

**10.3** MSHSL Board of Directors Meeting  
**10.7-8** MASA Fall Conference, Duluth  
**10.20** Hall of Fame Ceremony, St. Paul  
**10.22-25** Girls' Tennis State Tournament

**10.22-24** Soccer State Tournament Quarterfinals  
**10.28-29** Soccer State Tournament Semifinals  
**10.31** Soccer State Tournament Finals  
**11.2** Cross Country Running State Meet

# MSHSL connect

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## Vaping crisis spurs call-to-action by medical, educational leaders

**VAPING HAS BEEN LINKED** to lung illness in several-hundred previously healthy people and at least 13 deaths in the United States. The Center for Disease Control and the American Lung Association have issued warnings against vaping and there is a strong push to eliminate all related products from the market.

"The actual culprit is within the vaporized materials that has not been identified," said Dr. William Roberts, chair of the Minnesota State High School League's Sports Medicine Advisory Committee.

"There has been some talk of the oils in the solutions as the possible cause. It would be wise to stop vaping for your immediate and long-term health, as the lung tissue damage is likely permanent and possibly irreversible."

To further illustrate the changes that lungs endure as a result of vaping, Roberts cites a discussion led by University of Minnesota Family Medicine Resident Rose Marie Leslie, MD, on TikTok that can be viewed here: [www.tiktok.com/@drleslie](https://www.tiktok.com/@drleslie). In the video, Dr. Leslie highlights, via x-ray images, the potential dangers of vaping to her young followers. The video has become a viral sensation.

Calls for the banning of electronic cigarette products are racing across the nation.

Dr. Karissa Niehoff, the executive director of the National Federation of State High School Associations, made a plea in her column last month that educational leaders must take immediate steps to stop the use of electronic cigarette products by students, particularly the more than 12 million participants in athletics and fine arts programs.

"Students in our nation's schools have been sold a false bill of goods that vaping is a safe alternative to cigarette smoking," Niehoff wrote.

"While the U.S. Food and Drug Administration is giving e-cigarette companies until sometime next year to demonstrate that their products can help people stop smoking cigarettes, leaders in our nation's school activities programs must do everything possible to stop the use of these products by our nation's youth now, not in 2020."

According to the Center for Disease Control, about 450 people in 33 states have been afflicted by vaping-related lung disease. Earlier this year, the CDC said there was a 78 percent increase in high school students using vaping products from 2017 to 2018.

In late September, Massachusetts Gov. Charlie Baker (Rep.) declared a public health emergency and ordered a four-month ban on the sale of vaping products in the state. Oregon is recommending a six-month ban on the sale of all products. In Michigan and New York, there is a ban on the sale of vape flavors.

The NFHS has created an educational tool for schools entitled "Understanding Vaping and E-Cigarettes." The course was created with support from the Office of the U.S. Surgeon General. It is a free course that can be found at [www.nfhslearn.com](http://www.nfhslearn.com).



# reflection

## Ancient history paves way for today's participants

By Tim Leighton, MSHSL Communications Coordinator

**DURING A RECENT VACATION** to celebrate a milestone, two destinations were like a history book coming to life to provide a vivid and powerful illustration of how ancient history has paved the way for today's students.

While in Florence, Italy, a stop to see Michelangelo's masterpiece of David at the Galleria dell'Accademia, just a handful of meters from the Piazza del Duomo, is certainly a must. But while tourists quickly make their way to view the 5.17-meter (17 feet) marble statue of the Biblical hero, they are whisking past valuable lessons that Michelangelo left behind.

In the arched hall leading to David, numerous works of Michelangelo are on display. But unlike the defined boldness and power that he perfected with David, Michelangelo's persistence, determination and quest for impeccable detail are evidenced in the marble slabs that show half-finished projects.

These aren't examples of do-overs or someone quitting because they didn't get it right the first time. Instead, these are examples of tenacity and motivation to keep at it, to continue striving. As educators, isn't that what we ask of our student-participants as we guide them through academics, extra-curricular activities and leadership opportunities?

Later, during a stop in Katakalon, Greece, a short excursion to nearby Olympia transports you to 8th century BC to the 4th century AD. That is

where the Olympic Games were first held, every four years. The archaeological site, which has been excavated about 20 feet into the Earth, had more than 70 buildings related to hosting the Olympic Games.

