



2009-10 IHSA GIRLS/BOYS SWIMMING AND DIVING BULLETIN

(Last Revised October 14, 2009)



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick study guide for the upcoming Swimming & Diving Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Swimming & Diving Website. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Ron McGraw (rmcgraw@ihsa.org).

NOTICE:

One Girl' Coach and one Boy's Coach per school and any swimming official must review the complete online rules meeting and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. Each year schools and officials are required to review the Rules Meeting Presentation to prevent a probation or suspension status. The deadline to review the Girls & Boys Swimming & Diving Online Rules Meeting is: (September 13, 2009 Girls and December 20, 2009 Boys)

2009 Important Dates for Girls Swimming & Diving:

August 10: Online Rules Meetings will be available through the IHSA Schools Center and/or Officials Center. There are no scheduled Rules Meetings to be conducted at facilities.

NOTICE: If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Mitchell at the IHSA Office. She will give you credit. You must be listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.

- September 1: Principal or Official Representative must indicate willingness to participate in the State Series by signing up through their IHSA Schools Center Site.
Coaches: Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA Sectional Meet.
If you are listed on the Sectional Assignments and your school will not be competing in the Sectional Meet, send an email to tcraig@ihsa.org and indicate your school needs to withdraw from Swimming & Diving. Sometimes prior Principals or Official Representatives enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall.
- September 7: Officials Deadline for Part I Examination and Application for Promotion
- September 1: Coaches should review the Online Manual for Schools for instruction to be used throughout the Swimming Season. It is located on the IHSA Girls Swimming web page as well as the terms and Conditions pertaining to Swimming.
- September 13: Coaches and Officials Online Rules Meetings for Girls Swimming Cut off Date. For a school to have this site re-opened, there will be a penalty fee of **\$50.00 payable to the IHSA Office prior to the site being re-opened**
- September 18: Officials Deadline for Availability changes to be made on at the IHSA Website
- November 10: Coaches must submit their Online List of Participant by noon.
- November 11: Sectional Seeding Meeting – Voluntary Attendance
- November 11: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.
- November 14: IHSA Girls Sectional Swimming & Diving Meets
- November 16: Deadline for Coaches wishing to serve on State Finals Diving Panel should contact the IHSA Office
- November 20-21: IHSA Girls State Final Swimming & Diving Meet, New Trier High School, Winnetka, IL

2010 Important Dates for Boys Swimming & Diving:

- August 10: Online Rules Meetings will be available through the IHSA Schools Center and/or Officials Center. There are no scheduled Rules Meetings to be conducted at facilities.
- September 1: Coaches should review the Online Manual for Schools for instruction to be used throughout the Swimming Season. It is located on the IHSA Girls Swimming web page as well as the terms and Conditions pertaining to Swimming.
- September 13: Coaches and Officials Online Rules Meetings for Boys Swimming Cut off Date. For a school to have this site re-opened, there will be a penalty fee of **\$50.00 payable to the IHSA Office prior to the site being re-opened**

- December 1: Deadline for Officials Availability changes to be made on at the IHSA Website
- February 1: Principal or Official Representative must indicate willingness to participate in the State Series by signing up through their IHSA Schools Center Site.
Coaches: Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA Sectional Meet.
If you are listed on the Sectional Assignments and your school will not be competing in the Sectional Meet, send an email to tcraig@ihsa.org and indicate your school needs to withdraw from Swimming & Diving.
- February 16: Coaches must submit their Online List of Participant by noon.
- February 17: Sectional Seeding Meeting – Voluntary Attendance
- February 17: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.
- February 20: IHSA Boys Sectional Swimming & Diving Meets
- February 22: Deadline for Coaches wishing to serve on State Finals Diving Panel should contact the IHSA Office
- February 26-27: IHSA Boys State Final Swimming & Diving Meet, Evanston Township High School, Evanston, IL.

National Federation of State High School Associations

2009 REVISED Major Swimming & Diving Rules Changes

IMPORTANT NOTICE TO IHSA MEMBER SCHOOLS AND SWIMMING OFFICIALS - NFHS/IHSA SWIMMING RULE CHANGE - EFFECTIVE IMMEDIATELY

The following rule change was adopted by the National Federation of High Schools Board of Directors on Tuesday, August 11, 2009. The rule re-defines a legal suit for interscholastic swimming. The new rule makes it illegal to wear the "High Tech" suits that have been worn by swimmers at all levels of competition world wide over the past two years. IHSA member schools, as well as all NFHS member schools nationally, are required to implement this new rule IMMEDIATELY. FINA, NCAA and USA swimming will officially adopt the same rule in the weeks/months ahead.

