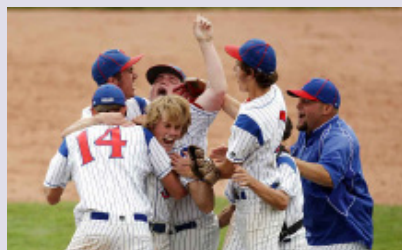


Photo Credit: Jeffrey Allred

## BASEBALL

### 1A

1st Place	Panguitch
2nd Place	Wayne



Photo Credit: Tom Smart

## GIRLS SOCCER

### 1A/2A

1st Place	Waterford
2nd Place	St. Joseph Catholic

### 3A

1st Place	Ogden
2nd Place	Cedar City

## 4A

1st Place	Timpanogos
2nd Place	Skyline

## 5A

1st Place	Alta
2nd Place	Viewmont



Photo Credit: Scott Winterton

## GIRLS TENNIS

### 1A/2A

1st Place	St. Joseph Catholic
2nd Place	Rowland Hall
3rd Place	San Juan
4th Place	Manti
5th Place	Emery
5th Place	Grand

### 3A

1st Place	Judge Memorial
2nd Place	Snow Canyon
3rd Place	Dixie
3rd Place	Ogden
3rd Place	Park City
6th Place	Pine View

### 4A

1st Place	Skyline
2nd Place	Bountiful
3rd Place	Woods Cross
4th Place	Orem
5th Place	East
5th Place	Highland

### 5A

1st Place	Alta
2nd Place	Lone Peak
3rd Place	Davis
4th Place	Cottonwood
4th Place	Bingham
6th Place	Jordan



Photo Credit: Scott Winterton

## VOLLEYBALL

### 1A

1st Place	Monticello
2nd Place	Rich
3rd Place	St. Joseph Catholic
4th Place	Layton Christian
5th Place	Panguitch
6th Place	Duchesne

### 2A

1st Place	Richfield
2nd Place	San Juan
3rd Place	Enterprise
4th Place	Grand
5th Place	South Summit
6th Place	Beaver

### 3A

1st Place	Morgan
2nd Place	Snow Canyon
3rd Place	Delta
4th Place	Juan Diego
5th Place	North Sanpete
6th Place	Carbon

### 4A

1st Place	Timpview
2nd Place	Salem Hills
3rd Place	Skyline
4th Place	Olympus
5th Place	Bountiful
6th Place	Orem

### 5A

1st Place	Davis
2nd Place	Lehi
3rd Place	Taylorville
4th Place	Lone Peak
5th Place	Layton
6th Place	Bingham

# The Importance of Cheer Safety

We all have the responsibility to look out for the safety of our kids and to minimize risk. The UHSAA appreciates the efforts and leadership of State Risk Management in providing instruction, training and reminders of what is allowed and not allowed when cheerleaders perform at one of our high school events. Last week, principals received a letter from Tani Pack Downing Director of State Risk Management, in which stated that there is no coverage under the Liability Policy if a cheerleader is injured while performing an illegal stunt. Because of the potential for injury, proper supervision and adherence to NFHS rules is critical when cheerleaders perform at any UHSAA events.

## CHEER RULES AT A GLANCE

Below are some of the safety rules that all Utah Secondary Cheer Teams are to follow. They are required to adhere to all rules in the NFHS Safety Rules. Below is a quick reference of the rules you may see violated during a practice, assembly, or athletic event. These are not all of the rules; please refer to the NFHS safety rulebook for a complete listing.

