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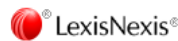
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GHSA Limits Full Contact During Football Practices (/high-school/ghsa-limits-full-contact-during-football-practices-br.html)

by Lindsey Young April 2015

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Lindsey Young

Athlete safety was the impetus behind new rules adopted by the Georgia High School Athletic Association that will reduce contact during football practices.

The rules, unanimously approved by the GHSA's executive committee, will limit full contact to 45 minutes per day and 135 minutes per week in the spring and preseason. The limitations increase to 30 minutes per day and 90 per week during the regular season and postseason and cannot take place over three consecutive days.

In addition, each school must keep a detailed practice plan for each day. Any school found in violation of the rules will be fined the first time and banned from postseason play the second time.

"Whatever keeps the kids safe, that's the main thing here," Calhoun coach Hal Lamb said of the rules, which are in line with national high school federation guidelines. "It was just a matter of time. The NFL has limitations and colleges do also, so it's only right for high schools to have them as well.

"For us, this won't be much different because we very seldom do much physical contact in practice. As long as our kids are physical and play fast on Friday nights, that's what we look for."

Other programs, though, will have to adjust to maintain their physical nature.

"It will have a little bit of an effect on us," Trion coach Justin Brown said. "We're going to have to be a little more creative with practice, but it's not a huge difference. Essentially, we'll have to limit our contact during scrimmages and working with our scout team. We'll use bags a little more, things like that. Like anything else, you adjust to it and move on."

The GHSA also approved changes to the postseason in basketball, softball and tennis. In basketball, all quarterfinals will be played at neutral sites beginning next year. For the past three seasons only the semifinals and finals were held at neutral sites, meaning region champions often had to travel for quarterfinal games if two No. 1 seeds faced off.

Softball and tennis playoff brackets will be similar to those of other sports, meaning teams from north and south regions can meet before the quarterfinals. Instead of teams from the same region being placed in the same bracket, the four teams qualifying for the playoffs from each region will be placed in separate brackets.

Also in softball, the maximum number of regular-season games was cut from 28 to 25, not including region tournaments. A proposal to reduce the number of teams from each classification competing in the state championships in Columbus from eight to four was voted down.

In baseball, a proposal to increase the number of regular-season games from 26 to 36 was voted down, while there was no vote on holding the state championships at a single neutral site. Instead, the committee will further study the options before a vote is held.

The GHSA voted to allow coaches in sports not in season to train with four individuals at the same time. Currently, only two individuals can work with a coach out of season.

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Campus Pool Baptizing?



After having a spiritual epiphany, a University of Maryland student was baptized (http://www.diamondbackonline.com/news/article_aee5f306-e249-11e4-abee-a310e8624ac9.html) in the Eppley Recreational Services public pool on the school's campus.

Junior Mary Ayegbusi said, "One Wednesday, I was filled with the Holy Spirit. That just shook my core. I never experienced anything like that in my life. It was so powerful that I didn't know how to handle it."

Ayegbusi experienced this awakening during a service with Impact UMD, an on-campus apostolic ministry group, and without an official baptism pool on the campus, the group performs the sacrament at the pool.

According to Impact UMD Minister Rev. Jerrod Whittington, the pool water is not blessed, but it does not make a religious difference to those being baptized.

Wounded Warriors Sports Camp



For the first time, the Air Force's Wounded Warriors Program had their camp (<http://www.nvfdailynews.com/military/top-story/wounded-warriors-take-part-in-adaptive-sports-camp-1.464071>) at Eglin Air Force Base this past week.

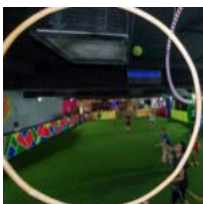
There were about 40 active duty or retired airmen from across the country who took part in the camp, which is designed to help wounded, injured, or seriously ill servicemen and servicewomen to sports adapted to their needs.

Retired Staff Sgt. Daniel Crane is a mentor for the program and shared at the opening ceremony how he lost his hand while serving in Guam. Crane told the audience he lost a lot of hope when his hand was amputated but, "What's helping to mend my broken heart is being able to help you guys."

30-year-old Chris Fugitt was a weapons apprentice with Eglin's 96th Aircraft Maintenance Squadron when he suffered a stroke two years ago. According to his wife Megan, the program has been extremely beneficial for Chris.

"I think it's great for him to be around other people who have disabilities. After his stroke, he felt like he didn't quite fit in, so this is nice for him. It's great for the caregivers, too. It's nice to be around other people who understand what you're going through."

