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Maryland Public Secondary Schools Athletic Association

June 2015

# MPSSAA News and Notes

## MPSSAA Executive Director Announces Retirement

MPSSAA Executive Director Ned Sparks has announced his retirement effective August 1. Sparks has served as the MPSSAA Executive Director since 1981.

Some milestones during his tenure include:

- \* Twice expanding the State Football Tournament;
- \* Establishing open state tournaments allowing every school to enter the playoffs;
- \* Establishing state championship tournaments in Girls Soccer, Swimming, Boys and Girls Lacrosse and Dual Meet Wrestling;
- \* Developing extensive corporate sponsorships;
- \* Implementing electronic ticketing for state tournaments;
- \* Launching the MPSSAA website;
- \* Moving state championships to the best sport-specific venues in the State:
- Providing live streaming of state championships;
- \* Establishing Student Leadership and Scholar-Athlete programs.

In addition, Sparks has served on the National Federation for State High School Associations (NFHS) Board of Directors, served two terms as Chair of the Boys Lacrosse Rules Committee, Chaired the NFHS Competition Committee, and served on the NFHS Strategic Planning Committee.

Prior to joining the MPSSAA, Sparks taught, coached, and was athletic director at Howard High School for ten years. He began his professional career as a teacher and coach at Mt. Saint Joseph in 1969. He is a graduate of the University of North Carolina where he was a two year letterman on the football team. Please join us in wishing Ned the best life has to offer in his well-deserved retirement!

## 2015-16 Seeds Announced

The MPSSAA semifinal pairings for the 2015-16 state tournaments are determined based on a 24-year rotation. The below pairings are year three of the rotation and a complete list can be found at MPSSAA.org.

No. 1 East

No. 2 North

Championship Game

No. 3 South

# **Board of Control Update**

The MPSSAA Board of Control held its annual spring meeting on April 17, 2015. The following are highlights from the meeting.

- \* Approved the 2015 Fall Bulletins and 2015-16 Winter Bulletins with the following modifications:
- \* Accepted the 2015 winter financial report and the 2015 spring sports' updates.
- \* Voted Kevin Hook, Calvert County Supervisor of Athletics, as President-Elect.
- \* Updates on the Minds in Motion Scholarship, Student Leadership Conference, and recently approved State Legislation.
- \* Announced the First Practice Date as August 12, 2015.
- \* Updates from ATI, PNC Bank and Wendy's.
- \* Honored Ned Sparks who will be retiring August 1 after 34 years as executive director of the MPSSAA.

## MPSSAA Holds Scholar-Athlete Luncheon

The MPSSAA and the Allstate Foundation recognized the fourteen 2015 Minds In Motion Scholar-Athlete Scholarship recipients at the annual luncheon on May 28th in the Ravens Locker Room at M&T Bank Stadium. This event will be available for on-demand viewing by the NFHS Network. This year's guest speaker was Jackie Boswell, Head Women's Basketball Coach at Stevenson University.

This is the 8th year for this prestigious recognition event to honor those who have excelled on the playing field and in the classroom. This year's winners are:

Corbin Austin, Linganore HS Adolfo Carvalho, Dulaney HS Anna Ciattei, Perry Hall HS Julia Ciattei, Perry Hall HS Paula Kleyman, Churchill HS Annie McPherson, Dunbar HS Diego Zarate, Northwest HS Natasha Freed, Thos. Johnson HS Obichi Onwukwe, Parkdale HS Emily Purnell, Mount Hebron HS Jenna Reimer, Steph. Decatur HS Hannah Simmerman, Great Mills HS Matthew Sciamanna, Bo Manor HS Elizabeth Oldhouser, River Hill HS

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

Kim Dolch, President Edward F. Sparks, Executive Director

# EXECUTIVE'S CORNER

### **Edward "Ned" Sparks**

Executive Director, MPSSAA

Although this will be my last Executive's Corner I will spare the sentimentality and get down to hopefully some meaningful comments. After all, the focus of our work has always been preparing for the future. It is the youth we serve. This is our profession. As Michael Corleone succinctly put it "This is the life we have chosen."

