MPSSAA Holds 10th Annual Scholar-Athlete Luncheon

The fourteen recipients of the 2017 Minds In Motion Scholar-Athlete Scholarships, along with their parents, school representatives, and district level athletic administrators took part in a luncheon held in their honor on June 1st in the Ravens Locker Room at M&T Bank Stadium. These scholarships are made possible by the Allstate Foundation who also had several representatives in attendance. Thank you Allstate Foundation!

This year's guest speaker was Dr. Karen A. Stout, President and CEO of Achieving the Dream, Inc. and President Emerita of Montgomery County (PA) Community College. Dr. Stout is also a graduate of Bel Air HS and has the distinction of being the first ever "Female Athlete of The Year" by the then Baltimore Evening Sunpaper. She spoke to the audience about focusing on four P's which all lead to possibilities in life's future - people, passion, practice, and presence. Dr. Stout drew comparisons from her own life in sports and from her career path to show how sports participation positively influenced her life.

This is the tenth year for this highly competitive scholarship program which awards $1,000 toward post-secondary education to each of this year's winners:

Veronica Chen, Carver Center
Brett Culhane, Henry E. Lackey
Conner Houtman, Parkside
Vicente Iglesias, Towson
Peter Kannam, City College
Courtney Klapka, North Harford
Lauren Murphy, Mount Hebron

Morgan Rush, Northern-Garrett
Omolola Sanusi, Seneca Valley
Paul Seibert, Clear Spring
Nehemiah Stewart, Huntingtown
Jamie Sullivan, Bowie
Haley Tiller, Reservoir
Katie Zehner, Bethesda-CC

2017-18 Seeds Announced

The MPSSAA semifinal pairings for the 2017-18 state tournaments are determined based on a 24-year rotation. The pairings below are year five of the complete rotation which can be found at MPSSAA.org and on the next page.

No. 1 North
No. 2 South

No. 3 East
Championship Game

Ocean City Meetings Update

The Executive Council and Board of Control both voted and approved of proposed changes made by the State Tournament Committees for Basketball, Wrestling, Golf, and Lacrosse among the usual order of business in Ocean City on Thursday, 4/27 and Friday, 4/28 in conjunction with the MSADA State Athletic Directors' Conference in Ocean City. Additional meeting details are available in the meeting minutes which are posted online at MPSSAA.org. The following are some highlights from those meetings:

* Patrick Parks, Division Vice President for DAVCO (Wendy's) gave an update on Wendy's opportunities for students and his appreciation for the opportunity to partner with MPSSAA.
* State Basketball Committees received approval to add a 35-point "Mercy Rule" for both boys and girls.
* State Basketball Committees received approval to add a 35-second shot clock for boys.
* The State Wrestling Committee received approval for their proposal to expand the Dual Meet State Tournament to four full classifications while removing the awarding of team titles at the State Individual Wrestling Tournament.
* In golf next fall, the top five individual males and top five individual females in each of the two classifications will be recognized and presented with a medal rather than just the overall top ten of each gender.
* The Executive Council and Board of Control also approved of the expansion of Boys and Girls Lacrosse to a four classification tournament beginning with the Spring 2018 season.
* Upon the recommendation of the Medical Advisory Committee, Executive Council and Board of Control unanimously approved the requirement for coaches to be recertified every five years in the Care and Prevention of Athletic Injuries utilizing an online course approved by the local school system beginning July 1, 2017.
* Upon the recommendation of the Finance Committee, Executive Council and Board of Control unanimously approved an increase to the transportation reimbursement rate for individual sports in order to make it more equitable for those school systems with a greater travel distance. The initial 0-50 mile rate in increased by $10 and increased $25 for every additional 50 miles traveled by the school.

MPSSAA News and Notes

Kevin Hook, President
R. Andrew Warner, Executive Director
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 en-
sure 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.

