



UPDATE

Academics + Activities = Curriculum Partners

Thank You, David Wilkey

After many years of service, Utah High School Activities Association Executive Director David Wilkey is retiring. His retirement comes as part of Mr. Wilkey's preparation to serve a full-time mission for The Church of Jesus Christ of Latter-Day Saints with his wife.

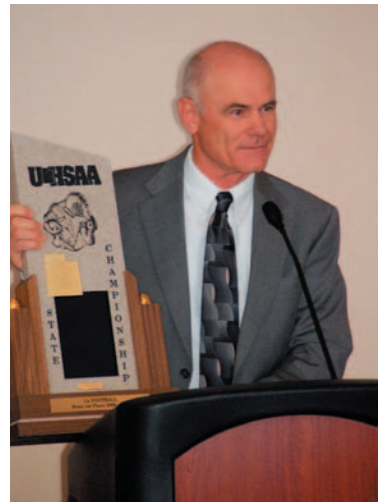
Anthony Hall, Chairman of the UHSAA Board of Trustees, praised the performance, professionalism and leadership that Mr. Wilkey has exhibited in his service to the UHSAA for the past 32 years: "Dave Wilkey's name is synonymous with the Utah High School Activities Association. He has served in various capacities in his 32 years from the local level to the national, and in doing so has left his fingerprints on each of the assignments and responsibilities which he has undertaken. Mr. Wilkey's resignation will leave a void at the UHSAA. More than anything else, Dave has brought his personal touch to the various aspects of Utah high school athletics and activities programs sponsored by the UHSAA. He is an excellent administrator and has the admiration of

staff, governing boards and all who work with the UHSAA. Above all else, Dave is a caring, and wonderful human being. Speaking for the UHSAA, we wish him and his family the very best in his new adventures and in his pending church service."

UHSAA's former Executive Director Evan Excell recalls that "Dave was always the staff prankster. In my first few days on the job, Dave rigged one of the drawers on my desk with 'poppers.' When I opened the drawer, I was scared out of my mind and vowed vengeance on the Wilkster. He only laughed innocently and dared me to 'bring it on.' I believe every new employee at the Association had to contend with that trick.

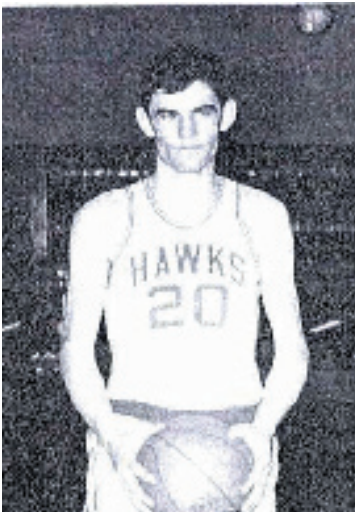
"In the arduous nature of administering the activities in the state, that humor was priceless. Dave knew that taking ourselves too seriously was not healthy and keeping it light would further our tenure.

"Dave Wilkey's integrity is beyond reproach. He gave wonderful and faithful service during my 14 years, and to the UHSAA for 32 years. He fought off any calloused remarks directed toward myself or the Association. He believed in the ideal of the mission statement of the UHSAA, that the focus should be the students of Utah. He gave 32 years of his working life to promoting that belief. I salute him for



L-R: Assistant Director Rob Cuff, Executive Director David Wilkey, former Executive Director Evan Excell, Assistant Director Bart Thompson and Associate Director Becky Anderson

continued on next page



that.

“Thank you, Dave, for your dedication, your perseverance and your loyalty under fire. You’re a good man. Best wishes in your future years.”

Paul Smith, Chairman of the UHSAA Executive Committee, finds it hard to think of the UHSAA without David Wilkey. He has been the glue of the UHSAA for 32 years.

Before his appointment as the fifth UHSAA director, Dave served as the co-pilot to all the Association directors, except the very first.

Former Director Glen Beere, calls Dave the “the perfect associate who would take on any task.” Dave Wilkey has been part of UHSAA as it has grown from 98 to 127 schools; 80,000 students to 118,000 students; including the dramatic increase of 20,000 students after title nine...the addition of drill team, boys and girls soccer, girls softball and most recently girls golf. Dave rode the growth from the two A and B classifications to the current five and he helped provide leadership through eleven state realignments as well as the first corporate sponsorships.