Former Factories Hosting Quidditch, Other Offbeat Sports in Hong Kong



When the majority of China's manufacturing industry moved to the mainland, Hong Kong was left with a multitude of empty factories. Instead of sitting empty, some of these former warehouses have been turned into recreation buildings

(<http://www.scmp.com/magazines/48hrs/article/1763298/want-play-quidditch-you-can-former-hong-kong-factory>)

, hosting activities such as skiing, bubble soccer, and quidditch, the sport made popular by the Harry Potter series.

These venues allow patrons to have fun and work up a sweat no matter what the weather.

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According to Jason Fung Chun-hei, one of the founders of Bubble Soccer Hong Kong, "A game of quidditch is played for just six minutes. It's enough to get people exhausted. After the games, they can chill out at the bar at the back."

Other sports offered at Bubble Soccer Hong Kong include archery tag, which draws inspiration from The Hunger Games, and includes players on two teams who have bows and arrows and must shoot all the opponents on the other team to win. Bubble soccer, the sport from which the venue gets its name, has all of the players get into inflatable bubbles before kick-off and involves trying to knock one another to the ground. If regular bubble soccer just isn't enough for you, a new feature to the game is that it can now be played in the dark in glowing inflatable bubbles.

Student-Athletes Lend a Hand to the Artists



This year, arts students at West Bend High School outside of Milwaukee will have a newly renovated auditorium to use, and they can send a lot of thanks to student-athletes who have raised thousands of dollars to help fund the \$3.1 million renovation.

In 2014, student-athlete Andrew Steiner started the group called Athletes for the Arts, which allows the school's student-athletes to help fundraise for the school's arts program. 90 percent of the funding for the remodel of the 45 year-old auditorium came from private sources. Athletes for the Arts was

responsible for bringing in tens of thousands of the privately funded dollars.

Last year, Athletes for the Arts hosted a show featuring the Plain White T's that raised about \$15,000. This year, they fundraised \$16,000 from local businesses that will help pay for an upcoming show at the auditorium, which means that all of the money from ticket sales for the show will go directly to the theater fund.

The athletes are happy to help out and the arts students are very excited about the updated auditorium.

"The new auditorium is so amazing to play in," said junior violinist Alyssa Jay. "'The sound's great and just being an arts student, we're very grateful to play in there now."

St. Louis Woman DQ'ed from Boston Marathon After Faking Marathon Win



Kendall Schler improved on her third place finish from last year at the GO! St. Louis Marathon to be the first woman to cross the finish line this year. Additionally, her time in 2014 was fast enough to qualify her for the 2015 Boston Marathon.

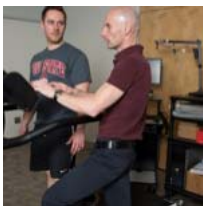
However, after reviewing Schler's times and footage from the race, officials discovered (http://m.stltoday.com/sports/other/fake-go-marathon-winner-disqualified-for-boston/article_3ccaac16-1a45-5a14-aaf1-723fa3feb5df.html)

that Schler had not actually run the entire GO! St. Louis Marathon either year. Instead, they believe she slipped onto the course close to the finish line to trick race officials into thinking she had run the whole race. According to officials, Schler did not register any times on the race route at various check points, and there were no photos of her anywhere on the course last year.

Due to these findings, Schler's times have been erased, her Boston spot was vacated, and she will no longer be allowed to run in the St. Louis organization's events.

Nancy Lieberman, president of GO! St. Louis commented on the situation. "'It's a difficult situation for everybody, including the people who run a fair race and don't get the recognition they should receive. I said to her, 'It looks like you perpetrated a fraud.' I have nothing legitimate that says she officially started and ran 26.2 miles in 2014 or 2015."

Automated Treadmill in the Works



Scientists at The Ohio State University have developed a prototype treadmill (<http://www.gizmag.com/automated-treadmill/37020/>) that detects when a users' speed changes and then adjusts accordingly instead of the user manually changing the speed.

Professor Steven T. Devor and former grad student Cory Scheadler created this new treadmill, which uses an inexpensive sonar range finder that is aimed between the runner's shoulder blades. When the runner gets closer to the front of the treadmill's belt and further from the sonar, the

treadmill speeds up. When the opposite happens, the treadmill slows down to account for the speed change.

Past prototypes of treadmills that automatically adjust have often been jerky and uncomfortable to use. However, reports on this new prototype say it's so smooth that users often don't notice a change in speed.



([buyers_guide/cybox-international-inc.html](#))

The idea behind the machine is to make treadmill running more like outdoor running, and therefore more enjoyable.

