Board of Control Update
The MPSSAA Board of Control held its annual winter meeting on December 8, 2015. The following are highlights from the meeting.

* Approved the 2016 Spring Bulletins, including the use of Olney Manor Park as the new venue for the State Tennis Championships.

* Accepted the 2015 spring and fall financial reports, 2015 fall sports and the 2015-16 winter sports updates.

* Approved Kevin Hook as MPSSAA President and Dana Johnson as MPSSAA President-Elect for 2016-2018. Kevin serves as the Supervisor of Athletics for Calvert County and Dana is Athletic Director at Dunbar HS in Baltimore City.

* Heard about the preliminary plans for the first ever MPSSAA Coaches Conference to be held on 6/18 at Paint Branch HS in Montgomery County.

* Heard a report on plans for the annual Student-Athlete Leadership Conference from committee director Michael Duffy. The site will be Gaithersburg HS in Montgomery County and the date, still to be determined, will be sometime during the first week of August.

Welcome Aboard, Jason!
The Maryland State Board of Education has appointed Mr. Jason Bursick as the new Assistant Director of the Maryland Public Secondary Schools Athletic Association (MPSSAA). Jason becomes the third person to hold the Assistant Director's position and began working in his new job on January 6th.

Mr. Bursick has served as Athletic Director at McDonough HS in Charles County since 2009 and prior to that was school administrator at Lackey HS for four years. His teaching and coaching career began in 1999 at Thomas Stone HS where he taught social studies and coached wrestling until 2005. Jason holds the Certified Athletic Administrator designation from the NIAAA and recently completed a Master's degree program in Sports Management with a concentration in Sports Administration.

Mr. Bursick has served on the MPSSAA State Wrestling Committee as a district representative, has performed the duties of secretary for the Southern Maryland Athletic Conference, and has also been a district rep to the executive council of the Maryland State Athletic Directors' Association. Please join us in welcoming Jason to his new position and wish him well!!

Happy 70th Birthday to MPSSAA!
Seventy years ago on January 26, 1946 representatives from local school systems and the Maryland State Department of Education met at the Enoch Pratt Library in downtown Baltimore to establish the framework for a state high school athletic association to replace the loosely organized "Playground League".

Dr. Thomas Ferguson, the State Supervisor of Physical Education and Recreation at the time, was the driving force behind the formation of "The Health and Physical Education Association of Maryland Schools" which eventually became the Maryland Public Secondary Schools (continued on page 2)
Happy 70th Birthday to MPSSAA!
(continued from page 1) Athletic Association that we know today. William Brish, Assistant Superintendent from Prince George's County, became the inaugural President of the newly formed MPSSAA with Herbert Steiner, Baltimore County's Supervisor of Health and Physical Education as his Vice-President. Seventy years and 45 Association Presidents later, the planning of those pioneering school representatives has stood the test of time. Today's MPSSAA serves over 113,000 student-athletes and administers 24 State Championships across Maryland!

Basketball Tournament Information
The MPSSAA girls basketball state championships are scheduled to be hosted at Towson University’s SECU Arena. The semifinals Thursday, March 10 and Friday, March 11. The state finals will take place on Saturday, March 12.

The MPSSAA boys basketball state championships are scheduled to be hosted at the University of Maryland’s Xfinity Center. The semifinals take place on Thursday, March 10 and Friday, March 11. The state finals will take place on Saturday, March 12.

There will be no draw again this year. All teams in each section will be seeded by winning percentage. Region directors and state committee members will meet on Tuesday, February 23 to seed the tournament. In addition, the last play date for seeding consideration will be Monday, February 22.

Indoor Track Information
The State Indoor Track & Field Committee needs results from all regular season meets in order to verify entries into the region meets. All entries MUST be verifiable performances from the current season. A performance is considered verifiable if it is posted on the results listing on MPSSAA.org by the deadline of 1/27/16. To have results posted, they must be sent via email to Gerard Filosa at mdstatetrackmeet@gmail.com. (continued on page 3)
The MPSSAA indoor track state championships will again be held at the Prince George’s Sports and Learning Complex. The class 1A and 2A schools will compete on Monday, February 15 at 11 a.m. The class 3A and 4A schools compete on Tuesday, February 16 at 4 p.m.

**Swimming and Diving Information**

The MPSSAA swimming and diving state championships will be held at the University of Maryland’s Eppley Recreation Center. The diving championships will be held on Friday, February 19 at 5 p.m. The swimming championships will take place on Saturday, February 20 with the class 4A-3A starting at 10 a.m. and the class 3A-2A-1A at 4 p.m.

**Swimming and Diving Entries**

All coaches should read the instructions on pages 31-32 of the winter bulletin to submit entries for the region meets.

