

SCOUT

MPSSAA News and Notes

MPSSAA Holds Scholar-Athlete Luncheon

The MPSSAA honored the 18 recipients of the 2016 MPSSAA and Allstate Foundation Minds In Motion Scholar-Athlete Scholarships at a luncheon at M&T Bank Stadium on Thursday, June 2nd. In addition to receiving a \$1,000 scholarship, the recipients received some sage advice from the guest speakers. University of Maryland Head Wrestling Coach Kerry McCoy talked to the scholar-athletes about setting goals, readjusting those goals, and having no regrets in life. Anna Davis, a 2012 Minds In Motion Scholarship recipient and recent Davidson College grad also gave three focal points for the award winners as they head to college in the fall which were commitment, opportunity, and heart. The honored student-athletes are as follows:

- | | |
|--------------------------------|-------------------------------|
| Amber Claire Allen, Old Mill | Ike Ogwuegbu, Northwestern-PG |
| David Dzambasow, Edgewood | Alexandria Okon, Laurel |
| Craig Hamilton, Leonardtown | Rachel A. Paroby, Oakdale |
| Casey Harkins, Poolesville | Vaughn Parts, Towson |
| Thomas Heck, Baltimore Poly | Sam Ranck, Arundel |
| Elizabeth Hite, Calvert | Michael Robinette, Smithsburg |
| Alicia Kozlowski, Hereford | Calvin Sempebwa, Paint Branch |
| Claire Macatee, North Harford | Nateja Stanley, Dunbar |
| Connor McCormick, No. Caroline | Grace Steffens, Queen Anne's |

Applicants must have a minimum 3.25 unweighted overall GPA and have participated in interscholastic athletic activities sponsored by MPSSAA during their high school careers. Due to the generosity of The Allstate Foundation, we are able to award 18 total scholarships this year to a male and a female from each of our nine MPSSAA districts! Thank you Allstate Foundation!!

2016-17 Seeds Announced

The MPSSAA semifinal pairings for the 2016-17 state tournaments are determined based on a 24-year rotation. The below pairings are year four of the rotation and a complete list can be found at MPSSAA.org and on the next page.

No. 1 West	No. 2 East
No. 4 South	No. 3 North
Championship Game	

Board of Control Update

The MPSSAA Board of Control held its annual spring meeting on April 29, 2016. The following are highlights from that meeting:

- * Monica Reinagel of the American Dairy Association Northeast did a presentation about the refueling benefits of low-fat chocolate milk for student-athletes.
- * Approved the drafts of the 2016 Fall Bulletins, the 2016-17 Winter Bulletins, and the 2016 Winter Financial Report. Heard report updates from the Spring Tournament Committees.
- * Passed three Classification Committee guidelines regarding overall classification of schools and region alignments. Overall classification will be based on the number of sports a school fielded in the previous 2-year period.
- * Passed three State Tournament policy changes which will be included in Section I of each seasonal bulletin.
- * Wendy's sponsorship update from Rick Borchers, COO of DAVCO.
- * Honored MPSSAA Administrative Specialist Sharon Kornik for her 11 years of service to MPSSAA and 26 total years of service to the State of Maryland. Sharon will be retiring on July 29th and we wish her well!

Meet Our Intern, Kellianne Venit

The MPSSAA is pleased to introduce our very first summer intern, Kellianne Venit from Laurel and the University of South Carolina! Kellianne started working in our office on May 9th and will spend a total of 13 weeks with us. Some of you have seen her throughout the spring championships and at other events this month. She is a rising junior majoring in Sports and Entertainment Management with a minor in Public Relations and Advertising.

In the evenings and weekends when she is not at 200 West Baltimore Street, she can be found helping to coach swim teams, life-guarding, and helping to manage swimming pools with her Dad, John Venit. John is the District 3 rep on our State Swimming and Diving Committee and coaches at Laurel HS. We appreciate Kellianne's helpfulness, bubbly personality, and energy that she has brought to our office. Please say hi to her if you get the chance!