- Cheerleaders must practice on proper surfaces for the skills they are doing.
- Cheerleaders must wear athletic/cheer shoes
- There can be no tumbling or stunting while the ball is in play
- During a basketball game cheerleaders must stand on either side of the key at the baseline, not behind the basket.
- Cheerleaders are not allowed to do any toss on a hardwood floor or track. Stunts that involve tossing can only be done on a mat or grass, (artificial or real.) This includes full downs or double down dismounts. Pop to a cradle is allowed.
- Tumbling passes on the hard wood floor or track may only include round-off back handspring, round off back tuck, front handsprings, and side aerials. Twisting tumbling passes can be done only on a mat or grass, (real or artificial) and no more than one full rotation is allowed.
- Visiting Cheerleaders are not allowed to tumble or stunt at Basketball, Volleyball games. They are only allowed to cheer in designated areas.
- When stunting the top person must not become inverted (head below waist) at anytime except when doing legal suspended forward rolls.
- Pyramids can be no more than two high.
- Toe/leg pitch to a jump or tumbling skill is illegal
- A swan dive is illegal
- No skill (e.g. toe touch, twist, etc.) without constant hand-to-hand contact shall be performed prior to landing on the performing surface.
- Only bona fide stunts shall participate on the spirit team activities on the sidelines, court, and field or contest area during an interscholastic event. Alumni or young elementary students etc. can perform during pre-game, halftime or postgame.
- The use of mini tramps springboards; spring-assisted floors or any height-increasing apparatus is illegal for cheerleaders, drill teams and mascots.
- Jewelry of any kind is prohibited except for religious or medical medals.
- Fingernails, including artificial nails, must be kept short, near the end of the fingers.
- Knee, seat, thigh and split drops from a jump, stand or inverted position are illegal.
- Cheerleaders must not perform shoulder stands at a volleyball match just prior to a serve, or following the serve when the ball is back in play.
- Spotters are required for most stunts.



# Make Plans to Attend the 2012 UIAAA Conference



The Utah Interscholastic Athletic Administrators Association (UIAAA) State Conference will be held at the Lexington, 850 South Bluff St, in St. George April 25-28, 2011. The 32nd annual conference will host over 280 athletic administrators, spouses, guests and exhibitors. All Athletic Directors, Principals, Assistant Principals, and Athletic Administrators with responsibilities for athletics and activities are invited and encouraged to attend. The

UIAAA is offering LTC 501, LTC 504, LTC 508, LTC 608, and LTC 721. The UIAAA and its Athletic Directors Executive Committee are pleased to present an outstanding cast

of featured speakers this year, along with a wide variety of workshop topics. Keith Henschen, Ph. D., University of Utah, Utah Jazz, and United States Olympic Team, world renowned psychologist will be the keynote speaker on Friday evening.

The UIAAA will host a golf tournament at 7:00 a. m., Friday, April 27, 2012. Jostens is once again generously sponsoring the tournament, which will be held at Coral Canyons Golf Course. The 7:00 am time is earlier than in previous conferences. See the registration form for cost.

Conference registration forms can be found and downloaded at the UIAAA website ([uiaaa.org](http://uiaaa.org)). This year the registration fee has been raised. The fee is \$210 prior to January 31, 2012. From February 1 until March 15, 2012 the fee is \$235, and after that date and in person the fee will be \$260.



second year school. An incredible mural of Wasatch students, athletes and tradition stretches across the wall of the balcony and overlooks the commons area and the front entrance to the school. Originally established in 1908, Wasatch High School is currently home to grades 9-12. A collection of historic treasures is found in the faculty lounge highlighted with yearbooks from the past. The Wasps' gymnasium is appropriately named "The Nest" and a sign indicating the name appears on the outside entrance. Inside the gym, a gigantic flag, donated by a member of the



community, can be lowered by remote control from the ceiling at center court for pre-game ceremonies. Wasatch is as well known for its tradition in wrestling as it is for the annual Swiss days held in nearby Midway. Several individual and team championships have been crowned to Wasatch wrestlers over the years. Equipped with new turf and a section of chair-back seating, the renovated football stadium has the awesome backdrop of Mt. Timpanogos located to the west, and was host to the UHSAA 1A football semifinal and championship games this past fall.