Wilkey was a part of the restructuring transformation of the Legislative Council to the present Board of Trustees as the constitution was re-written. Dave is the architect of the Academic All-State program and the facilitator of the early student leadership program “Dreamers and Doers.” He was a catalyst of the vastly increased media exposure of UHSAA as well as the rapid use of state of the art technology.

His national presence is a beacon. Always in demand to be a presenter at the National Federation Conferences; recipient of so many awards from the state’s coaches associations, athletic administrators and other organizations. He was influential to our state’s six entries to the National High School Hall of Fame.

As the Association’s resident jokester, it is tough to get ahead of him on “Gotchas.” His calm, steady demeanor is respected by all. Dave, you will be missed!

*The heights by great men reached and kept,
Were not attained by sudden flight.
But they, while their companions slept,
Were toiling upward in the night.*

- Henry Wadsworth Longfellow



You are invited to an OPEN HOUSE
to honor Dave Wilkey
on Monday, May 4, 2009
from 3:00 -- 5:30 pm
at the UHSAA Office
199 East 7200 South, Midvale

Dave: Thank you for your 32 years of dedicated service and friendship. You will be missed.

Circle of Fame Awards

Evan Excell



Evan Excell, the Executive Director of the UHSAA for 14 years and an educator for 42 years, is one of this year's Circle of Fame inductees, the Association's highest honor.

Mr. Excell became the fourth UHSAA Executive Director in July of 1994. Evan was a teacher and coach for 28 years. He won state titles in basketball and track. In 2000, he was honored as a Distinguished High School Coach by the Utah State Hall of Fame.

Evan served on the National Federation's Board of Directors and was honored as the "Best of State" educational administrator of the year. He was inducted into the Utah Summer Games Hall of Honor at SUU and was recognized by the Utah State Senate for his 42 years in education.

Mr. Excell said, "The students, fellow coaches, and administrators were truly outstanding. I surround myself with wonderful people who, along with outstanding support from my family and friends, made my job an easy one. I appreciate the influences they had on me and on my family. I wouldn't change one minute of anything."

Lori Rupp



Lori Rupp spent the past 30 years serving the students of Utah in many different capacities. As an exceptional educator in the classroom, gym and dance studio, she was a positive influence in the lives of countless students across the state.

As the Drill Team coach at Cyprus High, Lori won region, state and national titles. Lori served as Physical Education Department chair, Performing Arts Department Chair and Athletic Director. Lori was also the State Drill Team Competition Director for the UHSAA for 19 years before retiring in 2008.

Lori said, "I became an educator because I love to teach and see students excel in whatever they set out to do. I know how important it is to them and they can't do it without our help."

Lori was the founding President of the Utah Dance and Drill Team Coaches' Association; she served as the UHSAA clinician for training Drill Team judges, coaches and competition directors; and served as Utah State School Board Association and Stake Risk Management clinician for Cheer Safety Clinics.

Guy Fugal



Guy Fugal participated in football, basketball, golf and school drama while a student at Pleasant Grove High School.

For 17 years, Mr. Fugal has served on the Alpine School District Board of Education and for over 10 years, he has been a member of the UHSAA Board of Trustees, the policy making body of the Utah High School Activities Association.

Mr. Fugal said, "I have personally been blessed by the people who served me as coaches, teachers, and administrators. They provided me wonderful opportunities to grow in character and integrity. Each of my coaches and teachers helped mold me into the person I am today. They will always be respected and revered. Good sportsmanship was instilled in each of us. I believe it is important to give back to my community and by so doing, I honor the memory of those who made such an important contribution to my life."

Super Fans

Ted Atherley has attended activities and supported the students of Kanab High for over 40 years. Ted was a basketball and football official for 25 years, as well as a youth baseball coach and supporter.



Ted says, "Our children are the most important thing that we have in our communities. It is important that we not only support the athletic programs, but also the other activities in our schools. High school is the first big step to the rest of your life."

