

SCOUT

Vol. 34, No. 4

Maryland Public Secondary Schools Athletic Association

June, 2018

MPSSAA News and Notes

MPSSAA Holds 11th Annual Scholar-Athlete Luncheon

The fourteen winners of the 2018 Minds In Motion Scholarship sponsored by the Allstate Foundation were honored on Thursday, May 31st at a luncheon in the Baltimore Ravens' locker room at M&T Bank Stadium. Parents and select guests from the school and school system of each winner joined in the celebration which was highlighted by this year's guest speaker Josh Carroll, the Maryland State Teacher of the Year. Also providing pearls of wisdom for this year's class of recipients was 2017 scholarship recipient Katie Zehner from Bethesda-Chevy Chase HS and Yale University. The 2018 scholarship winners are:

Jeremy Carter, Linganore HS
Christian Ciattei, Perry Hall HS
Erin Heritage, Meade HS
Ryan Holland, Montgomery Blair HS
Kelliann Lee, Poolesville HS
Ian McGrory, Queen Anne's HS
Michael Meade, North Point HS
Celia Parts, Towson HS
Amina Ra'uf, Bowie HS
Stephen Sabo, James M. Bennett HS
Sierra Smith, Aberdeen HS
Julianna Stevens, Fallston HS
Anna Stevenson, Great Mills HS
Diego Thompson, Baltimore City College

The MPSSAA is indebted to The Allstate Foundation who has sponsored this program since its inception in 2008 and recognizes those who have excelled on the playing field and in the classroom. Applicants must be seniors with a minimum 3.25 unweighted overall GPA and have participated in interscholastic athletic activities sponsored by MPSSAA during their high school careers.

###

About The Allstate Foundation - Established in 1952, The Allstate Foundation is an independent, charitable organization made possible by subsidiaries of The Allstate Corporation (NYSE: ALL). Through partnerships with nonprofit organizations across the country, The Allstate Foundation brings the relationships, reputation and resources of Allstate to support innovative and lasting solutions that enhance people's well-being and prosperity. With a focus on building financial independence for domestic violence survivors, empowering youth, and celebrating the charitable community involvement of Allstate agency owners and employees, The Allstate Foundation works to bring out the good in people's lives. For more information, visit www.AllstateFoundation.org.

Coordinator of Officials Donnee Gray Announces His Retirement!

Donnee Gray, MPSSAA Coordinator of Officials for the past six years has announced his intention to retire effective June 30th. Mr. Gray was the third individual to hold this position in the history of the MPSSAA.

During his tenure, Donnee is credited with implementing and expanding many important functions to elevate interscholastic officiating. Among those services and innovations that Mr. Gray can be credited for are: expanding observations at state championships to additional sports and earlier rounds, overseeing the increase from five to six-man crews during the state football tournament, expansion of tools used by rules interpreters to educate and provide professional growth opportunities to officials and officials' boards, and assisting in the development of new officials' boards in both swimming and track and field. *(continued on page 4)*

Best Wishes For A Healthy And Happy Retirement!

The MPSSAA wishes to thank the following Athletic Directors for their many years of service and commitment to interscholastic athletics and wish them the very best in their well-deserved retirements!

Baltimore County

Catonsville HS - James Fitzpatrick
Dundalk HS - Derek Maki
Franklin HS - Dave Scrivener
Milford Mill Academy - Joseph Sargent
New Town HS - Reginald Brooks
Randallstown HS - Michael Gelman
Sparrows Point HS - Russ Lingner

Frederick County

Catoctin HS - Kevin McMullen

Montgomery County

Poolesville HS - Ed Ross

Washington County

Clear Spring HS - Lisa Shives
Smithsburg HS - Teresa Bachtell

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

Kevin Hook, President
R. Andrew Warner, Executive Director

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 FOR STATE SEMI-FINAL PAIRINGS, 2013 - 2037 -

SCHOOL YEAR	#1 SEED vs. #4 SEED		#2 SEED vs. #3 SEED	
2013-14	SouthNorthWestEast
2014-15	NorthEastSouthWest
2015-16	EastWestNorthSouth
2016-17	WestSouthEastNorth
2017-18	NorthWestSouthEast
2018-19	SouthNorthEastWest
2019-20	EastSouthWestNorth
2020-21	WestEastNorthSouth
2021-22	EastNorthSouthWest
2022-23	SouthEastWestNorth
2023-24	WestSouthNorthEast
2024-25	NorthWestEastSouth
<hr/>				
2025-26	WestEastSouthNorth
2026-27	SouthWestNorthEast
2027-28	NorthSouthEastWest
2028-29	EastNorthWestSouth
2029-30	SouthEastNorthWest
2030-31	EastWestSouthNorth
2031-32	WestNorthEastSouth
2032-33	NorthSouthWestEast
2033-34	SouthWestEastNorth
2034-35	WestNorthSouthEast
2035-36	NorthEastWestSouth
2036-37	EastSouthNorthWest