NEW RULE 3-3-2

ART. 1...It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent

New ART. 2...Suits worn by swimmers shall be limited to the following requirements:

a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.) SEE INTERPRETATION BELOW

b. the swimsuit shall be:

1. constructed of a woven/knit textile material;
2. permeable (100 percent to air and water);
3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
5. the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Penalty (For ART. 2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete and without delaying the start of the heat;
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

Rationale: Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swimwear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer's speed or buoyancy. The technical suits have evolved with little or no regard for these basic rules. In order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swimwear are necessary to promote the educational values of high school athletics to promote fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

ILLINOIS INTERPRETATION OF 3-3-2-a FROM ABOVE:

Illinois interpretation of the "One Suit" clause is as follows: Only one garment may be worn during all interscholastic swimming competition (this does not include diving). Any school that desires customization of the one suit rule must write Ron McGraw at the IHSA Office to make such a request. Examples of legitimate requests for customization would include a request to wear an undergarment for reasons relative to modesty, or due to religious concerns. Without written approval, competitors are expected to report for swimming competition wearing only one garment.

SUGGESTED PROTOCOL FOR APPLICATION OF RULE 3-3-2

The recently issued revisions to Rule 3-3-2 regarding swimsuits which may be worn during NFHS competition are intended to provide fair and equitable competition. Although the new rule includes some requirements that are of a technical nature (i.e., textile material, permeability, buoyancy), the focus of the rule should be on the requirement that only one swimsuit be worn during competition and that the suit adhere to the style and shape indicated in the rule. Suits that appear to violate the technical requirements of the swimsuit should be noted and reported to the state association for further consideration. Officials should use reasonable and good judgment in application of the rule. It is not intended that the officials become suit inspectors nor should they be expected to verify the legality of each competitor's swimsuit. The referee should ask each coach during the pre-meet conference to confirm that all their competitors will compete in legal swimsuits. During the warm-ups, the officials should also advise any competitors observed to be wearing an illegal swimsuit or multiple suits that the suit(s) shall not be permitted during competition. During each race, the officials should watch for competitors wearing more than one swimsuit or in a swimsuit of illegal style or shape. When observed during the competition, the appropriate penalty as defined in the rule should be applied.

LIST OF LEGAL SUITS?

The NFHS has no plan to develop and provide for State Associations a list of legal or illegal suits this year. None of the Governing Bodies (FINA, NCAA, USA) has developed a list since the uniform rule change. If such a list is provided, the IHSA will post that list on the IHSA website.

2-7-9 It is no longer required, but is recommended the meet score be posted and/or announced throughout the meet.

Rationale: There are many meets where it is impractical to announce the score due to lack of a PA system and/or the presence of an announcer. Recommending rather than requiring the announcing and posting accommodates what is already occurring, yet still supports this communication when practical.

4-1-5 Allows swimming and diving officials to dress uniformly in attire, other than all white, as approved by the state association.

Rationale: Many states have adopted officials uniforms that do not consist of all white. This change clarifies state associations determine the colors of officials uniforms.

4-3-1b New NOTE Prohibits the use of a pistol capable of discharging live ammunition for use as the sounding device.

Rationale: It is not appropriate to use a pistol capable of discharging live ammunition as the sounding device at an educational event. In most cases, state law prohibits firearms on school grounds and at school events. Illinois prohibits the use of any pistol or firearm to be used at interscholastic swimming/diving events.

8-1-2 Permits the competitor to place his/her feet on the end wall, out of the water at the backstroke start, as long as the feet, including the toes, are not above or curling over the lip of the gutter or pool edge.

Rationale: For risk minimization and to enhance the competitor's consistent execution of his/her start, the feet may now be placed in the same position on the end wall for the start, rather than changing position based on water level from pool to pool. At no time shall a swimmer be permitted to have the feet, including the toes, above or curling over the lip of the gutter or pool edge.

8-1-7 Clarifies how a swimmer legally finishes a race when a touch pad has been dislodged and moved out of its proper position on the end wall.

Rationale: This language addresses the contact required to finish the race when the touch pad is not in the proper position on the end wall.

8-3-5 New NOTE 2 Defines a legal start for the second, third and fourth swimmers of a relay team when an in-water start is used.

Rationale: The rules previously did not define a legal start for the second, third and fourth swimmers of a relay team when an in-water start was used.

8-3 New 8 Establishes the requirements under which the first leg of a relay may be recorded as an official time for that stroke/distance. Illinois does not allow a legal time for the first leg of a relay to qualify a swimmer to the state meet, nor does it allow such a time to be used for seeding purposes for the state series.