## Union High School

After leaving Heber City, we travelled east to Duchesne County by way of the beautiful drive over Wolf Creek Pass. It took a couple of hours to reach Roosevelt and the home to Union High School. We met with Principal Russell Nielsen, a member of the UHSAA Executive Committee representing Region 10, and Athletic Director Mike Ross—both alumni of Union High School. They showed the school's "We Are..." sportsmanship video that was produced by a student for his Eagle project and given to the school. The video includes many student athletes and administrators from Union High School and teaches the message and importance of good sportsmanship. As we walked into the gymnasium, the UHSAA Sportsmanship banner is hung on one side of the court with the school's 2011 star already displayed



on the banner. The banner is part of the Raise the Bar, Earn Your Star, UHSAA Sportsmanship program introduced to all member schools a year ago. A 3A school in Region 10, the Cougars have grades 9-12 attending the school and is the only 3A school in a district with three other schools. The name UNION comes from the cooperation of Duchesne County, Uintah County and the UTE Indian Tribe joining together in UNION for the benefit of all students. In fact, half of Union high school is built in Duchesne County and half of the high school is in Uintah County.



## Tabiona School

The second day started in Duchesne County with a visit to Tiger country and the beautiful community of Tabiona. The communities of Tabiona and other nearby towns are truly a treasure land of history, nature's beauty and dedicated people committed to the area and its unique lifestyle. It is so quiet



and peaceful in these small communities. Principal Robert Park is in his 43rd year in education and has been at Tabiona School since 1968. He has served at the same time on both the UHSAA Board of Trustees and UHSAA Executive Committee for over the past ten years. A 1A school in Region 21, the original Tabiona School was built in the 1930s and the new school, built in 1982, is one of the few K-12 traditional public schools in Utah today. There are approximately 80 students on one side of the school in grades 7-12 and 80 students on the other side of the school, closest to the playground, in grades K-6. The purple, white and black painted gymnasium is one of the highlights of the school



because of its center location and its rich basketball tradition. Pictures of the three basketball state championship teams (one girls' championship and two boys' championships) hang on the wall next to the scoreboard and the school's stage is at one end of the gym behind the basket.



### Altamont High School

A 1A school in Region 21, Altamont High School is home to the Longhorns and was built in the 1950s; however, the district is in the process of building a new Altamont High School, which should be ready for next fall. The school has grades 7-12 with approximately 40 students per grade. Principal John Huitt and Duchesne School District Superintendent David Brotherson greeted us at the front door of the school. I was impressed with

the colors of red, white and blue decorated on signs and murals throughout the halls of the school. Altamont has established an outstanding tradition in wrestling and other activities. A new football stadium has been completed for this year, which now



runs a north-south direction, rather than the east-west direction of a year ago. The football stadium has the spectacular backdrop of the Uinta Mountains in the far distance.



### Duchesne High School

A 1A school in Region 21, the Eagles of Duchesne High School are an athletic powerhouse year in and year out in nearly every sport. However, Duchesne is also well-known for the rich tradition and outstanding success in the activities of music, drama and debate. Located directly on Highway 40 along Main Street in



Duchesne, the current school was built in 2003 where students in grades 7-12 attend school. Principal Stan Young, who is also the long-time boys' basketball coach and a graduate of Duchesne High School, was excited to show us the gymnasium, which was



set up for the varsity volleyball game with Altamont later that night. Windows from the second-story hallway overlook the gym on the south side, providing an area for students to view activities. The football stadium is going to be changed for next season. The current field runs an east-west direction and it will be turned to run a north-south direction. By turning the field, the spacing gets really tight. The south end of the football field will be up against Highway 40 and the north end will be near the base of a hill. A new track will also circle the field when the project is complete. Later in the day, we returned to Duchesne High School to watch the Eagles and the Longhorns of Altamont High School square off in a varsity volleyball match. I was impressed with the

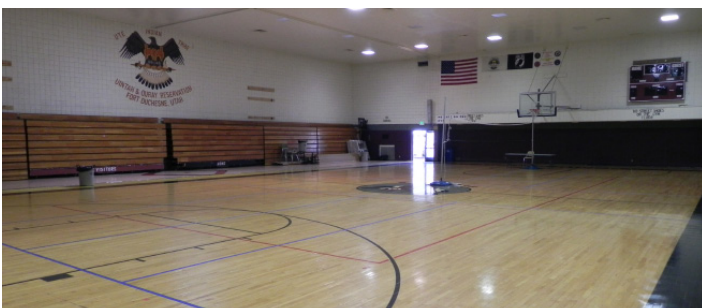


sportsmanship and hard work of both teams during the intense region rivalry match between these two district schools.