Vikings Add Mini-Suites to New Stadium



The Minnesota Vikings have agreed to add 15 mini-suites (<http://www.vikings.com/news/new-stadium/article-1/Vikings-Add-Norseman-Lounge-Mini-Suites-To-New-Stadium/f8940dce-1ec7-48ae-b772-54d75c347f03?>

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to their new stadium instead of three out of the four loge lounges that were in the original design of the new stadium.

The mini-suites, known as the Norseman Lounge Mini-Suites, are about half the size of traditional suites and are able to hold up to 10 people. The mini-suites will be available not only for Vikings games, but for any Minnesota Sports Facility Authority event throughout the year. The mini-suites also provide access to an exclusive lounge.

With the addition of these 15 units, the stadium will have a total of 131 suites. So far, commitments for 91 of the suites have been made.

The mini-suites will cost approximately \$1.2 million to construct and are set to open for use in 2016.

Mississippi State Apologizes for Vulgar Messages on Jerseys



Mississippi State AD Scott Stricklen had some explaining to do (<http://www.saturdaydownsouth.com/mississippi-state-football/practice-jerseys-f-school-up-north/>) after Adidas practice jerseys for the baseball team, which feature neon dots arranged to create phrases, contained the phrase "F--k The School Up North." This refers to Mississippi State rival Ole Miss.

Stickler issued an apology on Twitter about the rather attention-getting jerseys, part of which said, "This is completely unacceptable and does not reflect the standards and values of Mississippi State University or its athletic dept."

Adidas also released a statement saying the design of the jerseys was based on old artwork that was never presented to the university. They went on to say, "This graphic does not reflect our brand values nor those of Mississippi State."

(1/3) This afternoon it came to my attention that a shirt provided to our baseball team by adidas has an inappropriate phrase written on it ...

— Scott Stricklin (@stricklinMSU)

April 16, 2015 (<https://twitter.com/stricklinMSU/status/588826341530849280>)

(2/3) ... This is completely unacceptable and does not reflect the standards and values of Mississippi State University or its athletic dept ...

— Scott Stricklin (@stricklinMSU)

April 16, 2015 (<https://twitter.com/stricklinMSU/status/588826390050578432>)

(3/3) ... For anyone who was offended by this shirt, as I was, please accept our apologies and rest assured that this has been rectified.

— Scott Stricklin (@stricklinMSU)

April 16, 2015 (<https://twitter.com/stricklinMSU/status/588826433784569857>)

Catch up on the AB Extra from previous weeks:

April 10 (</recreation/the-ab-extra-april-10.html>)

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TSSAA Tweaks Football Practice Contact Limits (</high-school/tssaa-tweaks-football-practice-contact-limits.html>)

The state office detailed its tweaks during a series of mandated meetings with football coaches across the state this week.

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[OHSAA Doles Out Punishment for Transfer Violation \(/high-school/ohsaa-cites-schools-for-transfer-violations-non-sanctioned-participation.html\)](#)

The Ohio High School Athletic Association and also cited multiple area schools for player participation in a non-sanctioned event.

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[Phys. Ed. Substitute Charged with Child Endangerment \(/athlete-safety/phys-ed-substitute-charged-with-child-endangerment-br.html\)](#)

A substitute physical education teacher in the Starpoint Central School District for the past two and a half years has been charged with endangering the welfare of a child as a result of actions related to texting and social media, according to the Niagara County Sheriff Department.

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[Bill That Would Scrap FHSAA Clears Senate Hurdle \(/high-school/bill-that-would-scrap-fhsaa-clears-senate-hurdle-br.html\)](#)

Among other things, the bill threatens to replace the Florida High School Athletic Association with a state-selected nonprofit organization; calls on the organization to offer fans the option to buy a single-day pass or multiple-day pass instead of per-event tickets; and allows students, including those in public schools, to participate in sports at another school if the program isn't offered at their school.

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[Editorial: HS Football Must Get Tougher on Concussions \(/high-school/editorial-hs-football-must-get-tougher-on-concussions-br.html\)](#)

From brain-injury specialists and former NFL players who are scared to leave home for simple errands because they forget where they're going, we have learned a lot about blows to the head and concussions in football.

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[Counterpoint: Lawsuit Threatens Future of HS Football \(/high-school/counterpoint-lawsuit-threatens-future-of-hs-football-br.html\)](#)

High school sports create everlasting bonds among teammates and coaches, and contribute to the fabric of communities throughout Illinois and the United States.

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[Debate Continues Over Headgear in Girls' Lacrosse \(/athlete-safety/debate-continues-over-headgear-in-girls-lacrosse-br.html\)](#)

It's been nearly a year since the Florida High School Athletic Association voted to make protective soft headgear mandatory for girls lacrosse players, and reaction among local coaches and players remains mixed.

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