Education- based athletics is the model we have embraced to help prepare America's next generation for life's journey. It is a wonderful vehicle to teach the skills needed to form good citizens. Today the opportunities and challenges present themselves in far different ways than any of us foresaw just a few years ago. AAU, club teams, personal coaches, college commitments in the 8th grade, transfers, circus-like signing day ceremonies and parents questioning coaches authority have all become part of the athletic experience.

High school athletics are not the only game in town any more. The landscape is so much different and seems to remain in a state of ever changing flux. The challenge we face is to maintain our core principles and values while adapting to the new realities. No doubt maintaining an education focused athletic program will bring differences of opinion regarding its direction, rules, regulations and policies. There are no entirely right or wrong solutions.

At the heart of all these changes however there is one thing that remains constant. One thing that holds true over decades, centuries and millenniums. That constant force is the collection of behaviors known as human nature. While outside conditions evolve and change the consistency of human nature remains as it has been over the centuries of recorded civilization. Circumstances may change but human reactions such as happiness, sadness, joy, pride, shame, strength, resolve, fright, anger etc. are all part of our being and will be with us for civilizations to come.

Human nature will always yearn for structure, consistency, parameters on behavior, opportunity, equal treatment and personal safety. As a result, those principles should be the guiding influences of school athletic programs. As we adapt to changing forces let us never forget the core principles that have provided the foundation for a school program that impacts 113,000 students each year in our State. Staying true to those core values, sometimes in the face of criticism and scorn, is the most important thing we can do to preserve education-based athletics. Strength and resolve in remaining true to core values is the greatest gift we can give to those we are privileged to serve.

Finally, as the MPSSAA turns a corner please accept my congratulations to everyone that has contributed to the meaningful opportunities that have been provided to Maryland's student-athletes. Your efforts have made a difference. Well done!

Ned

# 2015 Winter Wrap-Up

### STATE CHAMPIONS

#### **BASKETBALL**

	Boys	Girls		
<b>1</b> A	New Town	<b>1</b> A	Forestville	
<b>2</b> A	Oakland Mills	2A	Patterson Mill	
ЗА	Centennial	ЗА	Milford Mill	
<b>4</b> A	Meade	<b>4</b> A	Eleanor Roosevelt	

### **INDOOR TRACK**

Cirle

Rove

	20,0		anno
<b>1</b> A	Smithsburg	<b>1</b> A	Manchester Valley
<b>2</b> A	Oakdale	<b>2</b> A	Oakdale
ЗА	Milford Mill	ЗА	Franklin
<b>4</b> A	Northwest	<b>4</b> A	Clarksburg

### **SWIMMING**

Во	ys	Girls		
3A/2A/1A	Poolesville	3A/2A/1A	Poolesville	

4A/3A Walter Johnson 4A/3A Winston Churchill

### **DIVING**

Boys	GIris
Jack Crow, Bethesda-CC	Elaina Faerber, Churchill

### WRESTLING DUAL MEET CHAMPIONSHIPS

2A-1A Oakland Mills 4A-3A Damascus

### WRESTLING TOURNAMENT

2A-1A South Carroll 4A-3A Damascus

### SPORTSMANSHIP WINNERS

BOYS BASKETBALL

JACK S. WILLARD SPORTSMANSHIP AWARD

Meade

GIRLS BASKETBALL
MILDRED H. MURRAY SPORTSMANSHIP AWARD

Paint Branch

# 2015 Spring Wrap-Up

### **STATE CHAMPIONS**

	BASEBALL		SOFTBALL
<b>1</b> A	Brunswick	<b>1</b> A	Manchester Valley
<b>2</b> A	Southern-AA	<b>2</b> A	Middletown
ЗА	Chopticon	ЗА	Northern (Cal.)
4A	Gaithersburg	<b>4</b> A	Sherwood