<table>
<thead>
<tr>
<th>SCHOOL YEAR</th>
<th>#1 SEED vs. #4 SEED</th>
<th>#2 SEED vs. #3 SEED</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-14</td>
<td>South ... North</td>
<td>West ... East</td>
</tr>
<tr>
<td>2014-15</td>
<td>North ... East</td>
<td>South ... West</td>
</tr>
<tr>
<td>2015-16</td>
<td>East ... West</td>
<td>North ... South</td>
</tr>
<tr>
<td>2016-17</td>
<td>West ... South</td>
<td>East ... North</td>
</tr>
<tr>
<td>2017-18</td>
<td>North ... West</td>
<td>South ... East</td>
</tr>
<tr>
<td>2018-19</td>
<td>South ... North</td>
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<tr>
<td>2019-20</td>
<td>East ... South</td>
<td>West ... North</td>
</tr>
<tr>
<td>2020-21</td>
<td>West ... East</td>
<td>North ... South</td>
</tr>
<tr>
<td>2021-22</td>
<td>East ... North</td>
<td>South ... West</td>
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<tr>
<td>2022-23</td>
<td>South ... East</td>
<td>West ... North</td>
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<tr>
<td>2023-24</td>
<td>West ... South</td>
<td>North ... East</td>
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<tr>
<td>2024-25</td>
<td>North ... West</td>
<td>East ... South</td>
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<tr>
<td>2025-26</td>
<td>West ... East</td>
<td>South ... North</td>
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<tr>
<td>2026-27</td>
<td>South ... West</td>
<td>North ... East</td>
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<tr>
<td>2027-28</td>
<td>North ... South</td>
<td>East ... West</td>
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<tr>
<td>2028-29</td>
<td>East ... North</td>
<td>West ... South</td>
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<tr>
<td>2029-30</td>
<td>South ... East</td>
<td>North ... West</td>
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<tr>
<td>2030-31</td>
<td>East ... West</td>
<td>South ... North</td>
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<tr>
<td>2031-32</td>
<td>West ... North</td>
<td>East ... South</td>
</tr>
<tr>
<td>2032-33</td>
<td>North ... South</td>
<td>West ... East</td>
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<tr>
<td>2033-34</td>
<td>South ... West</td>
<td>East ... North</td>
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<tr>
<td>2034-35</td>
<td>West ... North</td>
<td>South ... East</td>
</tr>
<tr>
<td>2035-36</td>
<td>North ... East</td>
<td>West ... South</td>
</tr>
<tr>
<td>2036-37</td>
<td>East ... South</td>
<td>North ... West</td>
</tr>
</tbody>
</table>
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 A1010BPROSSST

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

Lacrosse
Sponsor: Warrior
Official Ball: Boys (White) NLBN120WH
Girls (Yellow) NLBN120Y

Tennis
Sponsor: Wilson
Official Ball: Wilson T1001

- STATE CHAMPIONS -

BASEBALL
1A St. Michael’s
2A Middletown
3A Poolesville
4A Northwest

SOFTBALL
1A Bohemia Manor
2A North Caroline
3A C. Milton Wright
4A Northwest

TRACK & FIELD
Boys
1A Boonsboro
2A Century
3A Oxon Hill
4A Northwest

Girls
1A Boonsboro (2nd consecutive)
2A Henry E. Lackey (2nd consecutive)
3A Frederick (2nd consecutive)
4A Charles H. Flowers (2nd consecutive)

LACROSSE
Boys
2A-1A Southern-AA
3A-2A Northern-Cal
4A-3A Severna Park

Girls
2A-1A Century
3A-2A Glenelg (2nd consecutive)
4A-3A Bel Air (2nd consecutive)

TENNIS
Boys Singles - Joseph Brailovsky, Wootton (2nd consecutive)
Boys Doubles - William Karpinski & Michael Chen, Winston Churchill
Girls Singles - Ayana Akli, Wheaton
Girls Doubles - Abby Thornton & Veronica Cueller, Marriotts Ridge
Mixed Doubles - Anna Radeviciute & Ethan Kowalski, Walter Johnson (2nd consecutive for Kowalski)

- SPORTSMANSHIP AWARD WINNERS -

BASEBALL
Fallston

SOFTBALL
Pikesville

BOYS LACROSSE
Liberty

GIRLS LACROSSE
Sherwood
8th Annual Student-Athlete Leadership Conference Energizes And Enlightens Attendees!

The 8th annual Student-Athlete Leadership Conference, sponsored by the Allstate Foundation, was hosted by Howard HS on Saturday, 6/10 and all who attended left energized and enlightened! Comedienne Kathy Buckley kicked off both the morning and afternoon sessions sharing her extraordinary life’s story to deliver the message that anything can be achieved when the heart and mind work together.

Student-athletes moved on to participate in a variety of workshops addressing group dynamics, hazing, social media, and a captain's course. A delicious lunch provided by Wendy's (DAVCo) concluded an active morning and refueled the troops for the afternoon activities. Following Kathy Buckley's talk after lunch, students participated in team building activities and the Allstate Community School Supply drive. This community service project results in the bundling of various school supplies together for nine Title I elementary schools, one in each of the nine MPSSAA districts.