Verona Andrews is at Spanish Fork High everyday supporting

activities and providing a positive influence in the lives of many students. She collects aluminum cans throughout the year, donating proceeds to the activity programs of the school where she graduated 60 years ago.

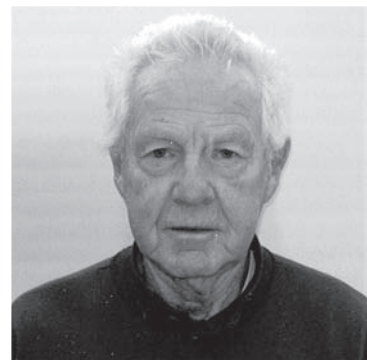


Glen and Aleen Horrocks have been avid fans of Duchesne High for over 50 years. Glen coached and was Duchesne

High principal for many years while Aleen was his #1 fan. The Horrocks say, "Activities have given us an opportunity to know the students and be involved with their growth and maturity."



Robert Eugene Miller was nominated by Wasatch High, where he has worked with students for over 30 years. Bob says, "From the very first day I went to work for Wasatch School District as a bus driver, I fell in love with the young people of Wasatch County."



After Bob's wife passed away in 2006, he said that "the sports activities have given me a way to cope with the loss. I have always tried to stay around young people, who keep me young and give me a reason to get up each day."



Gordon and Millie Oborn have spent 30 years supporting the students of Taylorsville High. Millie kept score at swimming and diving meets. Gordon was the head swim coach and an assistant coach in several other sports for many years. He was also the announcer for football games and the timer for

track meets.

Gordon passed away last summer from cancer. One of his final requests was to make one last lap around the Taylorsville track. On the way to the cemetery, Gordon's hearse completed that final lap around the school's track.

When asked why they have given such great service Millie replied, "We enjoyed doing it and it was a way for us to spend time together. It kept us young and we loved being around the kids."

NFHS Section 7 Spirit of the Sport Award Winner

Heather Meyer, San Juan High School

Heather Meyer of San Juan High is Utah's Spirit of Sport Award Winner. Heather plays varsity volleyball, basketball, and softball for her school, placing with her team in each sport's state championships. Her coach, Cassy Moon, says that Heather "exemplifies excellence, hard work, and loyalty through sports."

Through a tenacious work ethic, Heather quickly earned a starting position on the varsity team and helped lead the team to three consecutive state championships. She continually improved her game as well as the skills of those around her. She contributed over 20 digs in five critical matches, all with a broken hand. Heather was named MVP twice by the Deseret News coaches' poll. She was also given the award in 2007 by The Salt Lake Tribune.

After an ACL injury at volleyball camp, Heather knew her team could not cope with this challenge if they saw her struggling too. She talked to her team, helping those girls feel better, not herself.

While everyone in her community was reeling with the news of the star's disability, Heather was trying to ensure her teammates only saw a positive leader. Heather took on extra shifts and extra responsibilities at the local pool where many of her school's athletes work to allow her teammates to attend workouts and practices. As the lone lifeguard on duty, imagine her anxiety when she jumped in the pool to save a six year old from drowning, knowing one wrong move could be a catastrophe for her knee and certain death for him.



Heather's emotional recovery was difficult. She came to the conclusion that maybe she could learn something from the season. Her life had been centered on sports, and this was the hardest thing she had done. Her absence on the court affected seasoned players and the youngsters that filled positions created by graduation and Heather's injury.

Heather found a new role on the team as an assistant coach. Heather and the team exceeded all expectations. The team allowed Heather to help them mentally and physically, and Heather became a true coach for the team. Heather knew when a player was struggling and would not rest until the problem was addressed. She spoke with every player everyday. Her knowledge of the game became evident as she earned the trust and respect of her teammates.



The doctor was able to repair Heather's ACL and two days after surgery, she didn't need a brace. Within a month, she had full range of motion. Within two, Heather had completed the entire regimen that usually requires six months. At three months, Heather jumped for the first time since the surgery.

The day before state championships, Heather told her coach that she wanted to play. When Heather's thunderous spike rang out for the first time that season, tears welled in the eyes of the starters. A senior said, "Look at how happy she is. I would give anything for her to be able to play in my spot. This means so much to her." That moment of the season changed everything for her team.