### **TRACK & FIELD**

	Boys		Girls
<b>1</b> A	Fort Hill	<b>1</b> A	Smithsburg
<b>2</b> A	Century	<b>2</b> A	Oakdale
ЗА	Westlake	ЗА	Milford Mill
<b>4</b> A	Bowie	<b>4</b> A	Clarksburg

### **LACROSSE**

Bo	ys	GIrIS		
2A-1A	Easton	2A-1A	Manchester Valley	
3A-2A	Kent Island	3A-2A	Century	
4A-3A	Howard	4A-3A	Severna Park	

### **TENNIS**

Boys Singles Alex Cauneac - Severna Park

Boys Doubles Luke Blackman & Eric Dubrow - BCC
Girls Singles Miranda Deng - Wootton
Girls Doubles Sriya Movva & Katie Gauch - Churchill
Mixed Doubles Jake Gordan & Kelly Chen - Wootton

### **SPORTSMANSHIP WINNERS**

### **BASEBALL**

North Harford

### **BOYS LACROSSE**

Winston Churchill

### **GIRLS LACROSSE**

Manchester Valley

### SOFTBALL

Leonardtown

# **Harford County Schools Host Captain and Student Leaderhship Seminars**

Joppatowne HS Captain's Academy (Courtesy of AD Michael Harris and Coach Alex Maddock)

Forty-five aspiring leaders of Joppatowne athletics attended the first Captain's Academy on June 3rd, 2015. The Academy had a goal to open up the dialog between athletes, coaches, and the athletic director across all seasons and sports. All of the students who successfully completed the Academy are eligible to be chosen as captain for their athletic teams for the 2015-2016 season. The Academy was free to attend and open to all athletes to encourage even students who do not aspire for the title of captain to still develop as a young adult together with other athletes.

The event was held after school from 2:30pm until 7:30pm with snacks, drinks and dinner provided by the Joppatowne Athletic Boosters. After a general overview of the Academy, and opening remarks from their Principal, the 45 athletes were broken into four groups for break-out sessions led by coaches and the athletic director. There were four different 45-minutes sessions in which the athletes were able to work through important aspects of being a leader as a student-athlete.

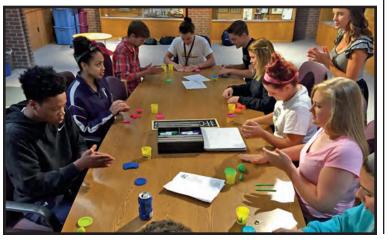
One session broke down popular songs in which lyrics and messages were inspected to create a 100% clean standard mix of songs to be used for warm-ups allowing Joppatowne to confidently host other schools and represent themselves with dignity and class even through the music selection. Students were able to talk about why small details, like warm-up music, is important and how messages reflect all of Joppatowne.

In another break-out session, students worked through a variety of different scenarios that they are likely to encounter during a typical sports season. "This gave me a real understanding on what I should be doing and want to do," says Rodney Scott, a rising junior and football athlete.

During the "How to be a Fan" break-out session, athletes used MPSSAA materials to focus on what it means to be a fan who is passionate, loud, and supportive, while representing the school and yourself well and respecting the opponent. It also looked into parent-fans and how to handle athlete's parents that are not being a respectable fan during an event.

In the 4th break-out session, students were tasked with determining not only what their slogan of "One Towne" meant but also what it looks like and what it does not look like. Students made individual definitions and uncovered some common themes of unity, community, together, team, oneness, and more. Afterwards, they worked together to give both examples and non-examples of "One Towne" through specific actions and concrete steps to put these actions into play on the bus, in the cafeteria, in class, in the hallways and online.

At the end, everyone met in a round-table discussion to give an overview of the night and breakdown lessons learned allowing the night to end the same way it started – together. Students were given the opportunity to grade and reflect on the Academy on paper. The night brought 45 potential captains together in the Captain's Academy before breaking and going out to execute the lessons learned in the hallways, classrooms, and at home.



