

## Sports Done Right Endorsement

Over the past four years, the Maine Center for Sport and Coaching (MCSC) at the University of Maine has been working closely with school districts to implement *Sports Done Right*. *Sports Done Right* is a guide used to assess athletic programs and establish shared expectations and standards throughout a community.

In 2006, the MCSC established an Accreditation Process for *Sports Done Right* to honor the work taking place in many Maine communities and to maintain the integrity of the program. Each year the MCSC has welcomed additional school districts and recreation departments to the ranks of accreditation, expanding the number of *Sports Done Right* communities statewide.

We are aware that while some districts opt to formally join the candidacy process for accreditation, there are other districts not seeking accreditation but using *Sports Done Right* as a tool for education and community outreach. The efforts of these communities should be recognized, which is why the MCSC is launching an Endorsement Process.

Focus group discussions hosted by the MCSC with various school administrators resulted in an Endorsement Process that maintains the integrity of the *Sports Done Right* program while respecting and understanding the many demands placed on school administrators today. The Endorsement Process is the first level of recognition and schools have the option to continue on toward accreditation or remain at the endorsement level.

The revised *Sports Done Right* Candidacy Process is below. The MCSC welcomes an opportunity to speak with you about the program. Please contact the MCSC for further information or to schedule a meeting.

### To contact the MCSC:

1 (866) 767-8540  
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For the latest listing of *Sports Done Right* Accredited School Districts and Organizations visit [www.sportsdoneright.org](http://www.sportsdoneright.org)

## Congratulations

On November 10, 2008 the Maine Center for Sport and Coaching Board of Directors granted *Sports Done Right* accreditation to:

### School Union #69 (Hope Elementary School)

The Board of the Directors and the MCSC would like to thank Hope Elementary School for its efforts and dedication to the *Sports Done Right* program. Your work is making a difference. Congratulations!

**Making the Core Principles Stick:  
The Candidacy Process for *Sports Done Right***

**I. Formative**

- The superintendent of schools submits a letter of intent to the Maine Center for Sport and Coaching's (MCSC) Board of Directors.
- The superintendent receives a letter of acknowledgment from the MCSC and is assigned a *Sports Done Right* consultant / coach.
- Initial responsibility for launching the local conversation rests with the superintendent who appoints a leadership team that leads community engagement activities. Membership includes student-athletes, coaches, community members, parents and educators. The chair of the leadership team may be the athletic director, however in some cases the chair may be a prominent individual in the community or a member of the faculty who shares an interest in athletics.

**II. Informative**

- The leadership team participates in *Sports Done Right* training.
  - The MCSC offers the following training options for interested school communities.
    1. Assignment of a consultant to work directly with the local leadership team throughout the implementation process. The consultant serves as a resource, providing information and strategies for successful implementation.
    2. The leadership team attends a regional training workshop with neighboring *Sports Done Right* communities to gain the necessary information to implement *Sports Done Right*.
  - *Sports Done Right* training is designed to strengthen the understanding of the *Sports Done Right* core principles and core practices, offer strategies for implementation and community engagement, identify the benefits of *Sports Done Right*, and formulate appropriate steps for successful accreditation.
  - To find out when the next training workshop will be held, visit [www.sportsdoneright.org](http://www.sportsdoneright.org). The MCSC also offers training workshops in school communities upon request.
- Ensuring effective communication to all constituencies regarding the core principles and core practices of *Sports Done Right* is a vital component of implementation. The leadership team develops and implements an action plan, which assists in the organization outreach efforts. Action plans include:
  - A timeline
  - Goals and objectives
  - A target audience(s) for each event
  - Assigned responsibilities

**III. Adoption**

- The school board adopts the *Sports Done Right* resolution.

- The *Sports Done Right* compact is signed by the school board chair, superintendent, principal and athletic administrator.
- Student-athletes, parents and coaches sign the *Sports Done Right* compact to underscore their commitment and describe their roles in upholding the core principles and core practices of *Sports Done Right*.