Many thanks to the Student Leadership Committee, led by Michael Duffy, for their insight, organization, and energy in the planning and execution of this event. Our thanks also goes out to Howard HS and their staff for extending their hospitality to us in hosting the event at their school. In addition to the committee members, we owe a debt of gratitude to all of those coaches, athletic directors, and district level athletic administrators for their expertise in leading and/or assisting with sessions throughout the day. The attendees couldn't ask for a better group of individuals to help mold their leadership skills. Enjoy your summer and we look forward to seeing the results of the leadership "seeds" that were planted at this conference in the coming school year!

2nd Annual Coaches’ Conference Gets High Marks!

The 2nd annual Coaches’ Conference was held Saturday, April 22, 2017 at North Point High School for fall and winter coaches. By all measures, it received high marks from the attendees and was deemed another resounding success, thanks to the hard work and effort of the Conference Committee led by Earl Hawkins.

Jim Harshaw, Associate Director of the Virginia Athletics Foundation, kick-started the day talking to the coaches about using failure as a path to success. Morning workshop session topics that were covered included sportsmanship (Brad Criss, Thomas Stone AD), a HUDL video software tutorial (Matt Miler and Troy Edmison), NCAA Initial Eligibility requirements Chandra Bierwirth GW University Associate AD and Dom Zaccarelli, Westlake AD), and strength training and conditioning (George-town University strength and conditioning coaches). The morning concluded with a general session for all as Ron Belinko covered the legal duties of coaches from a risk management perspective.

Following a delicious lunch, coaches attended sport specific sessions which included Cross Country/Indoor Track (Mark Pryor, CCBC-Catonsville), Field Hockey (Jessica Seay, St Mary's College), Football (Shepherd University staff), Volleyball (Michael Bossom, Goucher College/Centennial HS), Basketball (Tom Dickman, Director of Athletics, Hood College), Wrestling (Kerry McKoy, University of Maryland), and Soccer (Greg Andruulis, George Mason University).

Our thanks go out to not only the extensive time and effort put forth by the Conference Committee, but to North Point High School and their staff, led by Athletic Director Andy Shattuck. It makes it a pleasure to work with such high quality professionals!
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td><strong>Heat Acclimatization Day 1</strong></td>
<td><strong>Single Practice Day</strong></td>
<td>Equipment Restrictions</td>
<td><strong>FB - Helmets Only</strong></td>
<td><strong>FH - Goalie Helmet and Kickers Only</strong></td>
<td>(No leg guards)</td>
<td><strong>Heat Acclimatization Day 2</strong></td>
</tr>
<tr>
<td><strong>Heat Acclimatization Day 3</strong></td>
<td><strong>Single Practice Day</strong></td>
<td>Equipment Restrictions</td>
<td><strong>FB - Helmets Only</strong></td>
<td><strong>FH - Goalie Helmet and Kickers Only</strong></td>
<td>(No leg guards)</td>
<td><strong>Heat Acclimatization Day 4</strong></td>
</tr>
<tr>
<td><strong>Hea</strong></td>
<td><strong>t Acclimatization Day 5</strong></td>
<td><strong>Single Practice Day</strong></td>
<td>Equipment Restrictions</td>
<td><strong>FB - Helmets Only</strong></td>
<td><strong>FH - Goalie Helmet and Kickers Only</strong></td>
<td>(No leg guards)</td>
</tr>
<tr>
<td><strong>Heat Acclimatization Day 7</strong></td>
<td><strong>Single/Double Practice Day</strong></td>
<td>(Double practice days must be followed by a single practice day)</td>
<td><strong>Heat Acclimatization Day 8</strong></td>
<td><strong>Single/Double Practice Day</strong></td>
<td>(Double practice days must be followed by a single practice day)</td>
<td><strong>Heat Acclimatization Day 9</strong></td>
</tr>
<tr>
<td><strong>Heat Acclimatization Day 11</strong></td>
<td><strong>Single/Double Practice Day</strong></td>
<td>(Double practice days must be followed by a single practice day)</td>
<td><strong>Heat Acclimatization Day 12</strong></td>
<td><strong>Single/Double Practice Day</strong></td>
<td>(Double practice days must be followed by a single practice day)</td>
<td><strong>Heat Acclimatization Day 13</strong></td>
</tr>
<tr>
<td><strong>Rest Day</strong></td>
<td><strong>Sunday Practice is prohibited per MPSSAA Regulations</strong></td>
<td><strong>Rest Day</strong></td>
<td><strong>Sunday Practice is prohibited per MPSSAA Regulations</strong></td>
<td><strong>Rest Day</strong></td>
<td><strong>Sunday Practice is prohibited per MPSSAA Regulations</strong></td>
<td><strong>Rest Day</strong></td>
</tr>
</tbody>
</table>