Patterson Mill HS Captain's Academy (Courtesy of AD Jason Bellamy)

Rising sophomores, juniors, and seniors at Patterson Mill High School, 131 total, successfully completed the two part Captain's Clinic in its first year at Patterson Mill. Part I of the program was the Certified Team Captain online course and Part II of the program was a Leadership Seminar of workshops on June 3. All students that successfully completed the Captain's Clinic are eligible to be team captains of JV and/or Varsity athletic teams during the 2015-16 school year. The Captain's Clinic was free to participate and open to all student-athletes.

The Leadership Seminar kicked off with a powerful message from the One Love Foundation through their Escalation video and workshop on relationship violence,. This was followed by breakout workshops presented by the US Naval Academy, MPSSAA, and Harford County Public Schools, supported by the JV and Varsity team coaches at Patterson Mill.

Captain Ryan Barry, a former Midshipmen football player and Captain Daniel Kocab, a former wrestler at Duke University came from the US Naval Academy to present to the students on setting goals, creating a vision, writing a mantra, determining operational strategy, identifying informal leaders within your team, and leading your peers to inspire them to do what they normally wouldn't do in an effort for gain team success. They concluded with a segment on perception of opponents and creating the image and perception others have of your team and school.



The MPSSAA provided their team building equipment from the state student leadership conference. Students in the gym focused on teamwork and team building activities. The workshop included strategical and physical challenges for small groups to solve together as a team. In each challenge, students moved through a progression where they took on roles that contributed to the overall success of the team.

Additionally, students participated in a workshop with Ken Zorbach, HCPS Supervisor of Physical Education and Athletics, Adam Milanoski, Assistant Principal at Patterson Mill High School, and various Patterson Mill coaches in which the students read through brief scenarios of challenges many teams and captains face during a sports season and they worked together in small groups to determine the best course of action to handle the issue facing them in the scenario. After discussing the core issue, students presented plans they would enact to handle the issue in the role of a team captain. Students considered potential variables in the scenarios, and focused on accountability, character, integrity, consequences, fairness, and consistency to guide their solutions.

Participants took a break for a networking dinner provided by the Patterson Mill Athletic Boosters and the evening conclude with a brief student feedback survey prior to each participant picking up their certificate for completing the program and a Huskies Captain's Clinic t-shirt.

# MPSSAA News and Notes

### **Non-School Teams**

There are some significant MPSSAA bylaws and interpretations regarding out-of-season competition. In an effort to help schools, below are some explanations of the changes to interpretations made at the December 6, 2012 Board of Control meeting regarding non-school teams and team camps.

While the regulation prohibiting school teams from attending a camp remains in place, those restrictions do not extend to non-school teams. The key words are <u>non-school teams</u>. That means that a team attending a camp along with a member of a school coaching staff must be able to clearly demonstrate that there is no school affiliation what-so-ever. That includes but is not limited to funding, organizational meetings, uniforms, equipment, etc.

The following language was adopted by the Board of Control and should serve as a directive for those coaches wishing to be associated with non-school teams beginning after the last 2015 spring state championship game.

Any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. When coaching non-school teams, including returning school players on non-school teams, the following criteria shall be observed:

- a. The non-school team may not use a name directly connected with the school.
- The non-school team may not use school uniforms, equipment or funds.
- c. The non-school team may not use school facilities except as allowed by local school system guidelines.
- d. The non-school team must meet local school system standards of a non-school team.
- e. The number of returning school players on the non-school team is limited according to the following timeframe.
  - 1. From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.
  - 2. From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.

# Student-Athlete Leadership Conference Information

The MPSSAA Student-Athlete Leadership Conference sponsored by the Allstate Foundation will begin with registration at 8 a.m. on Wednesday, August 5, 2015. 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 student leadership from the membership services tab. This page contains information on the day's events, a listing of participating schools, location and directions.

### Date/Time

Wednesday, August 5, 2015 - 8:00 a.m. - 4:00 p.m.

### Location

North County High School 10 East First Avenue Glen Burnie, MD 21061

### 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 138 schools participating in 2015.

### **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 mpssaaslc@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 of 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 registration 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 mpssaaslc@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.