### Uintah River High School

Utah is named after the Noochew (the Ute People), who were mountain people. The mountains were their protection and offered an abundance of resources. The Uintah and Ouray Ute Reservation was established by Executive Order in 1861 and presently spans two million acres. The Reservation is the second largest in the United States. A 1A school in Region 21, Uintah River High School in Fort Duchesne is a public charter school and has a student body that is made up of 98% Native American students and includes grades 9-12. Principal Bryon Richardson explained they have a small staff who serves 64 students. The school does not provide transportation to the school. Some students walk to school, but most are brought to the school by



parents or other students who can drive. Lunch is catered daily by local businesses in the area. The school has a cultural based library and a small weight room. The gymnasium for the Warriors is located at the City Recreation Building in Fort Duchesne.

### Manila High School

The trip through the Ashley National Forest and the Uinta Mountains to Manila on Highway 191 was spectacular. We had time to stop at Flaming Gorge Reservoir, the Dam and the town



of Dutch John before making our way to Manila. A 1A school in Region 21, Manila High School in Daggett County is tucked against the Wyoming state line. District Superintendent Bruce Northcott showed us the district offices located in the old Manila



High School, which was the high school until 1991. We saw the old gym which they call the "Thunder Dome" because of the loud echo that rings through the gym. It is a classic style gym with a stage at the south end behind the basket. The current high school is located east of the district offices and is home to grades 7-12. There are approximately 15 students per grade, and the biggest graduating class in school history has been 21 students. Principal Guy Gonder has been the principal of the high school



for several years. The gymnasium was designed in the school's colors of red, white and black, and a massive mural of a mustang, the school mascot, is on one wall. The gym also doubles as the auditorium and a stage is brought in for performances. A new wing housing music and fine arts is being constructed at one end of the school. A beautiful baseball field is located south of the high school where Manila plays 1A baseball in the fall because they do not have football at the school.

### Uintah High School

A 3A school in Region 10, Uintah High School is located in the city of Vernal and the county of Uintah. Principal Julie Wilde met with us and showed us the facilities at the school. We started in the gymnasium where the school colors of red and white and the Utes mascot reminded me of the University of Utah.



The wrestling room is marked with "Home of Champions" on the wall, and rightfully so, with the rich tradition and history of individual state champions and team state championships. The football stadium is on the west side of the school campus with



the student parking lot between the stadium and the school. The Uinta Mountains behind the stadium to the north are magnificent. While we were there, the school hosted its annual Freedom Assembly in honor of the events of September 11. We attended



the assembly in the auditorium and listened to a former student who recently returned from Iraq. In addition, Uintah High School had a former student athlete killed in Iraq this past year. The family of the fallen student was invited to the assembly and honored by retiring the flag in the front of the school and presenting it to the family. A music group from the school sang the Star Spangled Banner to end the emotional event. A 4A school last year, Uintah is back in the 3A classification this year.

### Attending the Altamont vs. Diamond Ranch Football Game

When I had scheduled these visits, I wanted to make certain that Altamont had a home football game at its new football field, which now runs a north-south direction. The school is situated in the middle of some of the greatest scenery in the world with the Uinta Mountains in the background. The fall weather was awesome and the setting breathtaking for an incredible football game between two UHSAA member schools. Altamont has been a member school for many years; however, Diamond Ranch became a member last year and this is the first year of varsity football. It was enjoyable just watching a game in mountain



country in the crisp fall air, but this game was as spectacular as the scenery behind it. The game was scoreless for three quarters. In the fourth quarter, the Diamond Backs from Diamond Ranch scored first and missed the extra point to go ahead 6-0. The Longhorns from Altamont answered quickly with a touchdown on a quarterback sneak and the kicker connected on the extra point to take a 7-6 lead with only five minutes to play. The Diamond Backs scored quickly and led 14-7 after a two-point conversion following the touchdown with less than two minutes to play, which ultimately gave Diamond Ranch the come-from-behind victory.