SCOUT is published by the Maryland Public Secondary Schools Athletic Association for the staff and fans of Maryland high school athletics.

Kim Dolch, President
R. Andrew Warner, Executive Director

MPSSAA 24-year Semifinal Seeding Cycle

The MPSSAA Executive Council approved establishing a 24-year semifinal seeding cycle based on the 2013-14 pairings as established at the April 26, 2013 Board of Control meeting. The pairings below ensure over any four-year cycle each region will be seeded one through four once, each region will play the other regions four times during a 12-year cycle and semifinal pairings and seeds will not be repeated in consecutive years. While scheduling so far into the future is at best speculative, the cycle below provides direction into the foreseeable future.

- OFFICIAL ROTATION FOR STATE SEMI-FINAL PAIRINGS, 2013 - 2037 -

SCHOOL YEAR	#1 SEED vs. #4 SEED	#2 SEED vs. #3 SEED
2013-14	SouthNorthWestEast
2014-15	NorthEastSouth.....West
2015-16.....	EastWestNorthSouth
2016-17.....	WestSouthEastNorth
2017-18	NorthWestSouthEast
2018-19	SouthNorthEastWest
2019-20.....	EastSouthWestNorth
2020-21	WestEastNorthSouth
2021-22.....	EastNorthSouth.....West
2022-23	SouthEastWest.....North
2023-24	West.....SouthNorthEast
2024-25	NorthWestEastSouth
<hr style="border: 1px solid black;"/>		
2025-26	WestEastSouthNorth
2026-27	South.....WestNorthEast
2027-28	NorthSouthEastWest
2028-29.....	EastNorthWestSouth
2029-30	SouthEastNorthWest
2030-31.....	EastWestSouthNorth
2031-32	WestNorthEastSouth
2032-33	NorthSouthWestEast
2033-34	SouthWestEastNorth
2034-35	WestNorthSouthEast
2035-36	NorthEastWestSouth
2036-37.....	EastSouthNorthWest

Official MPSSAA Game Balls

Field Hockey

Sponsor: Longstreth

Official Ball: Longstreth Chingford multi-turf balls
or Longstreth TK multi-turf ball

Soccer

Sponsor: Brine

Official Ball: Brine Championship Soccer Ball

Football

Sponsor: Wilson

Official Ball: Wilson F1003GST

Volleyball

Sponsor: Spalding

Official Ball: Spalding VB5 Red/White/Black
(Item #72-1698)

Basketball

Sponsor: Spalding

Official Ball: Spalding TF-1000 Classic
(Mens' item #74-7838 /Womens' item # 74-7848)

Baseball

Sponsor: Wilson

Official Ball: Wilson A1010BPROSST

Softball

Sponsor: Dudley

Official Ball: Dudley SB12L
(Optic Yellow w/ White Stitching - Item #4Y-321)

Lacrosse

Sponsor: TBA

Official Ball: Boys Lacrosse Ball (White)
Girls Lacrosse Ball (Yellow)

Tennis

Sponsor: Wilson

Official Ball: Wilson T1001

2016 Spring Wrap-Up

- STATE CHAMPIONS -

BASEBALL

1A Brunswick
2A La Plata
3A Huntingtown
4A Bel Air

SOFTBALL

1A Perryville
2A La Plata
3A Westminster
4A Sherwood

TRACK & FIELD

Boys

1A Fairmont Heights
2A Westlake
3A Oxon Hill
4A Northwest

Girls

1A Boonsboro
2A Henry E. Lackey
3A Urbana
4A Charles H. Flowers

LACROSSE

Boys

2A-1A Fallston
3A-2A Linganore
4A-3A Severna Park

Girls

2A-1A Manchester Valley
3A-2A Glenelg
4A-3A Dulaney

TENNIS

Boys Singles - Joseph Brailovsky, Thomas S. Wootton
Boys Doubles - Jack Welch & Andrew Leung,
Walt Whitman
Girls Singles - Miranda Deng, Thomas S. Wootton
Girls Doubles - Carina Greenberg & Sarinah Wahl,
Walt Whitman
Mixed Doubles - Jessica Fatemi & Ethan Kowalski,
Walter Johnson

