

12.3 Basketball Advisory Committee Meeting
12.5 Board of Directors Meeting
12.7 SAT Assessment Test
12.9 Softball Advisory Committee Meeting

12.13 ExCEL Award Nomination Deadline
12.13-17 National Athletic Directors Conference
12.14 ACT Assessment Test
12.15 Winter 2020 Activity Registration Deadline

MSHSLconnect

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Concussion/Catastrophic Insurance

AMONG THE MANY SERVICES provided to member schools of the Minnesota State High School League are insurance coverages in instances of concussions or catastrophic events.

The Minnesota State High School League provides member schools the HeadStrong Concussion Insurance Program which was developed to insure student-participants from the costs of concussion treatment and neurological follow-up.

Catastrophic insurance coverage is available for all Minnesota students in grades 7-12 that participate in League interscholastic athletic and fine arts activities at the varsity, junior varsity, B-squad and sophomore levels.

Since 1984, the League has paid more than \$9.2 million for catastrophic insurance.

Prior to the 2017-18 school year, the Minnesota State High School League's board of directors approved additional coverage for concussion treatment for students in League-sanctioned activities.

More than 100,000 students are covered under the two plans. The annual expenditure is \$145,000 for the concussion insurance and \$492,000 for the catastrophic insurance.

Additionally, any student-participant that participates in a section or state tournament is covered by "Tournament Play" insurance. The medical expense benefit has a coverage maximum of \$50,000. The annual expenditure by the League for this coverage is more than \$34,000.

Here are some program highlights:

CONCUSSION COVERAGE

- Premium is 100% paid by the MSHSL. There is no cost to member schools or student-participants.
- Zero deductible and no co-pays
- \$25,000 per injury medical maximum
- Coverage is secondary to any other valid and collectible insurance.
- Coverage will become the primary payer if no other insurance is available.
- One-year benefit period from the injury date.
- Accidental Death and Dismemberment, \$5,000
- No restrictions on specific doctors
- No referral needed for treatment

For more information:

www.mshsl.org → Resources → Concussion Resources
→ Concussion Insurance Program Guide

CATASTROPHIC COVERAGE

- \$2 million plan maximum
- Lifetime maximum benefit period
- \$50,000 deductible
- Two years (24 months) deductible establishment period
- \$365,000 per year extended care facility maximum
- \$125,000 per year home health care maximum
- \$100,000 per year custodial care
- \$125,000 per year home health care/ custodial care maximum
- \$10,000 death benefit

For more information:

www.mshsl.org → Resources → Medical/Physical
→ Catastrophic Insurance Brochure





TWO SPORTS ARE BETTER THAN ONE

reflection

Two sports are better than one

By Bob Madison, MSHSL Associate Director

DURING OUR FALL STATE TOURNAMENTS, a popular message ran on ribbon boards and jumbo scoreboards at our major venues. The message was: "Two sports are better than one." The graphics illustrate various multi-sport athletes from our member schools. This message sparked conversations at our recent Prep Bowl Playoffs with coaches, officials and athletic administrators. This is also a conversation at our AD Advisory and our sport-specific advisory meetings. These conversations led me to pursue a deeper conversation around sport specialization.

Tim McGuine, PhD, ATC, in the Department of Orthopedics and Rehabilitation at the University of Wisconsin-Madison, gave his perspective along with facts and findings. He is succinct in speaking to his views on specialization from a health perspective that I believe every athletic administrator and coach should have the opportunity to hear.

Levels of specialization are determined by asking these three questions:

- Have you quit another sport to focus on one sport?
- Do you consider your primary sport more important than your other sports?
- Do you train more than eight months a year in your primary sport?

In our conversation, McGuine divided specialization into three levels. Those levels were determined by how many questions they answered yes to:

- 1 = Low Specialization
- 2 = Moderate Specialization
- 3 = High Specialization

Imagine if we were to ask these simple questions of our student-athletes that participate. What would we hear? McGuine believes that no matter the demographics and geographic location of our schools, the findings would be similar. Football would be the least likely to specialize, basketball participation on the girls' side is "cratering" and girls' basketball tends to blame volleyball around specialization. These were examples mentioned, but would also fit many other sports.

I asked, "What is the impact on today's society from specialization?" He easily named many hard-hitting facts most of us already know:

- 60-70% of our youth drop out of a sport by age 13.
- Youth sports are the leading cause of adolescent injuries.
- Leisure activity participation is down.
- Obesity levels are rising.
- If our youth have not been involved at the youth level, they will not be as adults.
- 61% of our youth risk a concussion if they specialize.
- Tendinitis, impingements, repetitive-use stress fractures are on the rise.
- There are more elbow and knee surgeries than ever before.

McGuine was asked, how did we get to this place and why is specialization more prevalent than in the past? He believes we need to have that conversation with our student-athletes and their parents. He notes that most parents are not aware of how much, or how often, their child is participating in any one sport. "Today's student-athletes are convinced they have to specialize to compete at the varsity level," McGuine said. He also shared tips on how we can educate our parents and student-athletes on specialization:

- Engage student-athletes and their parents or guardians in a conversation about specialization.
- Educate them on the benefits of participating in multiple sports and activities.
- Engage club and AAU coaches in conversations regarding specialization and the beliefs of your school.
- Define specialization as a member school.
- Create or sustain a culture that values healthy participation.
- Every coach needs to be flexible and creative for their participants.
- Have a unified message as a member school on participation.