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 (*through 6/30/19*): Dudley SB12L
(Optic Yellow w/ White Stitching - Item #4Y-321)
Official Ball (*7/1/19 - 6/30/24*): Dudley SB12L
(Optic Yellow w/ **RED Stitching** - Item #4H-311Y)

Lacrosse

Sponsor: Warrior

Official Ball: Boys (White) NLBN120WH
Girls (Yellow) NLBN120Y

Tennis

Sponsor: Wilson

Official Ball: Wilson T1001

2018 Spring Wrap-Up

- STATE CHAMPIONS -

BASEBALL

1A Boonsboro

2A Century

3A Gov. Thos. Johnson

4A Howard

SOFTBALL

1A Bohemia Manor

(2nd consecutive)

2A La Plata

3A Huntingtown

4A Severna Park

TRACK & FIELD

Boys

1A Largo

2A Oakdale

3A South Hagerstown

4A Northwest

(3rd consecutive)

Girls

1A Henry E. Lackey

(3rd consecutive)

2A Harford Technical

3A Frederick

(2nd consecutive)

4A Northwest

LACROSSE

Boys

1A Patterson Mill

2A Marriotts Ridge

3A Westminster

4A Severna Park

(3rd consecutive)

Girls

1A Patterson Mill

2A Glenelg

(3rd consecutive)

3A Westminster

4A South River

TENNIS

Boys Singles - Joseph Brailovsky, Thomas S. Wootton

(3rd consecutive)

Boys Doubles - Justin Song & Arno Babcock,
Richard Montgomery

Girls Singles - Ayana Akli, Wheaton

(2nd consecutive)

Girls Doubles - Annie Dong & Elle Esterowitz,
Thomas S. Wootton

Mixed Doubles - Lea Kosanovic & Ethan Kowalski,
Walter Johnson (3rd consecutive for Kowalski)

- SPORTSMANSHIP AWARD WINNERS -

BASEBALL

St. Michael's

SOFTBALL

Reservoir

BOYS LACROSSE

Eleanor Roosevelt

GIRLS LACROSSE

Eleanor Roosevelt

MPSSAA News and Notes

9th Annual Student-Athlete Leadership Conference Sets Positive Tone For 2018-19 School Year!!

The 9th annual Student-Athlete Leadership Conference, sponsored by the Allstate Foundation, was hosted by Howard High School on Saturday, 6/9 and all who attended left with newly developed leadership skills ready to be put into action. Author Craig Hillier kicked off the morning and afternoon sessions in high energy fashion as he delivered his message with a mix of humor, personal stories, and competitive activities.

In the morning session, student-athletes participated in a variety of workshops addressing group dynamics, hazing and bullying, navigating social media, and creating team culture. After lunch, students participated in team building activities in the gymnasiums and the Allstate Community School Supply drive. Teams of students had to solve riddles before looking for and collecting the designated school supplies. Students hustled through the hallways racing against one another to finish. By the end of the day, over 1,000 sets of school supplies were packaged for delivery to nine Title I elementary schools.

The MPSSAA would like to thank Howard High School Principal Nick Novak for hosting our conference at his school facilities. It goes without saying that the work of our Student Leadership Committee, lead by Howard's Michael Duffy, was crucial to the successful planning and execution of the conference. In addition to the committee members, there were numerous athletic directors, coaches, district level athletic administrators, and a principal from across the state on hand to lead and/or assist with the workshops throughout the day. Thanks to each of them for donating their valuable time to help shape the future of high school sports in such a positive fashion! The future certainly looks hopeful and bright as we launch a new school year in a couple of months with all of these budding student leaders at the forefront of our interscholastic athletic programs.

Coordinator of Officials Donnee Gray Announces His Retirement!

(continued from page 1)

Mr. Gray brought a wealth of knowledge from his experiences as the Supervisor of Officials for the Mid-Atlantic Basketball Officials Association as well as his career as a Division I college basketball referee, which included numerous NCAA Division I tournament games and five Final Four contests. On behalf of the 112,000 annual participants, 200 member schools and communities and the thousands of officials and athletic administrators, the MPSSAA wishes to thank Donnee for his contributions to elevating the officiating profession in interscholastic sports. Please join with the MPSSAA in wishing Donnee the very best!