- SPORTSMANSHIP AWARD WINNERS -

BASEBALL

Williamsport

BOYS LACROSSE

Northern-Calvert

GIRLS LACROSSE

Sparrows Point

SOFTBALL

Montgomery Blair

Core Courses

- Fundamentals of Coaching
- First Aid, Health and Safety for Coaches
- Introduction to Music Adjudication*
- Interscholastic Officiating
- Captains Course*
- Positive Sport Parenting*

*Free Course

Sport-specific Courses

- ACCA Spirit Safety Certification
- Coaching Baseball
- Coaching Basketball
- Coaching Boys Lacrosse
- Coaching Cheer and Dance
- Coaching Field Hockey
- Coaching Football
- Coaching Girls Lacrosse
- Coaching Golf
- Coaching Soccer
- Coaching Softball
- Coaching Swimming
- Coaching Track and Field
- Coaching Volleyball
- Coaching Wrestling

Elective Courses

- High School Heads Up Football
- Middle School Sports
- Strength and Conditioning
- Teaching and Modeling Behavior
- Teaching Sports Skills

Free Courses

- Coaching Pole Vault
- Coaching Unified Sports
- Concussion in Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively With Parents
- Heat Illness Prevention*
- Learning Pro
 - Homework Helper
 - Reading and Learning Strategies
 - Research Skills
 - Testing Tips
- NCAA Eligibility
- Sportsmanship
- Sports Nutrition*
- Sudden Cardiac Arrest

*Powered by EAS® Sports Nutrition

**NEW: High School Heads Up Football Certification on NFHSlearn.com
(Course costs \$10 to take)**

The High School Blocking, Tackling & Equipment Fitting course encompasses student-athlete health protocols and skill development.

Teaching the proper fundamentals of blocking and tackling is essential to making football better and safer. USA Football's Heads Up Tackling and Blocking progressions featuring football experts Mike Singletary and Jeff Saturday, deliver consistent terminology and a series of drills to teach high school players to play with their head and eyes up and reduce helmet contact. Also introduced, is an advanced shoulder tackle progression that may be appropriate for some varsity players. In addition, learn how to properly fit helmets and shoulder pads. Improperly fitted equipment can increase the chance for injury.

The Blocking, Tackling & Equipment Fitting course is 1 of 4 courses required to be certified for Heads Up Football as a High School coach with USA Football. Please make sure the following free courses are completed to be a Heads Up certified: 1) Heat Illness Prevention 2) Concussion in Sports and 3) Sudden Cardiac Arrest. This Heads Up Football High School Certification fulfills the online requirements for coaches whose program is enrolled in Heads Up Football.

To learn more about the Heads Up Football High School Coach certification, visit <http://www.nfhslearn.com/HeadsUpFootball>.



HEADS UP FOOTBALL CERTIFICATION
Required Courses:

- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- High School Heads Up Football

MPSSAA News and Notes

Student-Athlete Leadership Conference Information

The 7th annual MPSSAA Student-Athlete Leadership Conference sponsored by the Allstate Foundation will begin with check-in at 8 a.m. on Thursday, August 4, 2016. The first session begins at 8:45 a.m. so we advise all students to arrive early and be ready for a great day.

Information Center

For the latest information on the Student-Athlete Leadership Conference, go to www.mpssaa.org and click on the "Student Leadership Conference" from the "Membership Services" tab. This page contains information on the day's events, a list of participating schools and directions.

Date/Time

Thursday, August 4, 2016 – 8:00 a.m. – 4:00 p.m.

Location

Gaithersburg High School
314 S. Frederick Avenue
Gaithersburg, MD 20877

Who Can Attend

The conference is open to rising high school sophomores, juniors, and seniors who participate in interscholastic athletics at MPSSAA member schools. Those who have attended a previous conference are not eligible to attend.