When Heather was asked what she learned about herself this season, she replied, "I learned patience, life goes on, and you can't just sit and dwell on it. I still had to help my team by being happy, even if I didn't feel like it." That year, the players learned perseverance, determination, friendship, trust, loyalty, and success. Coach Moon learned that "anything is possible. I also learned that the youth I am involved with are very resilient, as well as intelligent, caring individuals. Heather taught all of us so much in one season, more than she ever could had the accident not happened... I don't think that life is about winning and losing, but rather, how well we rise after we fall... Heather Meyer's battle is yet to be completed... She has faced levels of disappointment that most teens never realize. She has also found the strength to support those around her while dealing with the inner struggles. She truly embodies the spirit of sport."

Congratulations to the 2009 Winter Champions!

BOYS BASKETBALL

1A: Escalante
2A: North Summit
3A: Bear River
4A: West
5A: West Jordan

GIRLS BASKETBALL

1A: Rich
2A: Richfield
3A: Wasatch
4A: Mountain View
5A: American Fork

DRILL TEAM

1A: Duchesne
2A: Millard
3A: Uintah
4A: Bountiful
5A: Hillcrest

BOYS SWIMMING

3A: Ogden
4A: Springville
5A: Brighton

GIRLS SWIMMING

3A: Judge Memorial
4A: Timpview
5A: Skyline

WRESTLING

1A: Monticello
2A: Millard
3A: Delta
4A: Payson
5A: Viewmont

STATE JAZZ FESTIVAL

SUPERIOR PERFORMANCE

American Fork
Bountiful
Cedar
Jordan
Murray
Pleasant Grove
Provo
Timpview
SUPERIOR SIGHT READING
Alta
American Fork
Mountain View
Murray
Provo
Skyline
Timpview

STATE SOLO & ENSEMBLE

Results on www.uhsaa.org

STATE DRAMA FESTIVAL

Results on www.uhsaa.org

FORENSICS

1A: Panguitch
2A: Grand County
3A: Juan Diego
4A: Skyview
5A: Lone Peak

Thanks to Our Sponsors



Congrats Liz Wiscombe, National Coach of the Year!

On April 18, the National Federation of High School Associations Coaches Association selected 21 high school coaches from across the country to be honored as the 2008 National Coaches of the Year.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports, and in one “other” category. Winners of NFHS awards are active coaches during the year in which they receive their award. This year’s awards recognize coaches for the 2007-08 school year.

One of the recipients of the 2008 NFHS national awards for girls sports was Liz Wiscombe, volleyball coach from

Utah’s Morgan High School. Congratulations to Liz for her hard work with the girls volleyball team at Morgan High.

The national selection committee considers the sectional candidates in each sport, ranks them according to a point system, and determines a national winner for each of the categories. Selection is based on a variety of factors and accomplishments in addition to a coach’s win-loss record.

A total of 314 coaches will be recognized this year by the NFHS with state, sectional and national awards. The complete listing of award winners is available on the NFHS Web site, www.nfhs.org.

Quincy Lewis, 2008 Sectional Coach of the Year

Coach Quincy Lewis of Lone Peak High School was named the 2008 West Sectional Coach of the Year for boys basketball by the Coaches Association of the National Federation of State High School Associations. Quincy Lewis was nominated by the UHSAA.

The UHSAA selects representatives for each sport and sends them to the NFHS. UHSAA Associate Director Rob Cuff explained, “We look at philosophy and how the coaches teach. We are interested in community participation and character. We look for coaches who promote sportsmanship, not only for themselves but also for their team and fans. We’re looking for high character and ethics along with good citizenship.

“It’s always instructive to watch how a coach and a team react

when things don’t work out the way they hoped. We look at how the coach leads the team and we learn more sometimes when they lose. In other words, we wanted someone for this award who is promoting not just the lessons of basketball but the lessons of life. As a staff, we felt Quincy Lewis fit this category.”

Coach Lewis has worked well with UHSAA, going beyond his required duties and serving on several committees. He’s served as president of the Utah boys basketball coaches’ association and has mentored countless high school students.