Rationale: Sets forth the requirements for the first swimmer in a relay to have his/her time to be recorded as an official time for the comparable individual event, including a relay team disqualification, which previously had not been specifically addressed in the rules.

Major Editorial Changes

3-2-7, 4-1-3 NOTE, Appendix C A-2a

Points of Emphasis

1. Posting and Announcing of Meet Scores
2. Legal Competitive Suits
3. Pistol Used as Sounding Device
4. Lead-off Swimmers Establishing an Official Time
5. Compliance with Entry Rules when Using Electronic Meet Management

2009-2010 IHSA Swimming & Diving Terms and Conditions Changes

The Illinois High School Association (IHSA) Board of Directors acted on recommendations for Terms and Conditions at its regular meeting Monday, June 15, 2009. Following is a recap of Board approved action regarding the Swimming and Diving Terms and Conditions recommendations:

1. Item VII-C – Advancement of Winners

IMPORTANT NOTICE REGARDING IHSA SWIMMING QUALIFYING STANDARDS FOR 2009-2010:

The following qualifying standards shown below in D. will be used for the 2009-2010 girls and boys swimming seasons. These are the same standards used to qualify to the State Finals from last year (2008-2009). The standards originally developed for the 2009-10 seasons using the procedures from above were determined to be unusable by the IHSA Swimming/Diving Committee and the IHSA Board of Directors, as a result of the change to the NFHS Uniform Rule 3-3. The recommendation of the advisory committee was to go back one year in order to avoid the times used in the average from last season that were achieved in suits that have since been deemed illegal by the NFHS (and FINA, NCAA, USA Swim).

D. The Girls and Boys minimum Qualifying Standard Times for advancement to the State Final meet are:

2009 GIRLS STANDARDS (from 08-09)		2010 BOYS STANDARDS (from 08-09)	
200 Yard Medley Relay	1:51.87	200 Yard Medley Relay	1:40.23
200 Yard Freestyle	1:57.03	200 Yard Freestyle	1:46.59
200 Yard Individual Medley	2:12.69*	200 Yard Individual Medley	2:00.68
50 Yard Freestyle	24.84*	50 Yard Freestyle	22.21
100 Yard Butterfly	1:00.01	100 Yard Butterfly	53.80
100 Yard Freestyle	53.99*	100 Yard Freestyle	48.69
500 Yard Freestyle	5:13.93*	500 Yard Freestyle	4:50.25
200 Yard Freestyle Relay	1:40.19*	200 Yard Freestyle Relay	1:29.58
100 Yard Backstroke	1:00.59	100 Yard Backstroke	55.07
100 Yard Breaststroke	1:08.49	100 Yard Breaststroke	1:02.19
400 Yard Freestyle Relay	3:39.90	400 Yard Freestyle Relay	3:16.96

* Indicates the use of the previous year's qualifying standard (from 07-08)

Athletes who equal or exceed the standards in the Sectional Meets qualify automatically for the State Final Meet.

2. IX-C – Pool Entry Process For Coaches and Participants

Recommendation: The committee recommends adopting the procedure used to determine the order in which teams will enter the pool area on both Friday and Saturday at the 2009 Boy's Championships. (Committee supported 7 to 1)

Schools will be allowed entrance to the pool area using the following criteria:

1. Host Schools will be first or have their area reserved in advance.
2. Teams will then be ordered by the number of contestants they have qualified;
 - a. Relays equal four.
 - b. Each individual qualifier including divers equals one.
 - i. Multiple event qualifiers will count as one for each event i.e., swimmers in two individual events count as two.
3. Ties will be broken by awarding the next number in order of the teams place at the previous year's state meet.
4. Remaining ties will be broken by random draw from the teams that are tied.
5. Teams will use the same entry number assigned on both Friday and Saturday.
6. Online State Final Information documents will inform coaches as to where and when they must have their team organized in order to take advantage of their pool entry number and move to the pool with all other teams.
7. This list will be posted on the IHSA Swimming/Diving website on the Monday or Tuesday following sectional competition.

Rationale: The intent of the proposal is to provide the following;

1. A continued emphasis on safety in regards to deck entry for participants and coaches.
2. A uniform method to enhance the efficiency of team seating by seating larger groups first.
3. A reduction in the wait times required for teams to get on deck, thus allowing later team arrivals and better use of time by coaches and athletes.