The MPSSAA will conduct a search to fill the Coordinator of Officials vacancy. Any questions or concerns regarding officiating, officials registration or NFHS rule books may be directed to Executive Director Andy Warner at robert.warner1@maryland.gov.

Executive Council & Board of Control April Meetings Update!

The Executive Council and Board of Control both voted and approved of proposed changes made by the Classification Committee, State Field Hockey Committee and State Basketball Committees among the usual order of business in Ocean City on Thursday, 4/26 and Friday, 4/27 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:

- * Wendy's Marketing Manager Tricia Alfaro gave an update on opportunities for students within the company and the opportunities for schools to host community fundraiser nights with their local Wendy's and receive 10% of total sales from the event.
- * Kiki Enderle from the NFHS Network's School Broadcast Program introduced everyone to the Pixellot camera and spoke from first hand experience as a former Athletic Director about its ease of use and benefits to the school and community for live-streaming indoor and outdoor events.
- * In field hockey next fall, overtime games still tied after the reduced player periods will now use one-on-one's instead of penalty strokes to try to break the ties. In all region and State games, if a game is still tied after set of five one-on-one's, then a final set of "sudden victory" one-on-one's will follow to determine a winner.
- * The Boys State Basketball Committee received approval to change the boys shot clock to 30-seconds, in order to be consistent with the girls shot clock.
- * Due to a schedule conflict at SECU Arena, the Girls Tournament dates will stretch out to a week later than the Boys Tournament with the State Semifinals on 3/14 and 3/15 and the State Finals on 3/16.
- * The Executive Council voted to retain Dudley as the official softball of the MPSSAA for the next five-year sponsorship period beginning 7/1/19 and lasting through 6/30/24. **However the ball will change to the neon yellow ball with RED STITCHING (item #4H-311Y) starting in the Spring of 2020.**
- * Both the Executive Council and Board of Control approved of new language proposed by the Classification Committee that will allow an individual analysis of each MPSSAA-administered sport in crafting classifications and region/section alignments sport by sport. The complete set of guidelines can be found on MPSSAA.org.

August 2018 - Sample Calendar for Heat Acclimatization

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
			Heat Acclimatization Day 1 Single Practice Day Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day 2 Single Practice Day Equipment Restrictions FB - Helmets Only FH - Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day 3 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Helmet, Chest Protector and Kickers Only (No leg guards)	Heat Acclimatization Day 4 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH - Goalie Helmet, Chest Protector and Kickers Only (No leg guards)
12	13	14	15	16	17	18
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 followed by a single practice day)	Heat Acclimatization Day 8 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day 9 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day 10 Single/Double Practice Day (Double practice days must be followed by a single practice day)
19	20	21	22	23	24	25
Rest Day Sunday Practice is prohibited per MPSSAA Regulations	Heat Acclimatization Day 11 Single/Double Practice Day (Double practice days must be followed 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 followed 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 on the National Athletic Trainers Association (NATA) *Pre-season 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 8, 2018
First Play Date of Fall Season: Friday August 31, 2018
First Day of Winter Practice: Wednesday November 15, 2018

First Play Date of Winter Season: Weds. December 5, 2018
First Day of Spring Practice: Friday March 1, 2019
First Play Date of Spring Season: Thursday March 21, 2019

August 2018

Aug 8First Day of Fall Practice
 Aug 8First Play Date for Golf

MPSSAA Fall 2018 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 contact the MPSSAA Office at 410-767-0555.

Field Hockey - Lea Kusner, Interpreter

Aug 66:00 pm..Southern Maryland (Tri-County).....Chopticon HS
 Aug 77:00 pm ..BBOWSHereford HS
 Aug 87:00 pm ..Anne Arundel CountySouth River HS
 Aug 13..6:30 pm..Howard County (MSOA)Arthur Community Ctr.
 Aug 14 ..6:00 pm..Northern Eastern ShoreQueen Anne's HS
 Aug 15 ..6:30 pm..Montgomery CountyTBA
 Aug 16..6:00 pm..Lower Eastern ShoreThe Salisbury School
 Aug 21..6:00 pm..Carroll County (CMOA).....Winters Mill HS
 Aug 22..7:00 pm ..Frederick CountyUrbana HS

