

Some schools change classes

Central Community and Mater Dei make moves

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After getting in just under the wire last year, Central Community High School will be just over it this time around.

The Cougars, who were within one student of moving up to Class 3A in some sports in the 2015-2016 school year, are two over the enrollment threshold of 557 and will move up from 2A in both boys and girls basketball. Enrollment figures were announced this week by the Illinois High School Association.

Central was already in 3A in volleyball and will remain there this season while staying in 2A in baseball, softball and boys and girls track.

PREP NOTEBOOK

Meanwhile, Mater Dei will drop down to 3A in volleyball. Based

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SCHOOL CLASSIFICATIONS							
• FOR SELECTED SPORTS •							
	BOYS BASKETBALL	GIRLS BASKETBALL	BASEBALL	SOFTBALL	VOLLEYBALL	BOYS TRACK	GIRLS TRACK
Carlyle	2A	2A	2A	2A	2A	—	—
Central	3A	3A	2A	2A	3A	2A	2A
Centralia	3A	3A	3A	3A	3A	2A	2A
Christ Our Rock	1A	1A	1A	1A	1A	1A	1A
Mater Dei	3A	2A	2A	2A	3A	1A	1A
Mt. Vernon	3A	3A	3A	3A	3A	2A	2A
Nashville	2A	2A	2A	2A	2A	1A	1A
Odin	1A	—	1A	1A*	1A	1A*	1A*
Okawville	1A	1A	1A	1A	1A	1A	1A
Patoka	1A	—	—	—	1A	1A*	1A*
Salem	3A	3A	3A	3A	3A	2A	2A
Sandoval	1A	1A*	1A	—	1A	—	—
South Central	1A	1A	1A	1A	1A	—	—
Vandalia	2A	2A	2A	2A	2A	1A	1A
Waltonville	1A	—	2A*	2A*	—	—	—
Webber Twp.	1A	1A	1A	1A	1A	1A	1A
Wesclin	2A	2A	2A	2A	2A	1A	1A
Woodlawn	1A	1A	1A	1A	1A	1A	1A

*Indicated host school of a co-operative program.

Sentinel Graphic

Schools:

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on its actual enrollment, MD played up two class last year when it was in 4A due to the enrollment multiplier and success factor applied to non-boundaried schools.

The Knights will again be 3A in boys basketball, 2A in girls and stay 2A in baseball and softball.

The cutoffs for boys and girls basketball are up to 270 for 1A, to 557 for 2A, up to 1,368 for 3A and beyond that is 4A.

Heat policy: The IHSA has detailed its heat policy, which was approved by the Board of Directors at its June meeting and released to member schools this week.

Created through the efforts of the Association's Sports Medicine Advisory Committee, it applies only to postseason events although the IHSA is encouraging all schools to use it as a minimum standard for managing heat during athletic competition.

"This policy builds on the IHSA's tradition of putting student-athlete safety at the forefront," IHSA Executive Director Craig Anderson said in a statement. "We believe we now have a policy that is very effective in safeguarding student-athletes; however, schools are certainly welcome to impose even more stringent guidelines related to regular-season athletic competition in extreme heat if they choose to do so."

The foundation of the policy are the Wet Bulb Globe Temperature readings which are based upon humidity, wind speed, sun angle, cloud cover and air temperature.

An example of a WGBT reading of 90 degrees Fahrenheit would result in events postponed to either later in the day when it's cooler, or possibly to the next day.

The IHSA put the policy in effect during this year's Class 3A and 4A baseball and softball state finals during a mid-June heat wave. Game times were altered and ice towels and water breaks were made available to participants.

"Even with the extreme temperatures we saw on June 10 and 11, the WGBT never reached the threshold where we had to suspend or postpone play," said Anderson. "Much of this policy is really aimed at common sense precautions, or making measures like in-game water breaks that schools were already imploring in hot temperatures a requirement instead of a suggestion."

Schools may use a Wet Bulb Globe Thermometer to obtain readings, or a conversion chart which is used in conjunction with information that could be culled from a smart phone weather application.

Slated to play: Heat will also be a concern when prep football players take to the field for their first official practices on Aug. 8.

Under the IHSA's heat acclimation policy already in place, the first two days of practice are helmet-only with a three-hour limit and one hour walk through. Two hours rest is required between all practices and weight training.

Starting with day three, helmet and shoulder pads may be worn following the same guidelines with full pad practice allowed to start on Saturday of the first week. There's a five-hour limit with no single session to exceed three hours and two hours of rest is mandated between practices.

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