Continued on page 4

During many of the MSHSL's state tournament events, a News Conference Center is used for postgame interviews with the media. These are media zones where coaches and student-participants are able to enjoy postgame experiences in a professional environment. The League caught up to volleyball players at the Xcel Energy Center and football participants at U.S. Bank Stadium to pose this question:

What is it like to experience an interview session in the news conference center?



Erin Lamb | Stewartville, junior, volleyball

"Being in the interview room after games at state was a pretty special experience. It was awesome to get recognition after a game and to be able to share things about the team that people wouldn't have known without the interview in front of the bright lights. There are many things that I will remember about our state championship this year and the interviews after the games are definitely one of them."



Kaitlyn Prondzinski | Stewartville, senior, volleyball

"I really enjoyed the interviews! It was an amazing experience. It's a great way to come together after a match and to reflect on highlights that happened throughout."



Zach Yeager | Minneapolis North, junior, football

"To be honest, when you walk into that environment, it makes you feel like you are a Minnesota Viking. It is a very special feeling, a special experience. When you get to the next level, this is something we might be doing. This is preparing some of us for that."



Charles Adams, III | Minneapolis North, head coach

"I think it is great to show the emotion, the good and the bad. A lot of these kids will look back at when they've won, or if they've lost, to see how they did with their emotions. When I had the opportunity to first participate in this a couple of years ago, I thought it was a great experience. This atmosphere makes it feel like these kids have made it. It makes me feel like I made it, too. I am a huge Vikings fan. When I am in this room, I feel like I am Dennis Green."

MSHSL news



The 180-member Edina High School Marching Band performed during halftime of the Class AAAAAA football semifinal between Lakeville North and Champlin Park on Nov. 14 at U.S. Bank Stadium. The group has been invited to perform during festivities at the Outback Bowl on Jan. 1, 2020 in Tampa, Florida.

MOST VALUABLE TEAMMATE winners

WEEK 1

Elizabeth Montgomery
Howard Lake-Waverly-Winsted H.S.

WEEK 2

Gaokalia Vang & Lar Err
Hmong College Prep Academy,
St. Paul

WEEK 3

Connor Mielke
St. Croix Lutheran Academy

WEEK 4

Grace Meyer
Sauk Centre High School

WEEK 5

Rachel Lentsch
Farmington High School

WEEK 6

Simon Gruber
Pierz High School

WEEK 7

Megan Schmitz
Waterville-Elysian-Morristown H.S.

WEEK 8

Grace Illies
Belgrade-Brooten-Elrosa H.S.

do you know?

1
2
3
4
5

When did the first schoolhouse appear in Bemidji?

When Ely Memorial High School was dedicated on Oct. 3, 1924, to whom was paid the tribute?

What is the name of the Rochester Mayo mascot?

When was the first Minnesota State High School Athletic Association handbook created?

In 1928, what kind gesture did the Western Passenger Association extend?

Answers on page 4

These were received by the League office following the football semifinals at U.S. Bank Stadium.

Service to media praised

I just wanted to pass along a sincere thank you to you and your entire crew. I was able to get credentials lined up for the state semifinals and I had a fantastic time. The staff members and media people involved were so friendly and very helpful. (Field Steward Steve Anderson) went out of his way to make my experience a good one and I really appreciate that.

One note: I really like the use of the media vest system that was put in place. Last time I shot state tournament football, it was the awkward orange stickers that wrapped around your arm or leg. I like the vest system much better and I will always remember wearing number 27 proudly along the sidelines at U.S. Bank Stadium.

I am fortunate enough to be able to return for the championship games and I am looking forward to it very much!

Thank you for all that you do so that I get an opportunity to do what I do.

Craig Johnson
LaCrosse Tribune
Winona Daily News

Job-shadowing a positive experience

On November 15, I had the opportunity to do a job shadow with David La Vaque, a sports reporter for the Star Tribune newspaper. He was covering a Class 6A football semifinal game between the Lakeville South Cougars and the Wayzata Trojans.

This experience was well worth the two-hour drive from where I live in Cloquet. While crafting his stories, David explained what he was doing and why he was doing it, along with what he would do in other situations. David also put me on the spot and asked what I would do in certain situations. In hindsight, although embarrassed at these moments, I'm glad he did this as they created teachable moments that I was able to learn and grow from.

In addition, David gave me general advice about writing and life; advice that I will carry with me for the rest of my life. This experience was powerful and will propel me throughout my career and life, regardless of what I do or where I end up.

Tyler Synkiew
Cloquet High School, senior

Two sports are better than one

Continued from page 2

Collectively, we need to engage in this conversation. Let's continue to converse around the three questions McGuine asks to define how specialized are our student-athletes.