Congratulations to Coach Lewis and all of our nominees from Utah.

Nathan Criman: NFHS Section 7 Teacher of the Year

Mountain View High School theatre teacher, Nathan Criman, was named 2008-09 Section VII National Theatre, Speech and Debate Teacher of the Year! Following last year’s UHSAA nomination as the Utah Theatre, Speech and Debate Teacher of the Year, Mr. Criman’s path of continued success and increased student enthusiasm has now been proclaimed across the country! Mr. Criman has been responsible for building the largest theatre program in the Alpine School District and Utah County, which has been ranked as one of the top 5 drama programs in the USA by the American High School Theatre Festival for the past four years. In addition, the MVHS drama program been identified by BYU, University of Phoenix, and UVU as having the strongest identification with State Core Standards of any high school drama program in Utah. Under Mr. Criman’s direction, MVHS also boasts several alumni

who have appeared in motion pictures, television, and stage -- including Broadway.

“Nathan Criman has been a tremendous asset to the State of Utah in helping mature theatre festivals across the state,” applauds Bart Thompson, UHSAA Assistant Director. “He has hosted various Region and State theatre competitions as well. We appreciate his efforts to bring due recognition to those most deserving. Thank you Nathan Criman!”

On an even fonder note, when Mr. Thompson presented this award to Mr. Criman at the school’s academic assembly, “the house came down!” Faculty, staff, students and parents alike are well aware of his expertise and devotion to Mountain View students which was obvious by the reception! Way to go Nathan, we thank you and are proud of your accomplishments as well!

NFHS Reports Progress on National Goals

by Vicci Gappmayer, Wasatch School District, NFHS Board of Directors

I have always been a strong advocate of high school sports and activities. My own high school experience was enhanced by being involved in curricular and extracurricular activities. My children's high school experience was enriched by their participation in school activities. As a high school principal, I was keenly aware of the benefits participation in school activities has on students.

Now, as a member of the NFHS Board of Directors, I have gained an appreciation of the work the national office does to create a sense of sport community nationwide.

Each year the Board adopts 8 – 10 goals to enhance the work of the state activities offices in providing education based activities for students. Three of this year's goals were especially meaningful to me because I believe they have a direct link with the quality of programs provided at the local level.

1. Develop at least one new module for the coach education program. There are currently three modules up and running for the coach education program. The first tier of a 3 tiered program will be up and running for the 2009-2010 school year.
2. Begin the Officials Education Program. There are now three sports on the NFHS Officials Education Program website.
3. Produce a DVD on the roles and responsibilities of parents in education-based athletics, activities and performing arts. This goal is in progress and the DVD will be ready for coaches to use in their parent meetings for the 2009-2010 school year.

I appreciate the opportunity I have of representing you on the National Board. If you have suggestions or comments on what the NFHS can do to facilitate the local work, please do not hesitate to contact me.

NFHS Coach Education

ONLINE COURSES NOW AVAILABLE

www.nfhslearn.com

- Fundamentals of Coaching
 - Fundamentals of Coaching Soccer
 - Fundamentals of Coaching Wrestling
 - Fundamentals of Coaching Football
 - Fundamentals of Coaching Volleyball
 - Engaging Effectively with Parents
 - First Aid for Coaches
- Coming Fall of 2009
- Sportsmanship: Teaching and Modeling Behavior



Take Part.
Get Set for Life.

*NFHS Sportsmanship
Kit now available.
"It's up to you!"*

*Order a copy to use in
your parent-player
pre-season meetings.*



Thanks to our Board Members

The UHSAA could not exist without the leadership and dedicated service of board members on the Executive Board and the Board of Trustees. We extend our gratitude for the service rendered by the following individuals who finishing their term of service this year.

Executive Committee Members

Rulon Homer, Region 1
Dave McKee, Region 4
Dee Ashcroft, Region 5
Scott Doubek, Region 13
Paul Keene, Region 17



Board of Trustees Members

Laura Baker, Region 6
Barry Deeter, Region 8
Wes Christiansen, Region 9
Greg Miller, Region 14
David Brinkerhoff, Region 15
Paul Keene, Region 17
Marian Storey, Davis School District
Teresa Theurer, USOE
Rusty Holmes, 2A Principal

Good luck in your future endeavors!



