

**MID HUDSON ATHLETIC LEAGUE
ATHLETIC DIRECTORS WORKSHOP
JUNE 18, 2025 - 9:30AM
Dutchess BOCES**

**SECRETARY BRUNCH 11AM
SPONSORED BY STADIUM SYSTEM INC.**

1. APPROVAL OF MINUTES OF THE LAST MEETING
2. SECTIONAL REPORT - GREG RANSOM AND JIM OSBORNE
3. PRESIDENT'S REPORT- TOM CASSATA
4. REGIONAL OFFICE REPORT- CHRIS MAYO
5. ATHLETIC COORDINATOR'S REPORT - DENNIS BURKETT
BYLAW CHANGES FOR 2025-26
VENUES AND DATES FOR MHAL CHAMPIONSHIPS 2025-26
Breakfast speaker? 5/28/26
6. COMBINING OF TEAMS- FRANK ALFONSO
7. MODIFIED REPORT AND NYSAAA - GREG WARREN
8. OLD BUSINESS
9. NEW BUSINESS
10. MOTION TO ADJOURN

Proposal: Section 9 creates two separate qualifying times for the Section 9 Championships to increase participation, and fill out the preliminary competition to four full heats of athletes.

“A Cuts” are automatic Section 9 qualifying times. “B cuts” represent swimmers that **COULD** compete, if there are less than 32 “A Cut” athletes in an event. “B cuts” are not an automatic entry into the Section 9 Championships. (For example, if 27 “A Cut” athletes are entered in the Section 9 Championships in the 100 Freestyle, then the next 5 fastest “B Cut” qualifiers entered into the meet will be able to compete at the Section 9 Championships.)

Process of Meet Entry Entry:

1. Coaches will submit their Section 9 Championship lineup via SwimCloud, adhering to the current limit of 36 entries per team.
2. All athletes that meet the “A Cut” time standard are automatically in the meet, once entered into their events.
3. Once the psych sheet is published on SwimCloud, the top 32 entries in each event are entered into the Section 9 Championship meet, including “B Cuts.”
4. No alternates will be “scratched into” the meet. (For example, the 33rd seed cannot replace the 32nd swimmer, if someone in the top 32 scratches.)
5. Coaches will be responsible for notifying athletes about this process.

Section 9 Girls Time Standards		
Event	A Cuts	B Cuts
200 Medley Relay	1 Per Team	
200 Free	2:12.87	2:15.87
200 IM	2:31.50	2:34.50
50 Free	27.70	28.45
6 Dive	140	—
11 Dive	250	—
100 Fly	1:10.38	1:11.88
100 Free	1:01.00	1:02.50
500 Free	5:59.09	6:06.59
200 Free Relay	1 Per Team	
100 Back	1:09.83	1:11.33
100 Breast	1:18.80	1:20.30
400 Free Relay	1 Per Team	

New York State Public High School Athletic Association



MEMO

To: Section Executive Directors
Fr: Dr. Robert Zayas, NYSPHSAA Executive Director *Re 3-*
Re: Clarification of Cheerleading Regulations and Upcoming Proposal for Consideration
Date: June 8, 2025

The purpose of this memorandum is to provide NYSPHSAA membership with a clear and comprehensive understanding of recent developments and existing policies related to the sport of cheerleading.

In October 2024, the NYSPHSAA Executive Committee approved a regulation prohibiting any cheerleading choreography until the NYSPHSAA official start date.

In May 2025, the Executive Committee formally designated Competitive Cheer exclusively as a winter sport, while Game Day Cheer continues to be recognized during both the fall and winter seasons.

NYSPHSAA has recently received inquiries questioning the implications of the prohibition on out-of-season cheer choreography. According to NYSPHSAA Practice Rule #22, school-sponsored activities conducted outside the sport season—such as conditioning, weight training, intramurals, and camps—are permitted as long as they are not required by coaches or school personnel and are open to all students. Although this rule applies consistently across all sports, the current restriction on cheerleading choreography is more restrictive than the out-of-season guidelines applied to other sports.

In response to membership concerns, the NYSPHSAA Cheer Committee has supported a proposal (*see attached*) to permit cheer choreography during the fall season, provided it complies with Practice Rule #22. The NYSPHSAA Officers have agreed to include this proposal for “ACTION” on the 2025 NYSPHSAA Central Committee Meeting agenda scheduled for July 29-30.