**Note:** The above suggested calendar is based on 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 MPSSAA.org). The suggested guidelines for local consideration are intended to provide direction to school teams for the acclimatization of student-athletes during the 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 9, 2017
First Play Date of Fall Season: Friday September 1, 2017
First Day of Winter Practice: Wednesday November 15, 2017
First Play Date of Winter Season: Tuesday December 5, 2017
First Day of Spring Practice: Thursday March 1, 2018
First Play Date of Spring Season: Wednesday March 21, 2018

August 2017

Aug 9 .................First Day of Fall Practice
Aug 9 .................First Play Date for Golf

MPSSAA Fall 2017 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 7 ....7:00 pm ..Northern Eastern Shore ......................Easton HS
Aug 8 ....6:10 pm ..Anne Arundel Coaches ......................South River HS
Aug 8 ....7:00 pm ..Anne Arundel County ......................South River HS
Aug 14 ..TBA..........Southern Maryland..............................TBA
Aug 15 ....7:00 pm ..Montgomery County ......................Sherwood HS
Aug 16 ....6:00 pm ..Lower Eastern Shore ..............The Salisbury School
Aug 17 ....7:00 pm ..BBOWS ........................................Hereford HS
Aug 21 ....7:00 pm ..Howard/Carroll (CMOA) ......................Liberty HS
Aug 22 ....7:00 pm ..Frederick County .........................Walkersville

Football - Bill Witte, Interpreter
July 25 ..7:00 pm ..Bayside ......................................Salisbury American Legion
July 27 ....7:00 pm ..Northeastern/Delaware ...............Bel Air HS
July 31 ....7:00 pm ..Frederick .....................................Frederick HS
Aug 1 ....7:00 pm ..Potomac Valley ..............................Fort Hill HS
Aug 2 ....7:00 pm ..Washington County ....................South Hagerstown HS
Aug 7 ....3:30 pm ..Washington District (WDOA) ..........Mont. Blair HS
Aug 8 ....6:10 pm ..Anne Arundel Coaches ......................South River HS
Aug 8 ....7:00 pm ..Anne Arundel County ......................South River HS
Aug 14 ....7:00 pm ..Maryland Board .........................Loch Raven HS
Aug 15 ....7:00 pm ..COG .....................................Chesapeake Arts Center

Soccer - Ross Burbage, Interpreter
July 19 ....7:00 pm ..Appalachian (WMSOA) ..............Myersville ES
July 24 ....6:00 pm ..Eastern Shore .................................Parkside HS
July 26 ....7:00 pm ..Metro Washington Area .................Paint Branch HS
July 27 ....7:00 pm ..Allegany/Garrett .........................Mountain Ridge HS
July 31 ....7:00 pm ..Old Line .........................................Winters Mill HS
Aug 7 ....7:00 pm ..Mason-Dixon/BBOWS ....................Towson HS
Aug 8 ....6:10 pm ..Anne Arundel Coaches ......................South River HS
Aug 8 ....7:00 pm ..Anne Arundel (CASRA) .................South River HS
Aug 14 ....6:00 pm ..Southern Maryland ......................Thomas Stone HS
Aug 17 ....7:00 pm ..Harford County (HARSOA) ...............Bel Air HS

Volleyball - Ed Tucholski, Interpreter
July 31 ....7:00 pm ..Beltway Region .........................Paint Branch HS
Aug 1 ....7:00 pm ..Northern Shore/Lower Shore ........No. Dorchester HS
Aug 8 ....6:10 pm ..Anne Arundel Coaches ......................South River HS
Aug 8 ....7:00 pm ..Anne Arundel County (Matrix) ........South River HS
Aug 9 ....7:00 pm ..Allegany-Garrett/Washington Co .....Hancock HS
Aug 10 ....7:00 pm ..Central Maryland/Frederick ..............Century HS
Aug 14 ....7:00 pm ..NEMOA/DVOA ............................Bel Air HS
Aug 15 ....7:00 pm ..BBOWS ........................................Hereford HS
Aug 17 ....7:00 pm ..Tri-County .................................Northern-Calvert 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