# MPSSAA 2015-16 QUICK REFERENCE CALENDAR (All dates are tentative and are subject to change)

Sport	Practice Begins	First Contest	Number of Contests	Entry Deadline	Seeding/ Org Mtg	Last Play Date	Sectional Quarterfinal	Sectional Semifinal	Sectional Final	Reg Final/ Tournament Compl Date	State Semifinal	State Final
Cross Country	August 12	September 4	10 Meets	October 26	Nov 8					Nov. 5		November 14
Field Hockey	August 12	September 4	12 C +1 2-Gm Tourn or 11 C + 1 3-gm Tourn	November 3	Oct 22	Oct 26	Oct 27	Oct 29	Nov 2	Nov 4	Nov 9/11	November 14
Football	August 12	September 4	10 C	November 16	Nov 8	Nov 7			Nov 13/14	Nov 20/21	Nov 27/28	Dec 3/4/5
Golf	August 12	August 12	12 Matches	October 20	Oct 21					Oct 20	Oct 26/27	October 28
Soccer	August 12	September 4	12 C +1 2-Gm Tourn or 11 C + 1 3-gm Tourn	November 9	Oct 26	Oct 28	Oct 30	Nov 3	Nov 6	Nov 10	Nov 13/14	November 19, 20, 21
Volleyball	August 12	September 4	15 C or 14 C + 1 multi-team Tourn	November 10	Nov 2	Nov 4	Nov 5/6	Nov 9	Nov 11	Nov 13/14	Nov 16-19	November 20/23
Basketball	November 14	December 4	20 C + 1 2-gm Tourn or 19 C + 1 3-gm Tourn	Mar 1 - Boys Mar 2 - Girls	Feb 23	Feb 25	Feb 26 - B Feb 27 - G	Feb 29 - B Mar 1 - G	Mar 2 - B Mar 3 - G	Mar 4 -B Mar 5 - G	Mar 10-11	March 12
Wrestling Duals	November 14	December 4				Feb 6				Feb 10		February 13
Indoor Track	November 14	December 4	10 Meets	7 days prior to region meet	Feb 13					Jan 29 - Feb 9		February 15, 16
Swimming & Diving	November 14	December 4	12 Meets	February 8	Feb 15					Feb 11-13		Feb 19-20
Wrestling Tournament	November 14	December 4	14 Meets (max of 3 tourn + 3 tri-meets)		Feb 28	Feb 20				Feb 26-27		March 4-5
Baseball	March 1	March 21	18 C + 1 2-gm Tourn or 17 C + 1 3-gm Tourn	May 17	May 11	May 12	May 13	May 16	May 18	May 20	May 24	May 27, 28
Lacrosse	March 1	March 21	12 C + 1 2-mg Tourn	May 16	May 9	May 10	May 11	May 13	May 16	May 18	May 20/21	May 24, 25
Softball	March 1	March 21	18 C + 1 2-gm Tourn or 17 C + 1 3-gm Tourn	May 17	May 10	May 11	May 12	May 16	May 18	May 20	May 24	May 27,28
Tennis	March 1	March 21	18 Matches	May 23	May 24					May 23		May 27, 28
Track & Field	March 1	March 21	10 Meets	7 days prior to Reg meet	May 22					May 18-21		May 26, 27, 28