All Sections should be prepared to review and vote on the following proposal:

“Consider approval for Competitive Cheer choreography to be permitted during the Fall season, in accordance with the NYSPHSAA Practice Rule #22.”

Should you have any questions or require further clarification, please do not hesitate to reach out.

Thank you for your attention.

New York State Public High School Athletic Association



Central Committee Meeting – July 29-30, 2025

Cheerleading: Choreography Restriction

- Action Item
- Discussion Item
- Informational Item

Presenter:

Jen Simmons, NYSPHSAA Cheerleading Coordinator

Proposal:

Consider approval for Competitive Cheer choreography to be permitted during the Fall season, in accordance with the NYSPHSAA Practice Rule #22.

Effective Start Date:

Fall 2025

Rationale:

In October 2024, the NYSPHSAA Executive Committee approved a regulation restricting choreography for both Competitive and Game Day Cheerleading to the official start dates of the NYSPHSAA Fall and Winter seasons, respectively. Under this policy, while teams were permitted to practice individual skills prior to these dates, they were required to comply with NYSPHSAA Practice Regulation #22, sections (c) and (d). These regulations stipulate that such activities must be open to all students and may not be mandated by coaches.

In May 2025, the Executive Committee further amended its position by officially recognizing Competitive Cheerleading as a Winter sport only. This decision had the effect of limiting Competitive Cheerleading teams from initiating any choreography until the Winter season's official start date.

Since that change, numerous member schools have raised concerns, asserting that Competitive Cheerleading teams are being placed at a disadvantage compared to other sports, which are afforded greater flexibility and preparation time. The current restrictions, they argue, hinder adequate routine development and pre-season readiness.

In response to these concerns, the NYSPHSAA Cheerleading Committee is recommending an amendment that would allow Competitive Cheerleading programs to resume choreography and routine practice beginning at the start of the NYSPHSAA Fall season. This change would restore the opportunity originally available prior to the May 2025 decision, aligning Competitive Cheerleading with the seasonal preparation timelines granted to other interscholastic sports.

New York State Public High School Athletic Association



Central Committee Meeting – July 29-30, 2025

Proposal Originated:

Cheerleading Committee

Budgetary Impact:

None

Notes:

Member schools would not be permitted to formally select their Winter Competitive Cheerleading teams during the Fall season and must continue to comply with NYSPHSAA Practice Regulation #22, sections (c) and (d), which require that any off-season activities be open to all students and that attendance not be mandated by coaches. Additionally, Game Day Cheerleading teams would not be allowed to practice choreographed routines intended for the Competitive Cheerleading season, as these teams typically involve a closed roster and mandatory participation, thereby not meeting the openness and voluntary participation criteria set forth in the regulation.

Attachments:

None



New Member Application

1. Complete Part I of the application and send to the Section Athletic Council for approval.
2. The Section Athletic Council approves the application in Part II and forwards to the NYSPHSAA, Inc. office.
3. The school's name will be presented to the NYSPHSAA Executive/Central Committee for approval at the next scheduled meeting.
4. Once approved, the school will be invoiced for applicable membership fees, annually.

PART I: SCHOOL INFORMATION:

To be completed by applying school.

Name of School: West Point Middle School

Circle one: Public or Nonpublic

Athletic Director: Jason Scherden

Athletic Director Email: Jason.Scherden@doel.ca.edu

Address: 705 Barry rd.

City, State, Zip: West Point, NY 10996

Phone: 845-839-7600

SED Code: _____

Enrollment:	Boys	Girls
Grade 7	<u>27</u>	<u>36</u>
Grade 8	<u>29</u>	<u>21</u>
Grade 9	_____	_____
Grade 10	_____	_____
Grade 11	_____	_____
Grade 12	_____	_____
Sec UNG	_____	_____

Signature of Chief School Officer indicates that this school is registered with the NYS Education Department (NYSED) and represents an agreement that the applying school will follow all NYSED regulations and NYSPHSAA bylaws, eligibility standards, and sport standards.

I certify our school is registered with the NYS Education Department.


Signature of Chief School Officer

*Please use figures from the October BEDS of current school year.

PART II: Section Approval

To be completed by Section Athletic Council.

The Section _____ Athletic Council has approved _____ on _____
_____ School Name

_____ for section membership. We request approval for this school to become a member
Date

of NYSPHSAA, Inc beginning with the _____ school year.