In the height of the beautiful autumn weather of September, I had the amazing opportunity to visit all eight Northeastern high schools and four districts in the span of three days.



*On the road again!*

UHSAA Director Rob Cuff is coming to a school near you.

# How High School Athletics Impacted My Life

By Rickie Warr, former Parowan High School student who earned Academic All-State in five sports



Being a part of high school athletics has helped in so many ways. Involvement in sports aided me through the confusing phase we call high school. I learned not to just endure, but to continue on with a positive attitude. Athletics

gave me a reason to do well in school. They taught me a lot about how to deal with the struggles that life throws our way, and even more, how to overcome them. Athletics showed me that with a little hard work and dedication there is no such thing as an excuse for why something didn't happen, but why something did.

Life is a roller coaster with its many twists, turns, ups, and downs. Sports helped me to learn that just because something lands in our way, it doesn't mean that you should give up, it means you work hard to turn it around and make it a "step-up" instead. Harry Sheehy once said, "It is your response to winning and losing that makes you a winner or loser." When hard times arise, that is when your true character shines. Sports have given me the head start that I could not have gotten anywhere else. Even though an academic test might not have gone as well as planned, or the game we should have won was lost, I learned to keep trying. These experiences have taught me to move



on, work harder the next time, overcome, and become better.

When I was younger, I was fortunate enough to

have amazing upper-classman who set an example that I could follow. These individuals were some of the first to show me what responsibility, dedication, and a strong

work ethic really could accomplish on the track, the field or the court. Since that time, through their example, I have made an effort to emulate their actions and to become the type of person others would look up to as well. Being involved in athletics, and serving as a team captain helped me do just that. Developing these values in sports has carried into every other aspect of my life, especially in school. Serving as Parowan High School's student body secretary provided an opportunity to work hard and set an example for others.

School doesn't come easy for me. The work ethic I developed from sports can be evidenced in my schoolwork. I'm the type of person that has to study, and study very hard. I can't just wing it like some people. Because of the sports lessons I have learned, I can do anything - including earning a 4.0 every quarter in my junior and high school careers.

Without participating in athletics, I am sure that I would not have the goals and aspirations that I do, let alone have the confidence that my goals could become a reality. The sports themselves have impacted me, but that wouldn't have happened without the encouragement and faith that my coaches had in me for the past four years. I know that I will never truly be able to thank them, but a good start is to practice the characteristics I have developed through playing sports. I will continue to set high standards for myself. I will strive to be an example to those who follow. I will make every effort to emulate my coach's template. High school athletics have been a great teacher. I have learned so much about my capabilities and myself. I don't know where I would be without them.



## Upcoming UHSAA Calendar Events

Go to [www.uhsaa.org](http://www.uhsaa.org) for the latest updates.

Feb. 3-4	3A & 4A Swimming Meets (BYU)
Feb. 3-4	Drill Team Competitions (4A/5A Fri.; 1A, 2A, 3A Sat. UVU)
Feb. 9	Diving Meet (BYU)
Feb. 10-11	5A Swimming Meet (BYU)
Feb. 15-16	4A & 5A Wrestling Tournaments (UVU)
Feb. 17-18	1A, 2A, 3A Wrestling Tournaments (UVU)
Feb. 15-18	1A Girls' Basketball Tournament (SVC)
Feb. 20-25	4A & 5A Girls' Basketball Tournaments (SLCC)

Feb. 20-25	4A & 5A Girls' Basketball Tournaments (SLCC)
Feb. 22-25	2A Boys' & Girls' Basketball Tournaments (SVC)
Feb. 23-25	3A Boys' & Girls' Basketball Tournaments (St. George)
Feb. 27-Mar. 3	4A & 5A Boys' Basketball Tournaments (Maverick Center)
Feb. 29-Mar. 3	1A Boys' Basketball Tournament (SVC)