



A L E R T



The MSSAA office will be closed
JANUARY 21st in honor of
Martin Luther King Day

In case of inclement weather,
please phone the
MSSAA office (508) 541-7997
after 6:15 am for schedule updates.

**ALERT
Newsletter
will no longer
be mailed!**



Please be sure to visit the MSSAA
website on the 15th of the month
to view the newest edition of the **ALERT!**

Upcoming Exciting MSSAA Offerings !

Preparing Your Students & Athletes for Physical Activity ~ April 30

- ◆ Do you need to stretch?
- ◆ Principles of stretching
- ◆ Efficient & non-efficient stretches
- ◆ Dynamic stretching techniques
- ◆ Partner stretching
- ◆ How to design sport specific stretches

This is an Active Workshop... Come Dressed to Participate!

Educating the Inner Athlete: To Supplement is Human, to Eat Naturally is Divine! ~ May 7

- ◆ How to advise your athletes and physical education students on nutrition and menu planning for peak performance
- ◆ Principles of adequate nutrition
- ◆ Fluid intake and sports drinks
- ◆ Pre-and post-event nutrition
- ◆ Sports supplements: Yes or No

Keeping Your Students and Athletes Safe & Injury Free ~ May 30

- ◆ How to prepare your athletes and physical education students for activity participation
- ◆ How to recognize an injury and what to do for it

All workshops run from 9 am- 3:30 pm
Registration & Continental Breakfast ~ 8:30 am

Workshops Presented By:

Dr. Kathy Laquale, *Assistant Professor*, Bridgewater State College
Certified Athletic Trainer

Cost is : \$110 for members... \$145 for non members...
\$300 if you attend all three sessions



Annual STUDENT ACTIVITIES WORKSHOP

The Student Activities Committee will present its annual workshop for student activity leaders on March 1, 2002.

This popular workshop has been acclaimed as a source of useful information regarding the planning, documenting and carrying out of student travel in connection with student activities. Attention is also given to proper methods of organization and governance, and to the legal issues involved in supervision of this type.

Various practitioners will serve as facilitators, and copies of the MSSAA Student Activities handbook will be distributed to those in attendance.

MIAA Wellness Coordinators' Workshop

Slated for March 19, 2002

OxyContin, Inhalants and Bulimia



will be among the topics
at the March 19th Wellness Coordinators' Meeting,
which will be held from 8:30 am to 1:30 pm
at the MIAA office in Franklin.



Tina Murphy of the Drug Enforcement Administration will discuss OxyContin, a prescription pain reliever that has significantly impacted the responsibilities of schools, law enforcement, emergency services and the medical community. Pharmacies in New England have been the target of armed robbers seeking to obtain the drug, which has made its way into Massachusetts schools. Known on the street as OC's or Oxies, OxyContin tablets are sought by people addicted to heroin and other opiates, and by criminals who sell the drug to addicts and dealers.

Howard Wolfe of the Massachusetts Inhalants Task Force will talk about the dangers of inhalants and how innocent products could be making your students get high. Products such as aerosol hairspray, bleach, nail polish and correction fluid have become an inexpensive, accessible alternative to illegal drugs. The Wellness Coordinators Meeting falls during the Tenth Annual National Inhalants and Poisons Awareness Week, scheduled for March 17 to 23. Additional information about the campaign can be found at www.inhalants.org.

Bulimia speaker and survivor Julie Fisher will discuss eating disorders in young people and how educators can identify warning signs. An agenda will be mailed to Wellness Coordinators and posted online at www.miaawellness.net.

20 PDPs will be available for those who attended the October and March Wellness Coordinators' meetings, participate in the upcoming May Wellness Summit, and complete an action plan.

If you would like to attend, please call Cathy Corcoran at (508) 541-7997