

# SCOUT

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Maryland Public Secondary Schools Athletic Association

January 2020

## *MPSSAA News and Notes*

### **Board of Control Update**

The MPSSAA Board of Control held its annual winter meeting on December 12, 2019 at the Turf Valley Inn and Conference Center in Howard County. Here are the highlights from that meeting:

- \* Accepted the 2019 Fall Financial Report along with the 2019 fall sports and the 2019-20 winter sports updates by State Committee Directors in attendance, or their designees.
- \* Approved the 2020 Spring Bulletins and Spring tournament plans presented by State Committee Directors in attendance or their designees.
- \* Baseball has a new 2A Semifinals site at Regency Furniture Stadium in Waldorf.
- \* The Lacrosse State Finals are moving to Loyola University's Ridley Athletic Complex this spring.
- \* Official State softball for play this spring is the Dudley SB12LRFY-FP optic yellow ball with red stitching.
- \* Heard about the plans for the eleventh annual Student-Athlete Leadership Conference being held on June 6th at Howard HS.
- \* Tabled two proposed COMAR rule changes for another year. One proposes that wrestling be able to schedule three contests in a week one time during the season and the other proposal removes the limit on the number of all-star games a senior can participate in.
- \* Elected current President-Elect Michael Duffy, Supervisor of Athletics for Carroll County Public Schools as MPSSAA President for the 2020-2022 school years. Also elected Michael Sye, Coordinator of Athletics for Baltimore County Public Schools as President-Elect for the 2020-2022 school years.

### **Meet Our New Coordinator of Officials, Ken Kazmarek!**

The MPSSAA is pleased to announce the appointment of Ken Kazmarek as our new Coordinator of Officials. Ken brings a wealth of knowledge to the position from his experiences as a high school Athletic Director, Department Chairperson for Physical Education and Health, high school basketball official with the Baltimore Metro Association, and collegiate basketball official with the Collegiate Officials Association.

Mr. Kazmarek served as Athletic Director at Broadneck High School in Anne Arundel County for the past 27 years and simultaneously performed the Health and Physical Education Department Chairperson duties for the past 23 years. During that time, Broadneck received the Anne Arundel County "All Sports Award" four times by the Anne Arundel County Coaches' Association in recognition of being the best athletic program in the county. Under Ken's leadership, the school was also recognized for excellence in Physical Education instruction by twice being selected as a Maryland State Demonstration School by the Maryland Association for Health, Physical Education, Recreation, and Dance (MAH-PERD).

Ken's career as a basketball official began at the high school level in 2003 where he officiated in the private school leagues garnering a number of championship final and semi-final games. His career expanded to the collegiate level in 2005 where he gained the opportunity to officiate NCAA Division 3 games along with Naval Academy Junior Varsity games.

Throughout his school career, Ken has served on numerous Anne Arundel County Public School committees and has also served as President of the Anne Arundel County Coaches' Association from 2002-2004 in addition to his other duties. Please join us in welcoming Ken to our team!

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

Dana Johnson, President  
R. Andrew Warner, Executive Director

## Happy 74th Birthday to MPSSAA!

Seventy-four years ago 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 Athletic 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 Athletic Association that we know today. William Brish, Assistant Superintendant 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-four years and 48 Association Presidents later, the planning of those pioneering school representatives has stood the test of time. Today's MPSSAA serves over 112,000 student-athletes and administers 24 State Championships across Maryland!

## Plans For 75th "Diamond Jubilee" Anniversary Underway

During the 2020-21 school year, the MPSSAA will turn 75 years of age. Planning has begun for a year-long celebration of this significant milestone in our history. Be on the lookout for information that will be forthcoming soon on a contest for a student-designed 75th Anniversary logo to be used to commemorate the event on publications, apparel, and game balls.

## Indoor Track Information

The MPSSAA Indoor Track State Championships will again be held at the Prince George's Sports and Learning Complex in Landover. The Class 1A and 2A schools will compete on Monday, February 17 beginning at 11 a.m. The Class 3A and 4A schools compete on Tuesday, February 18 beginning at 4 p.m.

### Indoor Track Region Meet Entries

All coaches should read the instructions on pages 20-21 of the Winter Bulletin to submit entries through MileSplit for the region meets.

#### Region Meet Entry Deadlines

A complete schedule including entry deadlines is online and on page 27 of the Winter Bulletin.

# 2019 Fall Wrap-Up

## STATE CHAMPIONS FALL 2019

### CROSS COUNTRY

<u>Boys</u>	<u>Girls</u>
1A Williamsport	1A Northern-Garrett
2A Oakdale	2A Liberty
3A River Hill	3A Northern-Calvert (4 <sup>th</sup> consecutive)
4A Severna Park (3 <sup>rd</sup> consecutive)	4A Howard

### FIELD HOCKEY

1A Liberty (2 <sup>nd</sup> consecutive)
2A Marriotts Ridge

### FOOTBALL

1A Catoctin
2A Middletown
3A Westminster
4A Severna Park
3A Damascus
4A Dr. Henry A. Wise, Jr.