Registration has filled up with 121 schools participating in 2016.

School Representatives

School representatives may attend and observe all the general and workshop sessions. The MPSSAA asks you to provide your name in advance to Michael Duffy at mpssaasl@gmail.com so we may provide you with a lunch and ID badge. School representatives wishing to assist in facilitating the conference should email Michael Duffy at the above address.

Cost

FREE – There is no registration fee. The conference is put on as a service by the MPSSAA and conference sponsors.

Transportation

Student transportation to and from the event will be the responsibility of participants. Please try to arrive by 8:30 a.m. to ensure that check-in runs smoothly and we start the conference promptly at 8:45 a.m. Please check with your local school system regarding any bus transportation that may be supplied.

Meals

Lunch will be provided by the MPSSAA. If attendees need special meals based on allergies please email mpssaasl@gmail.com

Attire

Students should wear shorts of proper length, t-shirt, and tennis shoes.

Materials

Conference materials and handouts will be distributed at registration. Participants will also receive a gift and T-shirt.



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Projected State Tournament Time Lines For 2016-17

(All dates are tentative and are subject to change)

CROSS COUNTRY

Oct 24.....Application deadline for Region Meet entry
 Oct 31.....Determination of Region Meet qualifiers
 Nov 3.....Region Meets
 Nov 6.....Organization meeting for State Meets
 Nov 12.....State Meets

FIELD HOCKEY

Oct 20.....Seeding Meeting
 Oct 24.....Last play date
 Oct 25.....Sectional Quarterfinals
 Oct 27.....Sectional Semifinals
 Oct 31.....Sectional Finals
 Nov 2.....Region Finals
 Nov 7/9.....State Semifinals
 Nov 12.....State Finals

FOOTBALL

Nov 5.....Last play date
 Nov 6.....Postseason tournament organization meeting
 Nov 11/12.....Region Semifinals
 Nov 18/19.....Region Finals
 Nov 25/26.....State Semifinals
 Dec 1/2/3.....State Finals

GOLF

Oct 18.....District Tournament completion date
 Oct 18.....State Golf Tournament entry form due
 Oct 19.....Organization meeting for State Tournament
 Oct 24/25,26.....State Tournament

SOCCER

Oct 24.....Seeding Meeting
 Oct 27.....Last play date
 Oct 28.....Sectional Quarterfinals
 Nov 1.....Sectional Semifinals
 Nov 4.....Sectional Finals
 Nov 8.....Region Finals
 Nov 11/12.....State Semifinals
 Nov 17/18/19.....State Finals

VOLLEYBALL

Oct 31.....Seeding Meeting
 Nov 2.....Last play date
 Nov 3/4.....Sectional Quarterfinals
 Nov 7.....Sectional Semifinals
 Nov 9.....Sectional Finals
 Nov 11-12.....Region Finals
 Nov 14-17.....State Semifinals
 Nov 19.....State Finals

BASKETBALL

Feb 20.....Last play date for seeding consideration
 Feb 21.....Seeding Meeting
 Feb 23.....Last play date
 Feb 24 (G); Feb 25 (B).....Sectional Quarterfinals
 Feb 27 (G); Feb 28 (B).....Sectional Semifinals
 Mar 1 (G); Mar 2 (B).....Sectional Finals
 Mar 3 (G); Mar 4 (B).....Region Finals
 Mar 9/10.....State Semifinals
 Mar 11.....State Finals

INDOOR TRACK

3 Days prior to region meet.....Entry Deadline
 Feb 3-Feb 15.....Region Meets
 Feb 18.....Seeding of State Meets
 Feb 20-21.....State Meets

SWIMMING & DIVING

Feb 16-18.....Regional Meets
 Feb 20.....State Meet Organizational Meeting
 Feb 24-25.....State Meets