Life Lessons I Learned from Sports

by Dennis Timm, UHSAA Board of Trustees

A few years ago, I was asked by the graduating class of West Desert High School to speak at their commencement. I wondered what I could say that would benefit these young people as they embarked into life after high school. I reflected back 25 years to when I graduated. I asked what I gained in high school that helped me in my journey; the only thought that kept coming to mind was my involvement in football and wrestling at Delta High and the lifelong friendships that were forged by going into the field of competition with my teammates.

I told myself there must be an academic experience that stood out. After all, I am a school board member and need to promote academics. I realized that everything I use in the daily operation of my business I either learned before or after high school. I took a typing class in high school where I mastered 30 words a minute but I couldn't tell you more than 3 of the 25 kids in my English class. I can tell you every name of the 30 kids on my wrestling team, though.

With this debate taking place in my mind, I found myself in a waiting room. I picked up a magazine and an article caught my eye. Several major institutions, including MIT, performed a survey of Fortune 500 companies to find what things they should be teaching students to help better prepare them to enter the work force. Was it more science, more math, more technical skills? The results of the survey surprised even me. We can teach students what they need to know both technical and intellectual. But what we need is people who can work with others, people who know how to work hard, be teachable and get along with coworkers.

What better way to teach those skills than through athletics? As I thought about the kids that were graduating from West Desert, I realized that all of them, 4 boys and 5 girls, were multi-sport athletes. I came up with five life lessons that they

had all learned and tried to explain how they were so valuable.

1. They learned to work as a team.
2. They learned to be coachable.
3. They learned to work hard and be dedicated to their tasks.
4. They learned to play by the rules and control their emotions.
5. They learned to compete.

Some say it's not good for children to be involved in competitive sports, but competition is a part of our everyday lives, from scholarships and jobs, to marriage. Those who know the principles of competition have the advantage. School districts sometimes catch flack for wasting money on gymnasiums, fields, courts, tracks and pools, but I firmly believe that those gyms, fields, tracks and courts are effective classrooms for preparing young people for life's challenges. I've encouraged my children to be involved in whatever extracurricular activity was available to them. They have benefited greatly from their involvement.

One of my favorite quotes sums it up well: President Theodore Roosevelt said "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold timid souls who neither know victory or defeat."

UHSAA Sanctioning Dead Time Period

Members of the UHSAA are prohibited from engaging in contests with Utah high schools that are not members. Members of the UHSAA are prohibited from engaging in contests with high schools outside of Utah who are not members of their respective state high school associations unless that state permits contests with schools not members of its association. In such case, those schools shall be considered eligible for contests with UHSAA members.

Any tournament/meet hosted in Utah which involves more than four member schools, must be approved by the UHSAA at least thirty (30) days prior to the event. The tournament/meet must be sponsored by a member school. Tournaments involving schools within a specific region do not require the application process because they are considered sanctioned.

Applications can be downloaded from the UHSAA website (uhsaa.org) under "Forms." Applications received after deadline may be fined \$100. Even though an event may be ongoing, application forms must be submitted each year.

UHSAA Sanction is required for inter-region tournaments when there are more than four schools participating.

Tournaments will be sanctioned at the level (varsity, jv, sophomore, freshman) requested.

Participation in that tournament will count at that level unless a request for an exception is made in writing two weeks in advance of the tournament and that request is approved by the UHSAA. In other words, a school could request permission for a junior varsity team to play in a varsity tournament, not to exceed the contest limitations rule at that level.

Any team playing outside their level must send a letter to the UHSAA for permission.

In the case where a school or schools drop out of, or do not show up for, a tournament, appropriate byes must be scheduled. JV teams cannot be added without two (2) weeks prior notice.

It is NOT permissible to divide a school's teams and play as two teams. This does not concern sports where the contest limitation is applied to individuals.

Any school that violates Article VII of the By-Laws will be fined as follows: The host school will be fined \$200.00 and additional schools which participate in a non-sanctioned meet will be fined \$50.00 each. This includes speech and music as well as athletic events.