### GOLF

2A-1A Team Champ	Oakdale
2A-1A Boys Champ	Gavin Ganter, LaPlata
2A-1A Girls Champ	Paula Moon, Patterson Mill
4A-3A Team Champ	Winston Churchill
4A-3A Boys Champ	Jake Griffin, Walter Johnson
4A-3A Girls Champ	Bailey Davis, North Point (3 <sup>rd</sup> consecutive)

### SOCCER

<u>Boys</u>	<u>Girls</u>
1A Mountain Ridge	1A Patterson Mill
2A Century	2A Calvert
3A Wilde Lake	3A Northern-Calvert (2 <sup>nd</sup> consecutive)
4A Walt Whitman (2 <sup>nd</sup> consecutive)	4A Perry Hall (2 <sup>nd</sup> consecutive)

### VOLLEYBALL

1A Smithsburg
2A Century
3A Col. Zadok Magruder
4A Arundel

## FALL SPORTSMANSHIP AWARD WINNERS

<u>Cross Country</u>	<u>Field Hockey</u>	<u>Football</u>	<u>Soccer</u>	<u>Volleyball</u>
Brunswick-1A	River Hill	Northwest	Boys: Mountain Ridge	Arundel
Kent Island-2A			Girls: Severna Park	
N. Hagerstown-3A				
Gaithersburg-4A				

# MPSSAA News and Notes

## 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 21 at 5 p.m. The Swimming Championships will take place on Saturday, February 22 with the Class 4A-3A starting at 9:30 a.m. and the Class 3A-2A-1A at 4 p.m.

### Swimming and Diving Entries

All coaches should read the instructions on pages 33-34 of the Winter Bulletin to submit entries for the region meets.

#### Region Meet Entry Deadlines

A complete schedule including entry deadlines is on page 36 of the Winter Bulletin.

## Wrestling Information

The MPSSAA Dual Meet Wrestling State Championships will be held at North Point High School on Saturday, February 15th and will crown a state champ in each of the four classifications. The Class 2A and 1A Semifinals will take place at 12 p.m. on 4 mats, while the Class 4A and 3A Semifinals will take place at 2 p.m. The Finals for Class 2A and 1A will start at 4 p.m. on two mats followed by the Class 4A and 3A Finals at 6:30 p.m.

The MPSSAA Individual Wrestling State Championships return to The Show Place Arena in Upper Marlboro. Bouts begin at 4:30 p.m. on Thursday, March 5 with our first-ever Girls Division competition. The tournament continues on Friday, March 6 with 4A/3A and 2A/1A Division competition beginning at 2:30 p.m. Bouts for all three divisions will take place on Saturday, March 7 starting at 9:30 a.m. with the Championship Finals slated to take place at 6:30 p.m.

## First Girls Wrestling State Tourney

History will be made at this winter's State Wrestling Tournament! Our State Girls Wrestling Invitational Tournament which took place the past two years has evolved into this year's first-ever Girls Division in the State Wrestling Tournament. At this point in time, we are thrilled to announce that we have almost 200 females that will be doing their best to qualify for the States at their respective region tournaments on February 28/29.

## Sanctioning Reminders

We would like to re-emphasize that host schools for multi-team events need to file the appropriate sanction request form from the MPSSAA.org website with the MPSSAA Executive Director PRIOR to the first play date of that particular season (fall, winter, or spring) and at least 15 days prior to the event for events within the first two weeks of the season.

Each request must include an official listing of participating schools before it can be processed for approval and posting on the MPSSAA.org website. Please note that multi-team events involving only MPSSAA member schools or approved non-member Maryland schools that have signed the "Standards of Competition" do not need to be sanctioned!

## Basketball Tournament Information

The MPSSAA Girls Basketball State Championships are scheduled to be hosted at Towson University's SECU Arena. Semifinals take place on Thursday, March 12 and Friday, March 13. The State Finals will take place on Saturday, March 14.

The MPSSAA Boys Basketball State Championships are scheduled to be hosted at the University of Maryland's Xfinity Center. Semifinals take place on Thursday, March 12 and Friday, March 13. The State Finals will take place on Saturday, March 14.

New this year, the eight region champions from each classification will advance to a State Quarterfinal round where they will be reseeded 1 through 8 based on the regular season winning percentage used for seeding. State Quarterfinal winners of the 1v8 game will play the winners of the 4v5 game in one of the State Semifinals while the winners of the 2v7 game will play the winners of the 3v6 game in the other State Semifinal matchup for each of the four classifications.

## New Five-Year Strategic Plan "Under Construction"

MPSSAA is in the first stages of constructing a new five-year strategic plan for the Association and its member schools and we need YOUR input! Keep an eye out for a survey tool that will be published sometime this Spring that will assist us in developing that plan. The goal is to take this input from all stakeholders and shape this information into a document that will set the future course of MPSSAA that would get approved by Executive Council and the Board of Control in either December, 2020 or April, 2021.

## 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 2020 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 posting results in real time.

#### BOYS BASKETBALL:

Contact Alex Peters

Alex.Peters@schoolduels.com

732-616-0998

#### GIRLS BASKETBALL:

Contact Ranye McLendon

Ranye.McLendon@schoolduels.com

443-913-0679

**PLEASE STATE IF IT'S A BOYS GAME OR A GIRLS GAME!!**

You may also contact Jake Shipley at 443-564-5686 or Jake.Shipley@schoolduels.com.