*Sports Done Right* Endorsement is the first level of recognition offered by the MCSC. School communities planning to seek *Sports Done Right* Accreditation, the highest level of recognition, are not required to complete the Endorsement Application Packet and may proceed to Step VI (Application for Accreditation). School communities seeking endorsement are encouraged to continue progress towards accreditation during the 5-year duration.

#### IV. Application for Endorsement

- **Conditions for Endorsement:** In order to be eligible for *Sports Done Right* endorsement, a school community must meet the following requirements:
  - Involve student-athletes in developing, implementing, and sustaining *Sports Done Right*.
  - Establish an evaluation of the sports program that is consistent with the *Sports Done Right* Core Principles and Core Practices.
- Upon meeting the requirements listed above, the school community seeks endorsement from the MCSC. Steps for application include:
  - Complete and submit the Endorsement Application Packet provided by the MCSC.
- The director of the MCSC reviews the application and makes an official recommendation to the MCSC Board of Directors for approval.
- The MCSC Board of Directors reviews the school community endorsement application and issues a full endorsement or indicates that continued development is required.

#### V. Endorsement, Implementation and Sustainability

- The school community receives recognition from the MCSC.
  - The school community receives a *Sports Done Right* banner.
  - The school community is recognized as an endorsed *Sports Done Right* community on the MCSC website and eNewsletter.
  - The school community coaches receive a discount for the *MCSC Online Coaching Eligibility Course*.
  - The school community is informed about MCSC initiatives, both new and ongoing.
- *Sports Done Right* endorsement has a 5-year duration.
- *Sports Done Right* school communities submit a progress report to the MCSC Board of Directors at the conclusion of the 3<sup>rd</sup> year.

*Sports Done Right* Accreditation is the highest level of recognition for *Sports Done Right* implementation. Schools seeking accreditation are not required to complete the Endorsement Application Packet and may skip Steps IV & V.

#### VI. Application for Accreditation

- **Conditions for Accreditation:** In order to be eligible for *Sports Done Right* accreditation, a school community must meet the following requirements:
  - Meet *Conditions for Endorsement*.

- Receive formal school board adoption of an official policy articulating a philosophy of interscholastic sports that differentiates among the developmental levels of students.
- Upon meeting the requirements listed above, the school community seeks accreditation from the MCSC. Steps for application include:
  - Complete and submit the Self-Assessment Instrument provided by the MCSC.
  - Entertain a visit from a team of MCSC representatives to review self-assessment.\*\*
- MCSC visiting committee presents evidence and findings to the MCSC Board of Directors for approval.
- The MCSC Board of Directors reviews the school community candidacy and issues a full accreditation, accreditation with contingencies, or indicates that continued development required.

\*\*Middle and Elementary Schools are exempt from a visitation for accreditation.

## VII. Accreditation, Implementation and Sustainability

- The school community receives recognition from the MCSC.
  - The school community receives a customized banner for each school in the district and partnering youth sports organizations, recognizing school/organizations as a *Sports Done Right* community.
  - The school community is recognized as an accredited *Sports Done Right* community on the MCSC website and eNewsletter.
  - The fee for the *MCSC Online Coaching Eligibility Course* is waived for all coaches in the district.
  - The school community receives a discount for the *iWalkthrough Athletics* developed by the Great Schools Partnership in partnership with the MCSC.
  - The school community is informed about MCSC initiatives, both new and ongoing.
- *Sports Done Right* accreditation has a 5-year duration.
- *Sports Done Right* school communities submit a progress report to the MCSC Board of Directors at the conclusion of the 3<sup>rd</sup> year.



The logo features the words "Sports" in white on a blue background, a white star in the center, and "Done Right" in white on a green background. The entire logo is set against a dark green background.