We need to allow our student-athletes time off from any specific sport. If we don't do this, who will? Our activities administrators are a powerful and well-intentioned group who make a difference daily with our coaches and student-athletes.

I encourage all of you to engage in this conversation in your community. Keep leading as you are and speak a common language that supports student-athletes and the ability to participate in multiple sports and activities.

technology

MUCH TIME HAS BEEN SPENT gathering input, understanding needs, conducting research, considering resources and developing plans for the Minnesota State High School League's next steps toward providing services and support to member schools through efficient, up-to-date, and effective technology systems and structures.

Work and planning are focusing on four areas:

- Developing a public web site that provides relevant, current, and accurate resources for the public on MSHSL tournaments, activities, and programs.
- Building an activities information system including areas such as eligibility training, registering, ordering and reporting designed for the business and management of activities completed collaboratively by League staff and member schools.
- Leveraging outside service providers to deliver the best solutions by integrating technology applications, systems, and services offered by outside vendors to meet needs.
- Updating league office infrastructure to remain current with the evolution of technology by securing new hardware and software and training of staff.

As we move into the 2020 calendar year, plans are underway in each of these categories for how to best serve schools and the public as the 2020-2021 school year nears.

quiz answers

Questions on page 3

1. 1896. When approved, the building cost was not to exceed \$800.
2. The school was dedicated to the 248 Ely men that died in World War I.
3. Sparty the Mayo Spartan
4. 1923. The handbook is dedicated to H.C. Bell, the superintendent of Luverne and the first president of the MSHSAA, the precursor to the Minnesota State High School League. The cost of the book was 10 cents.
5. They offered reduced railroad fare for fans to attend the boys basketball state tournament.



salute to fall champions

| | | | |
|-------------------------------------|---------------------|---------------------|--|
| GIRLS' TENNIS | Class A | Team | Blake |
| | | Singles | Arlina Shen, Blake |
| | Class AA | Doubles | Bella Suk-Allyson Jay, Blake |
| | | Team | Edina |
| | | Singles | Karin Young, Eastview |
| | | Doubles | Annika Elvestrom & Sarah Shahbaz, Minnetonka |
| GIRLS' SOCCER | Class A | | Mahtomedi |
| | Class AA | | Maple Grove |
| BOYS' SOCCER | Class A | | Holy Angels |
| | Class AA | | Edina |
| GIRLS' CROSS COUNTRY | Class A | Team | Perham |
| | | Individual | Morgan Gehl, Murray County Central |
| | Class AA | Team | Edina |
| | | Individual | Analee Weaver, Stillwater Area |
| BOYS' CROSS COUNTRY | Class A | Team | Perham |
| | | Individual | Geno Uhrbom, Greenway/Nashwauk-Keewatin |
| | Class AA | Team | Mounds View |
| | | Individual | Oliver Paleen, St. Paul Highland Park |
| VOLLEYBALL | Class A | | Minneota |
| | Class AA | | Stewartville |
| | Class AAA | | Wayzata |
| GIRLS' SWIMMING & DIVING | Class A | Team | Visitation |
| | | 200 Medley Relay | Breck |
| | | 200 Freestyle | Taylor Williams, Benilde-St. Margaret's |
| | | 200 IM | Yvone Jia, Breck |
| | | 50 Freestyle | Grace Hanson, Hutchinson |
| | | 1-Meter Diving | Ellie Tunderson, Fridley/TG |
| | | 100 Butterfly | Yvonne Jia, Breck |
| | | 100 Freestyle | Taylor Williams, Benilde-St. Margaret's |
| | | 500 Freestyle | Hailey Farrell, Hutchinson |
| | | 200 Freestyle Relay | Hutchinson |
| | | 100 Backstroke | Katelin Phelps, Breck |
| | | 100 Breaststroke | Caroline Gardner, Orono |
| | | 400 Freestyle Relay | Hutchinson |
| | Class AA | Team | Edina |
| | | 200 Medley Relay | Minnetonka |
| | | 200 Freestyle | Sierra Smith, Robbinsdale Armstrong |
| | | 200 IM | Reese Dehen, Anoka |
| | | 50 Freestyle | Abby Kapeller, Minnetonka |
| | | 1-Meter Diving | Megan Phillip, Edina |
| | | 100 Butterfly | Claire Reinke, Wayzata |
| | | 100 Freestyle | Sierra Smith, Robbinsdale Armstrong |
| | | 500 Freestyle | Claudia Chang, Edina |
| | | 200 Freestyle Relay | Minnetonka |
| | | 100 Backstroke | Abby Kapeller, Minnetonka |
| | | 100 Breaststroke | Reese Dehen, Anoka |
| | | 400 Freestyle Relay | Minnetonka |
| ADAPTED SOCCER | | CI Division | South Washington County |
| | | PI Division | Dakota United |
| FOOTBALL | Class 9-Man | | Mountain Lake Area |
| | Class A | | Blooming Prairie |
| | Class AA | | Caledonia |
| | Class AAA | | Pierz |
| | Class AAAA | | Rocori |
| | Class AAAAA | | Chaska |
| | Class AAAAAA | | Wayzata |