Football - Bill Witte, Interpreter

July 24 ..7:00 pm ..BaysideSalisbury American Legion
 July 26..7:00 pm ..Northeastern/DelawareHarford Technical HS
 July 30..7:00 pm ..Frederick CountyFrederick HS
 July 31..7:00 pm ..Potomac ValleyFort Hill HS
 Aug 17:00 pm ..Washington County.....South Hagerstown HS
 Aug 5..12:00 pm ..Washington Dist. (WDFOA)..Bishop McNamara HS
 Aug 77:00 pm ..COGChesapeake Arts Center
 Aug 87:00 pm ..Anne Arundel CountySouth River HS
 Aug 13..7:00 pm ..Maryland BoardLoch Raven HS

Soccer - Ross Burbage, Interpreter

July 17 ..7:00 pm ..Appalachian (WMSOA) ..St. Paul's Lutheran Church
 July 23..6:00 pm..Eastern ShoreParkside HS
 July 26..7:00 pm ..Allegany/GarrettMountain Ridge HS
 July 30..7:00 pm ..Old LineWinters Mill HS
 July 31..7:00 pm ..Metro WashingtonRichard Montgomery HS
 Aug 87:00 pm ..Anne Arundel (CASRA)South River HS
 Aug 97:00 pm ..Mason-Dixon/BBOWS.....Towson HS
 Aug 13..6:00 pm..Southern MarylandThomas Stone HS
 Aug 16 ..6:30 pm..Harford County (HARSOA)Bel Air HS

Volleyball - Ed Tucholski, Interpreter

July 30..7:00 pm ..Beltway Region.....Paint Branch HS
 Aug 27:00 PM ..Central Maryland/FrederickCentury HS
 Aug 67:00 pm ..Allegany-Garrett/Washington CoHancock HS
 Aug 77:00 pm ..Northern Shore/Lower Shore ..No. Dorchester HS
 Aug 87:00 pm ..Anne Arundel County (Matrix)South River HS
 Aug 97:00 pm ..BBOWSHereford HS
 Aug 13..7:00 pm ..Tri-County (TSOA)Northern-Calvert HS
 Aug 14 ..7:00 pm ..NEMOA/DVOABel Air HS

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

Congratulations, Liz Brush!

MPSSAA Girls Lacrosse State Rules Interpreter Liz Brush was selected to officiate the NCAA Division I Women's Lacrosse Final Four over Memorial Day Weekend. Liz works for US Lacrosse as the Manager of Official's Education for the Women's game and was assigned the national semifinal game between eventual National Champion James Madison and North Carolina. The MPSSAA wishes to congratulate Liz on her outstanding personal career achievement!



Power up your game with Whole Food Snacks

By Kelly Springer, MS, RD, CDN

With your busy schedule, and the number of calories you burn in your sport, you need an arsenal of healthy snacks to choose from to sustain yourself. Make sure you have both healthy carbohydrate and protein choices on hand.



What Protein to Choose:

Proteins help in the muscle recovery process. I turn to raw nuts, hard-boiled eggs, cottage cheese, yogurt, and tuna for quick and healthy snacks.

And, I always recommend milk for athletes – it's a great recovery drink (chocolate milk is great, as well!). Several research studies have shown that milk can speed recovery. A 2018 [study](#), for example, concluded that female athletes who consumed milk after intense workouts involving sprinting and jumping recovered better and faster than female athletes who consumed a comparable carbohydrate sports recovery drink.

What Carbohydrates to Choose:

Load up on veggies and fruit as much as possible; they are filled with antioxidants which help your muscles recover and can improve performance. Here are some of my favorites:

- Carrot sticks, snap peas, green beans, celery, bell peppers, and radishes are so yummy with hummus.
- Popcorn... pop it yourself, lightly salt it, and guess what? It's a whole grain!
- Go crazy over citrus fruits! A 2018 [study](#) showed that cyclists who supplemented with citrus fruit for four weeks had a five percent higher power output than cyclists given a placebo.

Carbohydrate and Protein Power Combo Recipe – Smoothie Bowl

- 1** Pull out your blender and add 1½ cups of any frozen fruit.
- 2** Add ½ cup of yogurt. If you want extra protein, try Greek yogurt. Steer clear of yogurts with a lot of added sugar.
- 3** Add a cup of skim milk.
- 4** Toss in some spinach, nuts, or seeds. Add-ins like spinach are very tasteless and give you an extra serving of vegetables!
- 5** Lightly blend; remember you're eating this so it doesn't need to be a drinkable consistency.
- 6** Pour into a bowl and add toppings like sliced fruit, coconut flakes, granola, and dark chocolate!



When you choose whole food snacks,
your resulting sports performance
will wow you!



Kelly Springer is the founder of Kelly's Choice. Learn more at Kellyschoice.org.