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!!

Meet Our Intern, KeIlianne Venit

The MPSSAA is pleased to introduce our very first summer intern, KeIlianne Venit from Laurel and the University of South Carolina! KeIlianne 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, lifeguarding, 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 KeIlianne’s helpfulness, bubbly personality, and energy that she has brought to our office. Please say hi to her if you get the chance!

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

Championship Game

No. 3 North

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.


* 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 Komornik 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!!
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 -

<table>
<thead>
<tr>
<th>SCHOOL YEAR</th>
<th>#1 SEED vs. #4 SEED</th>
<th>#2 SEED vs. #3 SEED</th>
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<tr>
<td>2013-14</td>
<td>South .....North</td>
<td>West ........East</td>
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<td>2014-15</td>
<td>North .....East</td>
<td>South ........West</td>
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<td>2015-16</td>
<td>East .....West</td>
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<tr>
<td>2036-37</td>
<td>East .....South</td>
<td>North .....West</td>
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</table>
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

- 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
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.
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 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 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 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.
### 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

#### BASKETBALL
- Nov 3: Sectional Quarterfinals
- Nov 9: Regional Finals
- Nov 11/12: State Semifinals
- Nov 17/18: State Finals

#### 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 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 Finals
- 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

#### 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
- Nov 1: Sectional Semifinals
- Nov 4: Sectional Finals
- Nov 8: Region Finals
- Nov 11/12: State Semifinals
- Nov 17/18/19: State Finals

#### SOCCER
- Oct 24: Seeding Meeting
- Oct 27: Last play date
- 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 7: Sectional Semifinals
- Nov 9: Sectional Finals
- Nov 11/12: Region Finals
- Nov 14-17: State Semifinals
- Nov 19: State Finals

#### 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 tour: 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 9: Last play date
- May 10: Sectional Quarterfinals
- May 12: Sectional Semifinals
- May 15: Sectional Finals
- May 17: Regional Finals
- May 19/20: State Semifinals
- May 23-24: State Finals

#### TENNIS
- May 9: Seeding Meeting
- May 10: Last play date
- May 11: Sectional Quarterfinals
- May 12: Sectional Semifinals
- May 15: Sectional Finals
- May 17: Regional Finals
- May 19: State Semifinals
- May 23: State Finals
- May 26/27: State Finals

#### SOFTBALL
- May 9: Seeding Meeting
- May 10: Last play date
- May 11: Sectional Quarterfinals
- May 12: Sectional Semifinals
- May 15: Sectional Finals
- May 17: Regional Finals
- May 19: State Semifinals
- May 23: State Finals
- May 26/27: State Finals

#### LACROSSE
- May 9: Seeding Meeting
- May 10: Last play date
- May 11: Sectional Quarterfinals
- May 12: Sectional Semifinals
- May 15: Sectional Finals
- May 17: Regional Finals
- May 19: State Semifinals
- May 23: State Finals
- May 26/27: State Finals

#### SOFTBALL
- May 9: Seeding Meeting
- May 10: Last play date
- May 11: Sectional Quarterfinals
- May 12: Sectional Semifinals
- May 15: Sectional Finals
- May 17: Regional Finals
- May 19: State Semifinals
- May 23: State Finals
- May 26/27: State Finals

#### TRACK & FIELD
- 7 days prior to Region Meet: Entry 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

### INDOOR TRACK
- 3 Days prior to region meet: Entry Deadline
- Feb 3-25: State Meets
- Feb 18: Seeding of State Meets
- Feb 20-21: State Meets
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Equipment Restrictions FB - Helmets Only</td>
<td>Equipment Restrictions FB - Helmets and Shoulder Pads</td>
<td>Equipment Restrictions FB - Helmets and Shoulder Pads</td>
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</tr>
<tr>
<td>Sunday Practice is prohibited per MPSSAA Regulations</td>
<td>Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Helmet, Chest Protector and Kickers Only (No leg guards)</td>
<td>No Equipment Restrictions</td>
<td>First Allowable Double Practice and Full Contact Practice</td>
<td>Double practice days must be followed by a single practice day</td>
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**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: 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 4 ....................MPSSAA Student-Athlete Leadership Conference—Gaithersburg High School .................8:00 a.m.
Aug 10 ....................First Day of Fall Practice
Aug 10 ....................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
Aug 4 ....6:00 pm..Anne Arundel ........................................South River HS
Aug 9 ....7:00 pm..BBOWS .........................................Hereford HS
Aug 10 ..7:00 pm..Northern Eastern Shore .Sts. Peter & Paul School
Aug 11 ..6:00 pm..Lower Eastern Shore ..........The Salisbury School
Aug 15 ..7:00 pm..Montgomery County .........................Sherwood HS
Aug 16 ..7:00 pm..Frederick ........................................Walkersville 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..Bayside ........................................Richard Hazel Youth Club
Aug 1 ....7:00 pm..Frederick ...........................................Frederick HS
Aug 2 ....7:00 pm..Potomac Valley .................................Fort Hill HS
Aug 3 ....7:00 pm..Washington Co .................................Williamsport HS
Aug 4 ....6:00 pm..Anne Arundel Co. ............................South River HS
Aug 10 ..7:00 pm..Northeastern/Delaware ..................Bel Air HS
Aug 14 ..2:00 pm..Washington District ............Bishop McNamara HS
Aug 16 ..7:00 pm..COG ........................................Chesapeake Arts Center
Aug 15 ..7:00 pm..Maryland Board ...............................Loch Raven HS

Soccer - Ross Burbage, Interpreter
July 20 ..7:00 pm..WMSOA/Appalachian .........................Myersville ES
July 25 ..6:00 pm..Eastern Shore .................................Parkside HS
July 27 ..7:00 pm..Metro Washington Area .........................Magruder HS
July 28 ..7:00 pm..Allegheny/Garrett ........................Mountain Ridge HS
Aug 1 ....7:00 pm..Old Line ...........................................Winters Mill HS
Aug 4 ....6:00 pm..Anne Arundel Co./CASRA  .................South River HS
Aug 9 ....7:00 pm..Mason-Dixon/BBOWS ..................Franklin HS
Aug 15 ..6:00 pm..Southern Maryland .........................Patuxent HS
Aug 18 ..7:00 pm..Harford County ...............................Bel Air HS

Volleyball - Ed Tucholski, Interpreter
July 26 ..6:00 pm..Beltway Region .........................Paint Branch HS
July 27 ..6:00 pm..Beltway Region .........................Bishop McNamara HS
Aug 1 ....7:00 pm..Allegheny-Garrett/Wash. Co ......Bishop Walsh HS
Aug 2 ....7:00 pm..Northern Shore/Lower Shore .No. Dorchester HS
Aug 4 ....6:00 pm..Anne Arundel Co/Matrix ..............South River HS
Aug 10 ..7:00 pm..NEMOA ........................................McFaul Activity Center
Aug 15 ..7:00 pm..Tri-County .................................Patuxent HS
Aug 16 ..7:00 pm..BBOWS ............................................ hereford HS
Aug 18 ..7:00 pm..Central Maryland/Frederick ..............Century HS

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

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

Get To Know Us Better at MPSSAA.org
REFUEL like a PRO

LOWFAT CHOCOLATE MILK HAS THE RIGHT MIX OF PROTEIN & CARBS

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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