# 2020 BEST OVERALL DIET REVIEW: TOP PICKS FOR ATHLETES

By: Leslie Bonci, MPH, RD, CSSD, LDN

*January is the month when many resolutions revolve around losing weight and getting healthy. It's also the time when U.S. News and World Report publishes their annual rating of the best and worst diets. Many consumers turn to this list for guidance, but are the meal plans appropriate for athletes? I took a look and want to share my thoughts on the best eating plans and why they may be beneficial.*

*First, let's talk about the word diet. Although the ranking refers to the list as best diets, they should be referred to as eating plans as they are not meant to restrict eating. The top-rated plans were found to be relatively easy to follow, nutritious, safe, effective for weight loss and protective against heart disease and diabetes. And, while they were not rated on their ability to fuel sports performance, many of the eating patterns work well for athletes.*

*Second, it's important to remember that eating to alter body composition should be done at the right time to prevent any deleterious impact on strength, speed and stamina. Athletes should start well in advance of their upcoming season or at the beginning of their off-season. That way, when goals switch from altering body composition to fueling sports performance, they are ready to go.*

*Here are my thoughts on the best eating plans for athletes and why they may be beneficial.*

## MEDITERRANEAN DIET

This plan is based on an abundance of fruits and vegetables, small amounts of meat and poultry, moderate amounts of fish, and generous amounts of beans. Full-fat yogurt and cheese are the predominant dairy foods. Pasta, rice, potatoes, farro, and breads make up the majority of the carbs, while olives, olive oil, nuts, and seeds are the recommended fat sources. This

eating plan is not only heart healthy – it also includes anti-inflammatory foods, so athletes don't have to train in pain.



## DASH DIET

DASH stands for Dietary Approaches to Stop Hypertension. Although healthy blood pressure may not be a concern now, maintaining a healthy cardiovascular system is important for all athletes. Coaching is stressful as well, so all the more reason to choose an eating plan that is protective. The DASH diet emphasizes lots of fruits and veggies, three servings of low or non-fat dairy daily, whole grains, lean meats, poultry, fish, nuts, and beans. The produce provides carb, fiber, vitamins, plant nutrients, and fluid, and the dairy foods provide protein and minerals that are important for bone health.



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## FLEXITARIAN DIET

This is a mostly plant-based diet but, as the name implies, it suggests flexibility for those who want to include meat and other animal foods like eggs and dairy. The base of the diet is plants: fruits, veggies, beans, peas and whole grains. Those provide the energy for sport. The Flexitarian diet suggests getting the majority of protein from plants, which can be done with beans, peas, nuts, seeds, tofu, veggie burgers and other soy-based products. Fat will come from nuts, nut butters, seeds, seed butters, oil and avocado.

## VOLUMETRICS

This diet is great for athletes in weight class sports, as well as those looking to lose weight without feeling hungry. The concept of volumetrics is to increase the fluid content in the foods consumed to feel fuller. This also supports the increased hydration needs many athletes face. Examples of foods included in this plan are smoothies, soups, stews, chili, salads, bean dishes, stir-fries, oatmeal. Feeling fuller helps to stave off hunger and makes less food look like more. The pairing of protein with carbohydrates that athletes need can come from a Greek yogurt dip along with veggies, or a shrimp-veggie stir fry over whole grain rice. Extra lean beef chili with beans over a baked potato also provides the fill factor, as well as the fuel for sport.

## VEGETARIAN DIET

Athletes looking to follow a vegetarian diet have lots of options. The key is remembering that it's not just what you exclude from the plate but what you include. Vegetarians can be lacto-vegetarian, lacto-ovo vegetarian, and pesco-vegetarian. Here is what each of those eating plans looks like.

**Lacto-vegetarian** - includes eating a variety of fruits, veggies, pasta, rice, bread, cereal, potatoes, beans, nuts, seeds. And, while meat, poultry, eggs, and fish are excluded, athletes can meet their protein needs by incorporating dairy foods—like milk, yogurt, cheese—into their meals.

**Lacto-ovo vegetarian** - similar to the lacto-vegetarian mentioned above, but athletes that choose this plan can also incorporate eggs into their diet.

**Pesco-vegetarian** - eating plan includes the same fruits, veggies, pasta, rice, bread, cereal, potatoes, beans, nuts, seeds, eggs, and dairy foods as the above two plans, but also allows fish and shellfish.

A plant based diet can be appropriate for an athlete, but it has to be well planned to ensure adequate intake of calories, macro and micronutrients.

## BOTTOM LINE

At the end of the day, eating is not one size fits all. Any one of these diets can help you improve body composition while supporting your health. It's important to choose an eating plan that is sustainable, affordable, do-able and palatable. Bodies need to be fueled to perform well. That means choosing an eating pattern that provides enough calories to optimize strength, speed and stamina and enough macronutrients to attain and maintain one's goals – and doing so with foods that you like, can prepare and will eat.



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