Without a doubt, the focal point of the attraction is the stadium where track and field events took place. It wasn't a grand, circular stadium. Nope, it was bowl-shaped with grassy inclines on four sides surrounding a rectangular surface used for the running races. Races were out and back, beginning and ending on an approximate 12-inch wide stone line (pictured above) that stretched for many feet. Champions of their sport were crowned with a wreath of olive leaves that were cut from the trees of Zeus' sacred grove in Olympia.

Visitors mimicked Olympians with squatted starts, sprints to the finish and waves to an imaginary crowd. What started in ancient times as events for males only in no clothing has morphed centuries later into international competitions on synthetic surfaces, aerodynamic clothing and the inclusion of females.

Fine Arts and Athletic participants are no doubt grateful that ancient history helped pave the way to seemingly endless opportunities today.

## voices

In the wake of the vaping crisis that is sweeping the nation, the League asked two student participants:

**How do you feel about the vaping crisis and what can be done about it?**



**ISAIAH HUBER** | Rochester Century High School, Junior

"I think that young kids vaping is getting out of hand. There are definitely some things that we can do, though. I think that teachers and adults really need to show how bad vaping is for you and what it can do to you. Also, the way kids get this stuff is from kids 18 and up. If we can convince those older kids to not buy it for the younger ones, then the young kids won't be able to use the vape and get hooked on it at a young age. Another thing is that vaping companies advertise it for kids with labels that look like candy. So, if they can make it look less attractive to kids then that should reduce the use of nicotine at a young age."



**LAUREN POKRANDT** | Pine Island High School, Junior

"People should not do it. With all of the research and reports of teens in hospitals, it is not safe to do. Teens try vaping because of all of the advertising—reducing advertising would be a good start. I don't vape because I want to do well in sports and I care about my performance in those sports."

# League Sponsors Most Valuable Teammate Award



**Presented by**



**THE MINNESOTA STATE HIGH SCHOOL LEAGUE AND WELLS FARGO** are excited to sponsor a new award program called "The Most Valuable Teammate Award." This honor is for students who are great teammates. These students will be recognized weekly via the League's social media platforms on Facebook, Twitter, and Instagram throughout the school year, beginning this month.

"Since 2003, Wells Fargo has proudly sponsored the MSHSL, supporting 525 high schools and more than 200,000 students across the state each year," said Laurie Norquist, Wells Fargo Minnesota CEO. "We are excited to be a part of the 104th MSHSL season and the Most Valuable Teammate Award recognizing students who are positive role models for athletics and fine arts program."

Nominations for the Most Valuable Teammate Award will be accepted throughout the 2019-20 school year. High school coaches and directors of fine arts activities are encouraged to nominate students from their team who exemplify the qualities of a great teammate, one that is respectful, reliable, and supportive of the others while putting the team before self. Nomination forms are posted on the League's website on the Recognition tab.

Questions about the Most Valuable Teammate Award program can be directed to Lisa Lissimore at [llissimore@mshsl.org](mailto:llissimore@mshsl.org) or 763-560-2262.



## Around the NFHS

- October 6-12 is National Performing Arts Activities Week.
- October 13-19 is National Coaches/Sponsors/Advisors/Officials Appreciation Week.
- The NFHS, Bag Tags, Inc., and Crisis Text Line have collaborated to create a "SAFE Tag," a luggage tag designed to offer emergency contact information for students experience any kind of emotional crisis. [www.bagtagsinc.com/safe-tags/](http://www.bagtagsinc.com/safe-tags/)
- The Oklahoma Secondary School Activities Association is teaming with Special Olympics Oklahoma to create a Unified Sports Volleyball league.

# Sportsmanship Challenge

**AWESOME ACTS OF SPORTSMANSHIP.** It's what we want to see at every high school competitive event whether it is athletics, music, drama, speech, debate, robotics or visual arts.

The Minnesota State High School League and corporate sponsor Wells Fargo are launching a monthly social media campaign to promote sportsmanship. The *Sportsmanship Challenge* calls on League member schools to share stories, videos and/or photos of awesome acts of sportsmanship that take place during high school athletic and fine arts contests.

