

AIA Sports Advisory Committee  
Cross Country  
Wednesday August 17, 2011

Call to order: Dave Shapiro 6:00 p.m.

Roll Call: Present:

Leonard Quimby/2A Adm. - Canyon State\*  
Dan Nero/5A Adm. - Corona del Sol\*  
Laura Sample/5A Coach-Mesquite  
Elmer Yazzie/2A Coach-Pusch Ridge Christian  
Bruce Wilkison/1A - Coach-Gilbert Christian  
Dave Shapiro/5A Adm. - Chandler  
Mike Elder/1A Adm. - Northland Prep  
Ivan Brown/3A Adm. - River Valley \*  
Bobby Armenta/3A Adm. – Globe  
Scott Giddings/4A Coach – Greenway  
Wallace Youvella/2A Adm. – Hopi  
Rick Baker/2A Coach – Hopi  
Trina Painter/4A Coach – Flagstaff\*  
Jodie Brase/4A Adm. - Catalina FH

\*Conference call Phone in

Absent:

Jodie Dean/Adm. - Gilbert Classic  
Shawn Martin/3A Coach - Chinle  
Eric Fogle/3A Coach - Blue Ridge  
Bill White/4A Adm. – Prescott  
Brian Dempsey/5A Coach –Sandra Day O'Connor

Guests:

Tory Youvella  
Joe Hajek/5A Adm. – Marana

Minutes of March 23, 2011 meeting review: Motion by Scott Giddings (Greenway) seconded by Laura Sample (Mesquite) committee approved unanimously

Discussion Agenda items:

- Sectional sites and times

Dean Visser gave an over view of the Sectionals and stated that there was discrepancy in the Tournament Guide for Cross Country regarding Division II Section I and Section III. He said the Guide would be updated and discussion took place regarding which sections would be at Freestone Park in Gilbert. The Tolleson schools will be added to the appropriate Division and Section. Canyon State Academy was also added to Division IV and Section II.

- Deadlines

The Sectional site Directors are working on their race schedules and meet information. It was also recommended that the deadlines for entries of athletes be consistent for all the sections. Dave Shapiro recommended that Monday October 31st at 5:00 pm for all entries to the State Meet. This needs to be communicated to all the coaches and placed in their pre race packet. Again it was stated that the schools need to use athletic.net and go into the site to set up their own account.

Dean Visser made it a point to address the instruction packets that need to be sent out to the schools for the sectional meets. The committee agreed that being consistent with one template that has the same information on it should be implemented. If each meet director created their own packet the different versions could be different and possibly have conflicting information. A suggestion was to use the information from the 2010 Flagstaff sectional created by Trina Painter. Some specific items of emphasis were:

- Meet Director
- Entry directions/procedures
- Games committee (making sure coaches from different divisions were represented) Dean Visser also recommended using the CC sports advisory members when available.
- State qualification and entry information-deadlines etc...(Dave Shapiro made a note that the qualification for the State Meet is the top 50% of Scoring Teams( 5 or more runners who finish the course)
- Course information-walk-through, spectator information and parking & rest rooms.

A question was raised regarding the rules for teams being prohibited from practicing on the sectional course one week before the meet. Dean Visser referenced by-law 22.9.4 Practice on Site – A practice or competition on the site of the Sectional or Post –Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Section or Post-Season Championship, except in the case of the host school.

- Number of medals – State

Discussions moved to the topic of how many State medals are given out. The number of medals was reduced from 28 to 14 in 2010. Dean Visser explained that this was a decision that was made by the AIA Awards committee and was not just limited to CC but other sports as well. The committee continued the discussion which was started at the March (2010) meeting that the number of medals be increased from 14 to 21 (total medals use to be 28).

Dean Visser explained that the committee would need to make a recommendation and provide rationale as to why the committee recommends this change to be made. Discussion about the rationale and some key points were made by several coaches as follows:

- What were the times for the top 28 the past year compared to the previous years?

- The number of participants that were in each race this year (2010) versus previous years. Dave Shapiro (Chandler) was asked to estimate the number we would most likely have at this year's State Meet. Trina Painter (Flagstaff) was able to get the exact numbers from last years meet and read them out to the committee. There was a discrepancy in the number of runners in each of the divisions/gender. Dave Shapiro (Chandler) explained this was because there was several small school divisions that had fewer teams because some of the schools did not have a full team when they came to the sectional meet (Division IV girls race was the lowest).
- The coaches were all in agreement to recommend 21 medals for individuals and agreed that the above mentioned rational was to be used.
- Dean Visser agreed to work with Dave Shapiro on the official rational statement to send forward to be approved on behalf of the CC sports committee.

With regards to the sectional meet, there will still be medals to the top 10 runners and plaque to the winning team and the runner up.

- Certificates

Discussion about All-State certificates came up (this was a topic that was first introduced at the March 2011 committee meeting). The committee asked to look into reinstating the recognition of an All-State accomplishment for cross-country. The desire was to have a consistent template that could be sent to Athletic Directors along with a list of the top 21 finishers at the State Meet so that these certificates can be printed and send to the school for those athletes to be recognition for their accomplishments.

- Schedules

Dean Visser declared that the process to create schedules should be used again next year; but it needs to be timelier and inclusive of all schools wanting a dual meet schedule. This process needs to take into consideration school travel distance as well completing the schedule before summer vacation. The committee and specific veteran coaches divided up into Divisions last year and used individual school recommendations to make the dual meet schedule.

- Heat index

Much like the concussion survey that is used for all athletes the committee wants to be ready for any requirements that may be forthcoming for the heat index and its effect on the sport of cross-country. The suggestion was to be proactive regarding safe guidelines for duals when the heat can be a factor. Specific recommendations were discussed for schools hosting an early season CC meet to have multiple water stations for all the participants. Even though it may be common sense; an action plan for all coaches to use was suggested. Having the information available on line would be helpful for all coaches. Dean Visser asked committee members to email any ideas to him regarding the communication piece of the template. The main idea of the template would be to give new coaches the how to organize a meet as well as other key points that may be useful. A suggestion was given to have a shorter race (2.2) be an option for underclassman or beginning harriers; especially early in the season (this would be a school by school decision).

- State Meet information

Dean Visser explained that this year's State Meet schedule has been changed to give coaches one race in between the boy's and girl's race of the same division so the coach has the opportunity to go from the finish back to the start before their next race. It was also noted that the Division that ran later in 2010 would be one of the earlier races in 2011. The awards schedule will stay the same as in the past which is to give out the awards as the results are officially available. This will allow the teams to leave the facility relieving the stress on the parking lot.

The meeting was adjourned by Dave Shapiro:

Next meeting November 22,2011 3:30 p.m.