3. VIII-F-Note 4 – Coaches Eligible To Serve On The Sectional and State Diving Panels

Recommendation: In determining the eligibility of coaches qualified and willing to serve on the diving panels at sectional and state final competition, this note clarifies that:

1. Retired Illinois swimming and diving coaches are eligible for appointment to an IHSA state series diving panel.
2. It is allowable to appoint a boys coach from a school that has qualifiers in the girls meets and it is allowable to use a girls coach from a school that has qualifiers in the boys meets.

Rationale: The committee found no reason why these individuals should not be allowed to serve the divers in their area of the state series. We can always use experienced, competent individuals on our dive panels.

2009-2010 WEEKLY DIVE SCHEDULE

Dive Group	IHSA Standardized Calendar Week Number	Girls	IHSA Standardized Calendar Week Number	Boys
Forward Group	Week 8-9 Week 13-14 Week 18-19	Aug. 24-August 30 Sept. 28-Oct. 4 Nov. 2-8	Week 22-23 Week 27-28 Week 32-33	Dec. 4-10 Jan. 8-14 Feb. 12-18
Back Group	Week 9-10 Week 14-15 Week 19-20	Aug. 31-Sept. 6 Oct. 5-11 Nov. 9-15	Week 23-24 Week 28-29	Dec. 11-17 Jan. 15-21
Inward Group	Week 10-11 Week 15-16	Sept. 7-13 Oct. 12-18	Week 24-25 Week 29-30	Dec. 18-24 Jan. 22-28
Twisting Group	Week 11-12 Week 16-17	Sept. 14-20 Oct. 19-25	Week 25-26 Week 30-31	Dec. 25-31 Jan. 29-Feb. 4
Reverse Group	Week 12-13 Week 17-18	Sept. 21-27 Oct. 26-Nov.1	Week 26-27 Week 31-32	Jan. 1-7 Feb. 5-11

2009-10 Swimming and Diving Points of Emphasis

- **Legal competitive suits - PLEASE REVIEW THE COMPLETE TEXT OF THE NEW RULE 3-3 FOUND ON PAGE 2 OF THIS BULLETIN!**
- **Posting and announcing of meet scores** - While it is recommended the meet score be posted and announced during meets, it is no longer required. At some meets, there may be no announcer or PA system available and there may be limited personnel helping conduct the meet, which would make posting and announcing the score impractical. Coaches typically keep team scores themselves, but a coach should be able to approach the scorer's table during the meet to inquire about the score. If scores are not posted or announced, the referee may want to periodically ask the scorer for the team score. Whenever practical, the meet score should be posted and/or announced. This will keep coaches and athletes apprised of the progress of the meet, as well as keeping the fans informed and involved with the competition between teams.
- **Pistol used as sounding device** - For all practical purposes, it is inappropriate to use a pistol capable of discharging live ammunition as the sounding device at an education based interscholastic athletic event. Should a pistol be used as the sounding device, it shall be disabled from being able to fire live rounds. Most states, by state law, prohibit firearms on school grounds and school events.
- **Lead-off swimmers establishing an official time** - It has been common practice to accept the time swum by the first swimmer of a relay as an official time for that comparable individual event. This is possible due to the first swimmer being able to execute the swim using a legal start, meet stroke requirements and have a legal finish. Subsequent swimmers in a relay will not meet all three of these requirements for a legal swim as in the comparable individual event. When a relay team is disqualified for a violation by swimmers two, three or four, such as an early start, turn or stroke which results in the relay disqualification, the split time for the lead swimmer shall still be recorded as official. However, should the relay team be disqualified for a conduct violation under Rule 3-5, the split time of the lead swimmer shall be nullified. In high school swimming, proper sporting conduct is paramount and should it become inappropriate by rule, no mark shall stand. Illinois does not allow a lead off leg time to qualify for the State Meet, nor are such times to be used as seeding times for the state series.
- **Compliance with entry rules when using electronic meet management software** - The use of electronic meet management software has certainly made it more efficient for those managing swim meets. This software has also created some minor issues when implementing NFHS rules related to entry procedures. For swimming, host schools may ask for visiting team rosters in advance of the meet so entries can be entered into the computer. For diving, there is a concern about properly identifying the voluntary dives on the diving score sheet. State associations, or meet

management, should communicate with participating schools on how entries will be submitted when electronic meet management software is used to be within the intent and spirit of the rule. The use of electronic meet management software does not change the rules or time frame in which coaches have for making changes in their entries.

Steps for Participating Schools To Enter and Remain Eligible to Compete In IHSA Sectionals and the State Final

This list of steps can be used as a guide for coaches and administrators. This guideline is an attempt to help keep schools and/or its participants eligible to compete in the Swimming & Diving State Series. It is not intended to replace the Terms and Conditions or the Manual. To be fully informed, you must read the online manual. PLEASE DO SO!