## At Haverford, tossing it all in name of teaching

Haverford, Pa. - Holding his award in his hands, Tom Donnelly, Haverford College's longtime men's cross-country and track coach, walked to the banks of the Mississippi River and tossed the trophy in the water. This was 2001, but it could have been any of several years that Donnelly has won an NCAA Division III Coach of the Year award. He throws them all away. At Haverford and in the clubby track and cross-country culture nationwide, the trophy-in-the-river story has a place in the considerable Donnelly lore. It goes along with the 62 regional and conference championships, the 113 all-Americans and 24 individual NCAA champions in Donnelly's 34-year tenure at Haverford, one of the nation's smallest liberal-arts colleges. In his nearly three and a half decades at Haverford, one of the most selective colleges in the United States, Donnelly has developed a reputation as something of a spiritual running guru who molds teams of decent but not exceptional high school athletes into elite college runners. As a Division III institution, Haverford awards no athletic scholarships, and Donnelly still recruits by writing letters to prospective runners in long hand. "I was one of those far from exceptional high school runners who arrived at Haverford and was swept along by the program and Tom's teachings," said J.B. Haglund, who as a senior in 2001-2 won the Division III championship in cross-country, 5,000 and 10,000 meters. "I remember one day seeing Marcus O'Sullivan on the track doing a Tom workout, and I remember that Tom spent as much time working with the slowest kid on our team that day as he did with Marcus." Looming above Donnelly on the walls, crammed from floor to ceiling, are more than 100 framed all-American certificates. One entire wall is just for Haverford track or cross-country national champions. Why, he was asked, was it acceptable to keep and display those awards? "Those recognize the achievements of some people who worked extremely hard and had great teammates," Donnelly answered. "I didn't have anything to do with those." - *By Bill Pennington, The New York Times, November 14, 2008*

## Born to run? Little ones get test for sports gene

Boulder, Colo. - In health-conscious, sports-oriented Boulder, Atlas Sports Genetics is playing into the obsessions of parents by offering a \$149 test that aims to predict a child's natural athletic strengths. The process is simple. Swab inside the child's cheek and along the gums to collect DNA and return it to a lab for analysis of ACTN3, one gene among more than 20,000 in the human genome. The test's goal is to determine whether a person would be best at speed and power sports like sprinting or football, or endurance sports like distance running, or a combination of the two. A 2003 study discovered the link between ACTN3 and those athletic abilities. In this era of genetic testing, DNA is being analyzed to determine predispositions to disease, but experts raise serious questions about marketing it as a first step in finding a child's sports niche, which some parents consider the road to a college scholarship or a career as a professional athlete. Atlas executives acknowledge that their test has limitations but say that it could provide guidelines for placing youngsters in sports. The company is focused on testing children from infancy to about 8 years old because physical tests to gauge future sports performance at that age are, at best, unreliable. Some experts say ACTN3 testing is in its infancy and virtually useless. Dr. Theodore Friedmann, the director of the University of California-San Diego Medical Center's interdepartmental gene therapy program, called it "an opportunity to sell new versions of snake oil." Kevin Reilly, the president of Atlas Sports Genetics and a former weight-lifting coach, expected the test to be controversial. He said he feared what he called misuse by parents who go overboard with the results and specialize their children too quickly and fervently. Mr. Reilly insisted that the test is one tool of many that can help children realize their athletic potential. It may even keep an overzealous father from pushing his son to be a quarterback if his genes indicate otherwise, Mr. Reilly said. "I find it worrisome because I don't think parents will be very clear-minded about this," said William Morgan, an expert on the philosophy of ethics and sport and author of "Why Sports Morally Matter." "This just contributes to the madness about sports because there are some parents who will just go nuts over the results." - *By Juliet Macur, The New York Times, November 30, 2008*

For more information about the *Sports Done Right* initiative visit  
[www.sportsdoneright.org](http://www.sportsdoneright.org) or call 1-866-767-8540