All-Star games sponsored by coaches association for seniors ONLY may be sanctioned upon request.

The purpose behind dead times is to give athletes and their families, as well as coaches, time away to pursue other things. If a coach is assigned as part of their regular teaching assignment to teach a weight lifting or P.E. class which is part of the regular school curriculum that has their team members in it, it would not be a violation of the dead time rule. However, organizing and/or supervising training/conditioning sessions outside the normal curriculum for your athletes would violate the dead time rule.

The following will not take place during the dead time:

1. Coaching or observing by any coach (paid or non-paid) or volunteer who make up the school's immediate past, current or projected future coaching staff. A coach may observe only if his/her own child is participating or if acting as a registered official assigned to that specific contest.
2. Organized practice at any level with any coach or volunteer.
3. Organized competition at any level with any coach or volunteer.
4. Meetings (individual exit interviews and post-season banquets are exceptions).
5. Fundraisers
6. Open gym, open court, open pool or open field play and the use of batting cages.

There are also restrictions on the activities of teams and coaches three (3) weeks prior to the start date for each sport. The restrictions can be found on page 37 of the UHSAA Handbook (at www.uhsaa.org).



Photo courtesy Beky Beaton, Daily Herald

2009 UIAAA Award Winners

Hall of Fame Inductees:

Evan Excell, Retired UHSAA Executive Director

Kayla Walker, Mountain View Athletic Director

Administrator of the Year: George Bruce, Dugway High

Athletic Director of the Year: Doug Snell, Spanish Fork

Meritorious Service: Gordon Hinckley, Riverton High AD

Past President: Bud Campbell, CAA, Retired Murray AD

Distinguished Service: Steven Laing, USOE

UIAAA President-Elect: Gordon Hinckley, Riverton AD

UIAAA Student Scholarship Winners

Chanel Arts, Timpview High School

Chase Banks, Tooele High School

Sean Carter, Wendover High School

Jordan Michaelson, Richfield High School

Game Ejections

The 2007-2008 school year had the lowest number of game ejections in many years. Thank you to our schools for showing exceptional sportsmanship and respect for your competitors, your team, and your sport.

2008-2009 Ejections

Sport	Player	Coach	Total	Percentage
Baseball	2	0	2	1.8%
Basketball (Boys)	15	6	21	18.8%
Basketball (Girls)	9	5	14	12.5%
Football	34	9	43	38.4%
Soccer (Boys)	9	2	11	9.8%
Soccer (Girls)	9	3	12	10.7%
Softball	0	0	0	0.0%
Volleyball	0	3	3	2.7%
Wrestling	4	2	6	5.4%
Totals	82	30	112	100%

2007-2008 Ejections

Sport	Player	Coach	Total	Percentage
Baseball	12	28	40	22.0%
Basketball (Boys)	15	4	19	10.4%
Basketball (Girls)	3	8	11	6.1%
Football	32	3	35	19.2%
Soccer (Boys)	52	8	60	33.1%
Soccer (Girls)	5	4	9	4.9%
Softball	0	5	5	2.7%
Volleyball	0	0	0	0.0%
Wrestling	1	2	3	1.6%
Totals	120	62	182	100%

UIAAA Conference A Success

The 29th annual UIAAA Conference occurred April 15-18, 2009 and was considered by all as a tremendous success. This year 157 Athletic Administrator along with 39 spouses and 25 vendors attended the conference. Gordon Hinckley, CMAA of Riverton High school was elected the President-Elect for the 2009-2010 year. Dr. Lee Green, Kansas, instructed two legal courses and Dr. Charlie Brown, North Carolina, was the featured speaker at the first general session. The numerous workshop sessions added to the professionalism of the conference and allowed attendees to take some ideas from the conference and put them into practice at their schools. Please circle the following dates on your calendar for the 30th annual conference next year, April 14-17, 2010.

Sportsmanship

Sports-man-ship: n. fair play; the ability to win or lose graciously, abide by the rules and a code of fair play, either in games or in daily practice.