WRESTLING DUALS

24 hours prior to region tourn.Team entry form due
 Feb 4.....Last play date for seeding consideration
 Feb 8.....Region Tournament
 Feb 11.....State Tournament

WRESTLING

Feb 16.....Last play date
 Feb 17/18.....City, County Conference Tournament
 Feb 24/25.....Region Tournament
 Feb 26.....Organization meeting for State Tournament
 Mar 3-4.....State Tournament

BASEBALL

May 10.....Seeding Meeting
 May 11.....Last play date
 May 12.....Sectional Quarterfinals
 May 15.....Sectional Semifinals
 May 17.....Sectional Finals
 May 19.....Regional Finals
 May 23.....State Semifinals
 May 26/27.....State Finals

LACROSSE

May 8.....Seeding Meeting
 May 9.....Last play date
 May 10.....Sectional Quarterfinals
 May 12.....Sectional Semifinals
 May 15.....Sectional Finals
 May 17.....Region Finals
 May 19/20.....State Semifinals
 May 23/24.....State Finals

SOFTBALL

May 9.....Seeding Meeting
 May 10.....Last play date
 May 11.....Sectional Quarterfinals
 May 15.....Sectional Semifinals
 May 17.....Sectional Finals
 May 19.....Region Finals
 May 23.....State Semifinals
 May 26/27.....State Finals

TENNIS

May 20.....Region tournament completion deadline
 May 22.....Entry deadline
 May 23.....Organization meeting for State tournament
 May 26-27.....State Tournament

TRACK & FIELD

7 days prior to Region MeetEntry Deadline
 4 days prior to Region Meet ..Scratch/Substitution deadline
 May 17-20.....Region Meets
 May 21.....Seeding of State Meets
 May 25-27.....State Meets

August 2016 - Sample Calendar for Heat Acclimatization

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
			Heat Acclimatization Day 1 Single Practice Day Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day 2 Single Practice Day Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day 3 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)	Heat Acclimatization Day 4 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)
14	15	16	17	18	19	20
Rest Day Sunday Practice is prohibited per MPSSAA Regulations	Heat Acclimatization Day 5 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)	Heat Acclimatization Day 6 No Equipment Restrictions First Allowable Double Practice and Full Contact Practice	Heat Acclimatization Day 7 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 8 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 9 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 10 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)
21	22	23	24	25	26	27
Rest Day Sunday Practice is prohibited per MPSSAA Regulations	Heat Acclimatization Day 11 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 12 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 13 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)	Heat Acclimatization Day 14 Single/Double Practice Day (Double practice days must be fol- lowed by a single practice day)		

Note: The above suggested calendar is based off the National Athletic Trainers Association (NATA) *Pre-season Heat-Acclimatization Guidelines for Secondary School Athletics* and the Maryland State Department of Education's *Model Policy for Preseason Practice Heat Acclimatization Guidelines for Student Athletes* (the entire model policy can be found on the "Health and Safety" page of www.mpssaa.org). The suggested guidelines for local consideration are intended to provide direction to school teams for the acclimatization of student-athletes during preseason practice period required prior to the first play date. Each local school system is required to have their own policy for heat acclimatization and schools should check with their respective local school system regarding the specifics of their local policy.

Important Dates To Remember

First Day of Fall Practice: Wednesday August 10, 2016
First Play Date of Fall Season: Friday September 2, 2016
First Day of Winter Practice: Tuesday November 15, 2016

First Play Date of Winter Season: Monday December 5, 2016
First Day of Spring Practice: Wednesday March 1, 2017
First Play Date of Spring Season: Tuesday March 21, 2017

August 2016

Aug 4MPSSAA Student-Athlete Leadership Conference—Gaithersburg High School8:00 a.m.
 Aug 10First Day of Fall Practice
 Aug 10First Play Date for Golf

MPSSAA Fall Rules Interpretation Clinics

Attendance at a rules interpretation clinic is a certification requirement for officials assigned to MPSSAA contests—both regular and post-season play. COACHES ARE STRONGLY ENCOURAGED TO ATTEND! Please continue to check the Officials page on MPSSAA.org for the latest information on all clinic dates. You may also email Donnee Gray at donnee.gray@maryland.gov.