## 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	ON FOR STATE SEMI-FINAL PAIR	INGS, 2013 - 2037 -
SCHOOL YEAR	#1 SEED vs. #4 SEED	#2 SEED vs. #3 SEED
2013-14	NorthNorth	East
2014-15	East	SouthWest
2015-16	West	South
2016-17	South	North
2017-18	West	SouthEast
2018-19	North	BastWest
2019-20	South	North
2020-21	East	South
2021-22	North	SouthWest
2022-23	East	North
2023-24	South	NorthEast
2024-25	West	South
2025-26	EastEast	North
	East WestWest	
2026-27		NorthEast
2026-27 2027-28	West	NorthEast BastWest
2026-27 2027-28 2028-29	West SouthSouth	BastWestSouth
2026-27 2027-28 2028-29 2029-30	SouthWest SouthSouth NorthNorth	NorthEastWestSouthNorthSouth
2026-27 2027-28 2028-29 2029-30 2030-31	SouthWest NorthSouth EastNorth SouthEast	NorthEastNorthEastWestSouthNorthWestNorthNorth
2026-27 2027-28 2028-29 2029-30 2030-31 2031-32	SouthWest NorthSouth EastNorth SouthEast East	NorthEast EastWest WestSouth NorthWest SouthNorth EastSouth
2026-27	SouthWest NorthSouth EastNorth SouthEast EastWest WestNorth	
2026-27	SouthWest NorthSouth EastNorth SouthEastWest EastWest NorthSouth	NorthEast EastWestNorthWestNorthWestNorthNorthEastNorthEastNorthEastNorth
2026-27	SouthWest NorthSouth EastNorth SouthEast EastWest WestNorth NorthSouth SouthSouth	NorthEast EastWestNorthWestNorthWestSouthNorthEastSouthWestEastSouthSouthSouthEastSouthEast

# August 2015 - Sample Calendar for Heat Acclimatization

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
			Heat Acclimatization Day 1 Single Practice	Heat Acclimatization Day 2 Single Practice	Heat Acclimatization Day 3 Single Practice Day	Heat Acclimatization Day 4 Single Practice Day
			Day  Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Day  Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)	Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)
16	17	18	19	21	21	22
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 Helmet, Chest Protector 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)
23	24	25	26	27	28	29
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 followed 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 followed by a single practice day)		

**Note:** The above suggested calendar is based off the National Athletic Trainers Association (NATA) *Preseason 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: August 12, 2015 First Play Date of Fall Season: September 4, 2015 First Day of Winter Practice: November 14, 2015 First Play Date of Winter Season: December 4, 2015 First Day of Spring Practice: March 1, 2016 First Play Date of Spring Season: March 21, 2016

## August 2015

Aug 5	MPSSAA Student-Athlete Leadership Conference—North County High School8:00 a.m.
Aug 12	First Day of Fall Practice
Aug 12	First 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

### Soccer - Ross Burbage, Interpreter

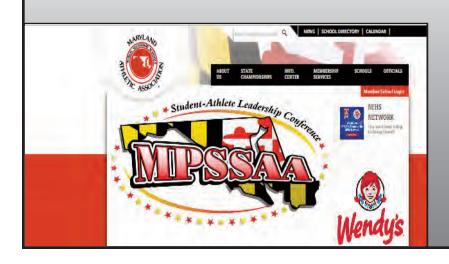
July 217:00 pmWMSOA/Appalachian	Frederick HS
July 276:00 pm Eastern Shore	Parkside HS
July 297:00 pm Metro Washington Area	Paint Branch HS
July 307:00 pmAllegany/Garrett	Mountain Ridge HS
Aug 37:00 pmOld Line	Westminster HS
Aug 66:00 pm Anne Arundel Co	South River HS
Aug 137:00 pm Mason-Dixon/BBOWS	Franklin HS
Aug 17 6:00 pm Southern Maryland/CASRA	Patuxent HS
Aug 207:00 pmHarford County	Bel Air HS

### Volleyball - Ed Tucholski, Interpreter

July 286:30 pmBeltway Region	Paint Branch HS
July 297:00 pm Allegany-Garrett/Washingtor	CoHancock HS
Aug 66:00 pmAnne Arundel Co/Matrix	South River HS
Aug 106:30 pmBBOWSRoland	Park Country School
Aug 117:00 pmNorthern/Lower Shore	.North Dorchester HS
Aug 127:00 pmNEMOA	Bel Air HS
Aug 17 7:00 pm Tri-County	Patuxent HS
Aug 187:00 pm Central Maryland/Frederick	Century HS

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

# MPSSAA.ORG



Check Out MPSSAA.org for Coach/AD Vacancies, Open Date Exchange and Much More.

Get To Know Us Better at MPSSAA.org