High fives between teammates and opponents, cheerleaders and super fans who lead with positive cheers that support and uplift their team are all actions of respect and appreciation. Showing respect for officials, getting student-organized races or games to support a cause, runners helping an injured opponent cross the finish line, and participation in a conference where students, coaches, directors and others learn about sportsmanship, are all awesome acts that deserve to be applauded.

Participating schools are encouraged to submit sportsmanship entries to John Millea at [jmillea@mshsl.org](mailto:jmillea@mshsl.org) throughout the school year beginning this month. All entries will be reviewed and those selected will be shared via the League's social media platforms on Facebook, Twitter, and Instagram. A winning program will be determined each month from October through June. These school programs will be part of a scoreboard feature that will be displayed at various state tournaments during the 2019-2020 school year.

## do you know?

1

In 1927, just after this school opened to the first 950 students, the Chicago Tribune proclaimed the school was "one of the most beautiful and delightfully situated schools in the Northwest." Can you name the school?

2

In what year did the Minnesota Football Coaches Association celebrate its 20th anniversary? Bonus points: Who was the first president of the association?

3

How many schools participated in the first adapted athletics league for secondary students?

4

True or False? In the 2014 Class AA cross country championship, Alexandria junior Bethany Hasz was the individual gold medalist.

5

Who was the first girls' tennis player to win six consecutive state championships?

*Answers on page 4*

# in the mail

The following was submitted by football official Geoff Strack, St. Paul, after working a JV game between St. Paul Central and host St. Paul Como Park.

The QB (No. 8) for Como Park was a great kid and made the game really enjoyable to work. It was a cold and rainy night. In addition to him being a great competitor for his team, he was always respectful, and kept all conversations with the opponents, teammates, and officials positive and fun. I overheard him several times encouraging his teammates and making sure everyone on his team was having fun.

Working a game with a player like this always makes the game more enjoyable. His demeanor was a bright spot on an otherwise dreary day because of the constant rain and cooler-than-normal temperatures.

The following was submitted by football official Jim Spencer, Brandon, following a game between Hancock and host Verndale.

(The crew) was impressed by athletes on both sides of the ball. I was the umpire for the game. (We) got to see two intense teams go against each other; they both played hard. When the whistles were blown, both teams would pick each other up off the ground. The one that impressed the most was when I saw the smallest player on the Hancock defense try to help the biggest running back on Verndale's team. A couple of his teammates chuckled at the

try. I made the comment to him it was the thought that counts.

The following was submitted by football official Allen Mensinger, Hermantown, after working a varsity game between Cherry and Cook County at Mountain Iron-Buhl.

This was the best interaction with a host school to date. (Cherry AD Zach Swart) responded to a weekly email confirming the contest (he was the first AD to do so this year) and made us feel welcome. He was very attentive to our needs and the facility was excellent. A very nice changing room was provided. Both coaching staffs (home and visitor) also focused on the game and the players. It was a pleasure to officiate.

The following was submitted by football official Tim Liffin, Waconia, following a game between Blaine and host Maple Grove.

This is a praise report for Rhonda Osatiuk who deserves it. Rhonda is the excellent and highly-skilled assistant to Maple Grove Activities Director Ricardo Jones. Both are awesome, but I will focus on Rhonda with this praise report. Rhonda is fantastic to work with as an official. She does it all and always with a smile as she hosts officials and communicates with them in the week leading up to the contest. She is completely gracious and always on top of her many duties. Rhonda is never too busy to stop, say hello, and wish you well. As a three-sport official working in 50-75 different schools per year, there are so many

fantastic school staff that I, and my fellow officials, have the privilege to work with. They are the unsung heroes. They make sure that the connection to the school by the official is solid, understood and in place for the game. Rhonda seems to always go above and beyond. She is there in the beginning of the evening to greet and make sure all is well. She is also the first one after the game to meet you at the gate and say thank you for coming. And, always with that excellent customer service smile of hers. Thank you, Maple Grove, for putting Rhonda in a great place to be successful and represent you at the highest level.