Region Meet Entry Deadlines

A complete schedule including entry deadlines is online and on page 34 of the winter bulletin.

**COMAR Change For Swimming Now In Effect For Current Season**

The Maryland State Board of Education approved the adoption of an amendment to the COMAR regulations concerning swimming at their 12/8/15 meeting. This amendment was published in the Maryland Register on 12/28 and became effective on 1/7/16 for the current season. The amendment permits swim teams to compete in meets on consecutive days and schedule three meets in a week one time during the regular season which now provides flexibility in rescheduling postponed events and attaining a full season of competition not previously available to swim teams.

**Wrestling Information**

The MPSSAA dual meet wrestling state championships will be held at North Point High School on Saturday, February 13th. The class 2A-2A semifinals will take place at 12 p.m., the class 4A-3A semifinals at 2 p.m. and the finals for both classifications starting at 5 p.m.

The MPSSAA wrestling state championships move to a new location this year at The Show Place Arena in Upper Marlboro. Bouts begin at 2:30 on Friday, March 4. The competition will resume on Saturday, March 5 at 9:30 a.m. with the championships finals scheduled to start at 6:30 p.m.

**2016 USTA/MD Coaches’ Workshop!!**

Registration is now open for the 2015 USTA/MD Coaches' Workshop on February 6, 2016! The workshop will be held at the Northeast Regional Recreation Center located at 7501 Oakleigh Road in Parkville, 21234. Go to the MPSSAA website (www.mpssaa.org) for links to registration and other detailed information on this highly worthwhile professional development opportunity.

**REFUEL With Low-Fat Chocolate Milk**

The MPSSAA announced a new partnership with the Mid-Atlantic Dairy Association for the 2015-16 school year which designates low-fat chocolate milk as the exclusive beverage of the MPSSAA. “We are excited to kick off our partnership with the Maryland Public Secondary Schools Athletic Association,” said Mid-Atlantic Dairy Association CEO Patty Purcell. “Studies show that low-fat chocolate milk is a great option for high school athletes. It’s a nutrient-packed fitness drink that can play an important role in their workout recovery routines. We are proud to support high school athletes in Maryland.”

In addition to the Mid-Atlantic Dairy Association’s contribution to the MPSSAA, the partnership will provide opportunities for participants and spectators at various state championship events to receive nutritional information and samples of low-fat chocolate milk to spread the word about this tasty option in aiding the body’s recovery from fitness activities.

**NFHS Network**

Can’t make it to a state final event? Then check out the NFHS Network! State final games will be video-streamed live on the internet for a fee on the NFHS Network. Unlimited free viewing and DVD purchases will be available, under normal circumstances, within days of the original contest on the NFHS Network. To access the NFHS Network, click on the link on the front page of MPSSAA.org.

**Officials Clinics**

Go to MPSSAA.org and click on the Officials’ page for the latest listing of MPSSAA 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!

**State Tournament Brackets, Schedule, and Results**

County Sports Zone (CSZ) continues to be the official hub for school communities to access brackets, schedules, and results for the 2016 MPSSAA Winter Playoffs. Schools are asked to use the contact information below to report scores and schedules throughout their respective tournaments.

**Report Schedule and Results**

Indoor Track, Wrestling State Finals and Swimming and Diving Championships:

CSZ will be on-site to post results in real time.

Email:
BoysBasketball@CountySportsZone.com
GirlsBasketball@CountySportsZone.com
Text: 443-801-3404

IT IS VERY IMPORTANT FOR COACHES TO SAY IF IT’S A BOYS GAME OR A GIRLS GAME

If coaches have been sending CSZ scores during the regular season, continue to use the CSZ score text line — 443-279-4676.
REFUEL | got chocolate milk?

REFUEL like a PRO

LOWFAT CHOCOLATE MILK HAS THE RIGHT MIX OF PROTEIN & CARBS

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<th>LOWFAT CHOCOLATE MILK (8 OZ)</th>
<th>TYPICAL PROTEIN POWDERS</th>
<th>TYPICAL PROTEIN RECOVERY DRINK</th>
<th>TYPICAL CARBOHYDRATE SPORTS DRINK</th>
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<td>Has the &quot;right mix&quot; of carbs &amp; protein to refuel (about a 3:1 ratio)</td>
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<td>Provides 9 essential nutrients athletes need</td>
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<td>Natural source of high-quality protein &amp; key electrolytes like calcium, potassium, &amp; magnesium</td>
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<td>Made with real milk</td>
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<td>Costs less than 50 cents per glass</td>
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<td>Simple ingredients, not designed in a lab</td>
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