Field Hockey - Lea Kusner, Interpreter

Aug 46:00 pm ..Anne ArundelSouth River HS
 Aug 97:00 pm ..BBOWSHereford HS
 Aug 10 ..7:00 pm ..Northern Eastern Shore ..Sts. Peter & Paul School
 Aug 11 ..6:00 pm ..Lower Eastern ShoreThe Salisbury School
 Aug 15 ..7:00 pm ..Montgomery CountySherwood HS
 Aug 16 ..7:00 pm ..FrederickWalkersville HS
 Aug 17 ..6:00 pm ..Howard/Carroll.....Liberty HS
 Aug 18 ..TBA.....Southern Maryland.....TBA

Football - Bill Witte, Interpreter

July 26..7:00 pm ..BaysideRichard Hazel Youth Club
 Aug 17:00 pm ..Frederick.....Frederick HS
 Aug 27:00 pm ..Potomac ValleyFort Hill HS
 Aug 37:00 pm ..Washington CoWilliamsport HS
 Aug 46:00 pm ..Anne Arundel Co.South River HS
 Aug 10 ..7:00 pm ..Northeastern/Delaware.....Bel Air HS
 Aug 14 ..2:00 pm ..Washington DistrictBishop McNamara HS
 Aug 16 ..7:00 pm ..COGChesapeake Arts Center
 Aug 15 ..7:00 pm ..Maryland BoardLoch Raven HS

Soccer - Ross Burbage, Interpreter

July 20 ..7:00 pm ..WMSOA/AppalachianMyersville ES
 July 25 ..6:00 pm ..Eastern ShoreParkside HS
 July 27 ..7:00 pm ..Metro Washington AreaMagruder HS
 July 28 ..7:00 pm ..Allegany/GarrettMountain Ridge HS
 Aug 17:00 pm ..Old LineWinters Mill HS
 Aug 46:00 pm ..Anne Arundel Co./CASRASouth River HS
 Aug 97:00 pm ..Mason-Dixon/BBOWSFranklin HS
 Aug 15 ..6:00 pm ..Southern Maryland.....Patuxent HS
 Aug 18 ..7:00 pm ..Harford CountyBel Air HS

Volleyball - Ed Tucholski, Interpreter

July 26 ..6:00 pm ..Beltway Region.....Paint Branch HS
 July 27 ..6:00 pm ..Beltway RegionBishop McNamara HS
 Aug 17:00 pm ..Allegany-Garrett/Wash. Co.....Bishop Walsh HS
 Aug 27:00 pm ..Northern Shore/Lower Shore ..No. Dorchester HS
 Aug 46:00 pm ..Anne Arundel Co/Matrix.South River HS
 Aug 10 ..7:00 pm ..NEMOAMcFaul Activity Center
 Aug 15 ..7:00 pm ..Tri-CountyPatuxent HS
 Aug 16 ..7:00 pm ..BBOWSHereford HS
 Aug 18 ..7:00 pm ..Central Maryland/FrederickCentury HS

NOTE: Check the Officials page on MPSSAA.org for the latest information on all clinic dates.

MPSSAA.ORG

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 Open Date Exchange,
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HAS THE "RIGHT MIX" OF CARBS & PROTEIN TO REFUEL (ABOUT A 3:1 RATIO)	•		•	
PROVIDES 9 ESSENTIAL NUTRIENTS ATHLETES NEED	•		•	
NATURAL SOURCE OF HIGH-QUALITY PROTEIN & KEY ELECTROLYTES LIKE CALCIUM, POTASSIUM, & MAGNESIUM	•			
MADE WITH REAL MILK	•			
COSTS LESS THAN 50 CENTS PER GLASS	•			
SIMPLE INGREDIENTS, NOT DESIGNED IN A LAB	•			

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