2006-2007 Ejections

Sport	Player	Coach	Total	Percentage
Baseball	18	19	37	14.3%
Basketball (Boys)	18	9	27	10.5%
Basketball (Girls)	5	7	12	4.7%
Football	40	3	43	16.7%
Soccer (Boys)	99	12	111	43.0%
Soccer (Girls)	14	3	17	6.6%
Softball	2	0	2	0.7%
Volleyball	0	0	0	0.0%
Wrestling	9	0	9	3.5%
Totals	205	53	258	100%

2005-2006 Ejections

Sport	Player	Coach	Total	Percentage
Baseball	28	23	51	19.2%
Basketball (Boys)	20	12	32	12.1%
Basketball (Girls)	4	3	7	2.6%
Football	47	3	50	18.9%
Soccer (Boys)	80	8	88	33.2%
Soccer (Girls)	16	12	28	10.6%
Softball	0	6	6	2.3%
Volleyball	0	0	0	0.0%
Wrestling	2	1	3	1.1%
Totals	197	68	265	100%

Sports Psychology Expo in September

The Association for Applied Sport Psychology (AASP), the largest sport and exercise psychology organization in the world, has announced a new program this fall for athletes, parents and coaches. The AASP Expo, Sept. 18-19 in Salt Lake City, will showcase the best sport psychology practices through workshops, discussion groups and interactive presentations by AASP leaders.

AASP members convene for an annual meeting of educational seminars, networking and more. The exceptional programming at the conference has prompted AASP leaders to offer instructive opportunities for the public as well.

Dr. Charlie Brown, chairman of the AASP Expo Steering Committee, said "We seek to enrich the sport experience by teaching mental skills that improve sport performance, and by promoting sportsmanship, ethics, leadership and positive sport parenting."

The topics for this Expo will be tailored to the local audience.

A full schedule and registration information will be available at www.SportPsychExpo.com. If you are interested in supporting the Expo as a sponsor or a vendor, information is available on the web.

A local advisory board that has been instrumental in organizing the Expo includes representatives from BYU, USU, the University of Utah, the US Ski & Snowboard Association, Intermountain Healthcare, Marc Hunter from the Utah High School Athletic Directors Association, and Dave Wilkey from the UHSAA.



Visit the UHSAA website at UHSAA.org for the latest information.

GOOD LUCK ATHLETES & COACHES

BASEBALL

May 2: 2A 1st round & quarter finals: region sites

May 7-9: 2A Tournament: Kearns HS

May 9: 3A 1st round: region sites

May 12-13: 4A, 5A 1st & 2nd rnds: home schools

May 14-16: 3A Tournament: UVU

May 18-22: 4A Tournament: Kearns & UVU

May 18-22: 5A Tournament: UVU

GOLF

May 6: 1A entry deadline

May 12-13: 1A Boys Meet: Sunset View

May 13: 1A, 2A Girls: Sunset View

May 13: 4A Girls: Glendale

May 14: 3A Girls: Schneiter's Bluff, 5A Girls: Glen Eagle

SOCCER

Apr. 29: 2A Boys 1st round: home schools

Apr. 30: 3A Boys 1st round: home schools

May 2: 2A, 3A Boys quarter finals: home schools

May 8-9: 2A, 3A Boys: Jordan

May 12: 5A Boys 1st round: home schools

May 13: 4A Boys 1st round: home schools

May 15: 4A, 5A quarter finals: home schools

May 19-21: 4A, 5A Boys State: Woods Cross

SOFTBALL

May 2: 2A 1st round: Spanish Fork

May 8-9: 2A Tournament: Spanish Fork

May 9: 3A 1st round: region sites

May 12, 14: 4A, 5A 1st & 2nd rnds: home schools

May 14-16: 3A Tournament: Spanish Fork

May 19-21: 4A, 5A Tournament: Valley Complex

TRACK

May 11: entry deadline: noon

May 15-16: State Meets: BYU

TENNIS

May 2: 1A-2A, 5A Boys entry deadline

May 8-9: 5A Boys meets: Liberty Park

May 9: 1A-2A Boys Meet: BYU

May 9: 3A, 4A Boys entry deadline

May 15-16: 4A Boys Meet: Liberty Park

May 15-16: 3A Boys Tournament: BYU