## technology

**IN THE ONGOING REBUILDING** of Minnesota State High School League Technology Systems and Structures, four focus area have been identified:

- **Public Website:** This area provides resources for the public on MSHSL tournaments, activities, and programs. It is a place to find information that is current and accurate.
- **Activities Information System:** This portal area is where the business or management of activities is completed by League staff and Member Schools. It includes areas such as eligibility, training, registration, ordering, and reporting.
- **Incorporation of Outside Services:** While the MSHSL is unique in many of its technology needs, some services can be best provided by an outside service instead of through inhouse programming.
- **League Office Infrastructure:** As with any organization, purchasing of networking and hardware needs to be done on a regular basis. Providing hardware, software, and training to incorporate new technologies into the tasks and operations of an organization are important.

These four areas are guiding the planning for and rebuilding of MSHSL Technology systems and structures.



## quiz answers

Questions on page 3

1. Duluth East
2. 1978. Bonus: K.E. (Red) Wilson, Bemidji High School.
3. In 1975, there were four teams: Two from St. Paul, one from Marshall University High School and one called the Minneapolis Independents.
4. False. She was runner-up, four seconds behind her twin sister, Megan.
5. Mounds Park Academy's Amber Washington. She won four consecutive doubles titles from 2006-2009, and then won the singles crown in 2010 and 2011.



# state TOURNAMENT GUIDE

@MSHSL

@MSHSLjohn  
John Millea

## GIRLS' TENNIS STATE TOURNAMENT

**Oct. 22-25** AA – Baseline Tennis Center, Minneapolis  
A – Reed-Sweatt Family Tennis Center, Minneapolis

## BOYS' & GIRLS' SOCCER STATE TOURNAMENT

**Oct. 22-24** Quarterfinals: Various Sites  
**Oct. 28-29** Semifinals: U.S. Bank Stadium, Minneapolis  
**Oct. 31** Finals: U.S. Bank Stadium, Minneapolis

## BOYS' & GIRLS' CROSS COUNTRY RUNNING STATE MEET

**Nov. 2** St. Olaf College, Northfield

## GIRLS' VOLLEYBALL STATE TOURNAMENT

**Nov. 7-9** Xcel Energy Center, St. Paul

## GIRLS' SWIMMING & DIVING STATE MEET

**Nov. 14-16** Jean K. Freeman Aquatic Center, Minneapolis

## ADAPTED SOCCER STATE TOURNAMENT

**Nov. 22-23** Stillwater Area High School

## FOOTBALL STATE TOURNAMENT

**Nov. 7-9** Quarterfinals: Various Sites  
**Nov. 14-16** Semifinals: U.S. Bank Stadium, Minneapolis  
**Nov. 29-30** Prep Bowl: U.S. Bank Stadium, Minneapolis

visit  
[www.mshsl.org](http://www.mshsl.org)  
for up-to-date  
tournament information



section  
assignments



media policy  
manual



media  
credentials



### State Tournament Tickets

Admission is free



### Section & State Brackets

[www.TennisReporting.com](http://www.TennisReporting.com) → Events  
[www.mshsl.org](http://www.mshsl.org) → Brackets → State



### Yearbook & Record Books

[Girls Tennis](#)



### State Tickets

Quarterfinals	\$10.00 / \$6.00
Semifinals/Finals	\$14.00 / \$9.00
Tournament Pass	\$36.00 / \$21.00



### Section & State Brackets

[www.mshsl.org](http://www.mshsl.org) → Brackets → Section → Boys  
[www.mshsl.org](http://www.mshsl.org) → Brackets → Section → Girls  
[www.mshsl.org](http://www.mshsl.org) → Brackets → State → Boys  
[www.mshsl.org](http://www.mshsl.org) → Brackets → State → Girls



### Stream

[PrepSpotlight.tv/MSHSL](http://PrepSpotlight.tv/MSHSL)



### Yearbook & Record Books

Boys Soccer | [Girls Soccer](#)



### State Tournament Tickets

Admission is free



### Meet Schedule & Lane Assignments

[www.mshsl.org](http://www.mshsl.org) → Activity → Cross Country  
→ State Lane Assignments - 2019



### Meet Map

[www.mshsl.org](http://www.mshsl.org) → Activity → Cross Country  
→ 2019 Course Map



### Yearbook & Record Books

Boys Cross Country | [Girls Cross Country](#)