Section President Signature _____

Section Executive Director Signature _____

Section IX Athletics Policy on Noise Makers and Signs

Effective Date: [Insert Date]

To ensure a safe, respectful, and sportsmanlike environment at all Section IX athletic events both during the regular season and postseason, the following policy regarding the use of noise makers and signs is hereby enacted:

Policy Statement

The use of **artificial or natural noise makers and signs** is **strictly prohibited** at all indoor and outdoor events sanctioned by Section IX Athletics for both regular and postseason contests.

Hand held signs are not permitted. Signs that can be hung will be permitted at the discretion of the home school. (ie) senior day, recognizing booster club sponsors etc. Signs recognizing milestones - (1,000 points, 200 Strikeouts, etc.) are also permitted. Athletic Directors are encouraged to communicate these and any other special circumstances with each other.

Exceptions

- **Pep Bands:** Pep bands are **not considered noise makers** under this policy and are **permitted with venue permission**. All pep band performances must be coordinated in advance with the host school or event organizer.
- Pep Bands are asked to observe the following:
 - At no time can bands, percussion, any part of an instrument perform while the ball is in play.
 - Do not allow band instruments, drums, etc., to be used as noise makers.

Enforcement

- Event staff, game officials, and school administrators are authorized to enforce this policy. PA announcements can be made during pre game announcements.
- Violators may be required to surrender prohibited items and/or may be removed from the venue.
- Repeated or egregious violations may result in further disciplinary action, including exclusion from future events.

Rationale

This policy is designed to promote a positive and distraction-free atmosphere for student-athletes, coaches, officials, and fans. It aligns with Section IX's commitment to sportsmanship, safety, and equity at all interscholastic competitions.



Meeting Dates 2025 - 2026



MHAL	MHAL EXECUTIVE COMMITTEE	OCIAA	OCIAA EXECUTIVE COMMITTEE	SECTION IX
August 20, 2025 9:30 am Dutchess BOCES	October 15, 2025 11:00 am Dutchess BOCES	August 19, 2025 9:30 am Orange-Ulster BOCES	October 1, 2025 9:00 am Orange-Ulster BOCES	September 4, 2025 9:30 am Orange-Ulster BOCES
September 17, 2025 9:30 am Dutchess BOCES	January 14, 2026 11:00 am Dutchess BOCES	September 16, 2025 9:30 am Orange-Ulster BOCES	December 17, 2025 9:00 am Orange-Ulster BOCES	September 8, 2025 NYSPHSAA Mandated Workshop 8:30 Otterkill Golf Club
October 15, 2025 9:30 am Dutchess BOCES	May 20, 2026 11:00 am Dutchess BOCES	October 14, 2025 9:30 am Orange-Ulster BOCES	March 18, 2026 9:00 am Orange-Ulster BOCES	October 7, 2025 9:30 am Orange-Ulster BOCES
November 19, 2025 9:30 am Dutchess BOCES		November 18, 2025 9:30 am Orange-Ulster BOCES	May 27, 2026 9:00 am Orange-Ulster BOCES	November 6, 2025 9:30 am Zoom Meeting
December 10, 2025 9:30 am Dutchess BOCES		December 9, 2025 9:30 am Orange-Ulster BOCES		January 6, 2026 9:30 am Orange-Ulster BOCES
January 14, 2026 9:30 am Dutchess BOCES		January 13, 2026 9:30 am Orange-Ulster BOCES		March 10, 2026 9:30 am Zoom Meeting
February 11, 2026 9:30 am Dutchess BOCES		February 10, 2026 9:30 am Orange-Ulster BOCES		April 9, 2026 9:30 am Orange-Ulster BOCES
March 18, 2026 9:30 am Dutchess BOCES		March 17, 2026 9:30 am Orange-Ulster BOCES		May 12, 2026 9:30 am Orange-Ulster BOCES
April 22, 2026 9:30 am Dutchess BOCES		April 21, 2026 9:30 am Orange-Ulster BOCES		June 10, 2026 8:00 am TBA In-Person
May 20, 2026 9:30 am Dutchess BOCES		May 21, 2026 9:30 am Orange-Ulster BOCES		
June 17, 2026 9:30 am Dutchess BOCES		June 16, 2026 9:30 am Orange-Ulster BOCES		