Coaches: Please contact the IHSA Official Representative or Athletic Director from your school to obtain your school's ID and Password.

A. What: Review of the School Manual

Who: Coach and/or Athletic Director

When: Available Online By September 1

Where: The online manual will be posted online by September 1. School and Managers Manuals will not be mailed to schools any longer.

Why: This is how coaches and athletic directors learn what is necessary in order for their athletes to remain eligible and participate in the Swimming & Diving State Series. Failure of coaches and athletic directors to become familiar with details contained in the online manual often result in the student athletes from their school being denied the opportunity to compete in the state series.

B. What: Entering your school in the State Series

Who: Principal or Official Representative

When: Deadline is September 1, 2009 (girls), November 1, 2009 (boys). All member schools should have received, in the mail in April of 2009, the 2009-2010 Entry Blank Policies and Procedures that outline the On-Line entry procedures for all IHSA-sponsored tournaments.

- How:**
- 1) Go to www.ihsa.org
 - 2) Click on "Schools Center"
 - 3) Enter "School ID" and either the Official Representative or Principal "Password"
 - 4) Click on "Enter Your Teams" under the Sport & Activity Tracker
 - 5) Complete the page selecting each sport or activity your school will be participating in during the current school term.
 - 6) Click "Submit Entry Form" at the bottom of the page. If you ever need to make a change to whether your school has a team or individual entry after you have selected to Submit Entry Form, you must call Tammy Craig at the IHSA Office to make such a change.

Why: This is the only means the IHSA knows to assign your school to the Girls and/or Boys Swimming & Diving Sectional.

C. What: Online Rules Meetings for Girls and Boys Swimming

Who: One girls coach and one boys coach per school. **If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Mitchell at the IHSA Office. She will give you credit. You must be listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.**

When: Available August 10, 2009 through September 13, 2009 (a \$50.00 penalty will be assessed after the deadline, if you have not gone online to redeem credit).

- How:**
- 1) Go to www.ihsa.org
 - 2) Click on "Schools Center"
 - 3) Enter "School ID" and the Fall Coaches password (Girls) or the Boys Coaches password (boys)
 - 4) Click on "Redeem Credit" next to Girls or Boys Swimming under the Sport & Activity Tracker
 - 5) View the online Rules Meeting and get credit by pressing the button at the conclusion of the presentation.

Why: This is a yearly requirement to compete in the IHSA State Series.

D. What: On-Line List of Participants

Who: Coach/Athletic Director

When: Deadline is November 10, 2009 (Girls) and February 16, 2010 (Boys). If a school does not submit their On-Line List of Participants by the deadline, coaches and/or participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the State Series **and/or charged a \$100.00 penalty**. Schools which do not do so and are consequently ruled ineligible for the State Final Series must formally withdraw (see Withdrawal Procedures/Breach of Contract section in the 2009-2010 Swimming & Diving Terms and Conditions).

- How:**
- 1) Go to www.ihsa.org
 - 2) Click on "Schools Center"

- 3) Enter "School ID" and either the Official Representative, Athletic Director or Fall (girls) or Winter (boys) Coaches "Password"
- 4) Under the Sport & Activity Tracker, Click on "Girls or Boys Swimming & Diving List of Participants"
- 5) Type in requested information and save your page(s).

Why: This is how the IHSA knows the names of the participants and coaches. This information will later be used in the Online Sectional/State Final Results and the State Final Program. It will be used as it is presented so please double check spellings for accuracy.

E. What: Withdrawal from the State Series after being entered by the Principal

Who: Principal or Official Representative

When: Deadline is November 10, 2009 (Girls); February 16, 2010 (Boys)

How: Fax (309) 663-7479 or email (tcraig@ihsa.org) a letter indicating the desire to officially withdraw to Tammy Craig at IHSA.

Why: Schools that fail to participate after entering and who fail to formally withdraw will be fined \$100.00 (additional penalties may apply, refer to Terms and Conditions). The fine is necessary to encourage schools to make us aware of their intent not to participate. When schools do not show up, it adversely affects the balance in the numbers of teams assigned to each Sectional. This can create situations that are unfair to others.

If you have Swimming & Diving questions relative to this or any information you have reviewed, please contact us:

IHSA Swimming & Diving Contact Information

- www.ihsa.org • Ron McGraw, Assistant Executive Director -- rmcgraw@ihsa.org or Cheryl Mitchell, Administrative Assistant -- cmitchell@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •