

# SCOUT

## MPSSAA News and Notes

### 2018-19 Participation Survey

Participation for Maryland public high school athletics reached 111,091 participants in 2018-19 which is a decrease from 2017-18. It is the twelfth year in a row that participation was over 110,000 and the fifteenth year in a row over 100,000 participants. A complete history of the participation survey dating back to 1977-78 can be found in the MPSSAA Handbook on page 44 ([www.mpssaa.org](http://www.mpssaa.org)).

The following is the sport participation breakdown by gender:

Sports	Number of Male Participants		Number of Female Participants	
	17-18	18-19	17-18	18-19
Badminton	207	223	499	535
Baseball	5200	5215	7	30
Basketball	5650	5341	4368	4163
Bowling	139	142	80	72
Cross Country	3824	3741	2681	2728
Field Hockey	0	0	3843	3856
Football	12928	12146	16	24
Golf	1161	1392	333	329
Gymnastics	0	0	119	136
Indoor Track	5320	5314	4687	4379
Lacrosse	6378	6296	5472	5591
Soccer	6764	6943	5839	5840
Softball	2	1	4811	4653
Swim & Diving	1865	1795	2327	2330
Tennis	2129	2171	2335	2532
Track & Field	6924	6924	5717	5688
Volleyball	658	636	5229	5226
Wrestling	4557	4415	161	199
Ice Hockey	69	71	7	14
<b>Total</b>	<b>63,775</b>	<b>62,766</b>	<b>48,531</b>	<b>48,325</b>

2017-18 TOTAL COMBINED: 112,306

2018-19 TOTAL COMBINED: 111,091

**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

### MPSSAA Names Ken Kazmarek As The New Coordinator Of Officials

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.

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 served as President of the Anne Arundel County Coaches' Association from 2002-2004. Please join us in welcoming Ken to our team!

### Spalding Precision Basketball Is The Official Ball Beginning Next Winter

The Executive Council unanimously selected the Spalding Precision basketball as the new official game ball beginning July 1, 2020. The Executive Council made this selection from four contract proposals at their September 5th meeting and weighed input from the Boys and Girls Basketball Committee district reps who tested samples of all of the basketballs under consideration.

The Boys Precision (29.5) basketball is Spalding item #76-2938 and the Girls Precision (28.5) basketball is Spalding item #76-2948. The new contract will be in effect for five years through June 30, 2025.

# MPSSAA News and Notes

## Cross Country

The MPSSAA Cross Country Championships will return to Hereford High School for the 2019 season. Please make sure that all cross country coaches and school Athletic Directors review the following information.

- Initial school cross country rosters must be submitted by Monday, October 21, 2019. Changes may be made to the roster through 10 a.m. on Monday, October 28, 2019. A link to the MileSplit entry hub can be found on the Cross Country page at mpssaa.org.
- The MPSSAA will be sending out a Last Minute Bulletin regarding specifics for the course, the meet, spectators, parking, and bus information.

### **CROSS COUNTRY ENTRIES**

**Must be submitted by Monday, October 21, 2019.  
See page 11 of the Cross Country Bulletin.**

## Girls Field Hockey

The MPSSAA Girls Field Hockey State Championships are scheduled to be held at Washington College on Saturday, November 9, 2019. The tournament seeding for the State Tournament will be conducted via conference call on Monday, October 21st.

All schools must submit their official record (excluding the designated optional tournament) for games through Saturday, October 19th to their Region Tournament Director. Brackets for the tournaments will be made available online on October 21st following the tournament seeding.

## Football

The MPSSAA Football State Championships will return in 2019 to Navy-Marine Corps Memorial Stadium on December 5th - December 7th. The Class 3A State Finals will be played on December 5th at 7:00 p.m., Class 4A on December 6th at 7:30 p.m., while Class 1A and 2A will play on December 7th at 3:30 and 7:00 p.m. respectively.

Schools are reminded to report scores, regardless if you are home or away, as soon as possible at the end of each contest. This job should be appointed to a responsible individual to ensure that the final score of every game is accurately reported each week. Contact person at County Sports Zone (CSZ) is Tara Cliff. Scores may be called/texted to 484-557-7360 or emailed to FootballScores@CountySportsZone.com or taylorandtara@gmail.com. CSZ is the official hub to access the 9-week schedule for all schools as well as for week-to-week results.

Each week the MPSSAA will update the official point standings with Week 9 concluding the regular season as the top eight teams in each region advance to the region first round. Ties will be broken by virtue of the tie-breaker criteria outlined in the current Fall Bulletin. The MPSSAA will announce the official seeding of the State Football Tournament on Sunday, November 3rd.

## State Tournament Brackets, Schedule, and Results

County Sports Zone (CSZ) will once again be the official hub for school communities to access brackets, schedules, and results for the 2019 MPSSAA Fall Playoffs. Schools are asked to use the contact information listed below to report scores and subsequent game schedules throughout their respective tournaments.

### **Report Schedules and Results**

**Field Hockey & Volleyball - Rayne McLendon**  
Emails: FieldHockey@CountySportsZone.com  
Volleyball@CountySportsZone.com  
Text: 443-913-0679

**Boys & Girls Soccer - Alex Peters**  
Emails: BoysSoccer@CountySportsZone.com  
GirlsSoccer@CountySportsZone.com  
Text: 732-616-0998

**IT IS VERY IMPORTANT FOR COACHES TO SAY IF  
IT'S A BOYS GAME OR A GIRLS GAME!**

**Football - Tara Cliff**  
Emails: FootballScores@CountySportsZone.com  
taylorandtara@gmail.com  
Text: 484-557-7360

**Golf and Cross Country championships:**  
CSZ will be on-site to post results in real time.

If coaches have been sending CSZ scores during the regular season, they can continue to use the CSZ score text line — 443-279-4676

## Golf

The MPSSAA Golf State Championships will take place at the University of Maryland on Monday, October 28th through Wednesday, October 30th. District tournaments must be completed by Tuesday, October 22nd for the state organizational meeting on October 23rd.

Coaches should review the Fall Bulletin for additional information and MUST be on site at the State Tournament and available to assist with general supervision, scoring, and/or marshalling if requested to do so by the Tournament Committee. Please note that range finders are allowed and permitted to be shared with competitors. Portable electronic devices are permitted to be used ONLY as distance measuring devices.

# MPSSAA News and Notes

## Soccer

The MPSSAA Soccer State Championships are scheduled to be hosted once again at Loyola University on November 14th, 15th, and 16th. Classifications and game times will be announced based on winners of the State Semifinals on November 8th and 9th. Information on the Ridley Athletic Complex including directions, parking, and spectator information will be sent to participating schools and is also posted in the "Fan Focus" on the MPSSAA website.

The State Tournament seeding will be conducted via conference call on Monday, October 21st. All schools must submit their official record (excluding the designated optional tournament) for games through Saturday, October 19th to their Region Tournament Director. Brackets for the tournaments will be made available online after the seeding on October 21st.

## Girls Volleyball

The MPSSAA Volleyball State Championships are scheduled to be hosted at the University of Maryland's Ritchie Coliseum from November 11th-15th and November 16th. Please review the Fall Bulletin regarding the schedule and new, earlier starting times.

The tournament seeding will be conducted via conference call on Monday, October 28th. All schools must submit their official record (excluding the designated optional tournament) for matches through Saturday, October 26th to their Region Tournament Director. Brackets for the tournaments will be made available online after the seeding on October 28th.

## Allstate Foundation Lends Another Helping Hand!

Once again, the Allstate Foundation has gone above and beyond in their support of our MPSSAA student-athletes with an additional \$10,000 "Helping Hands" grant towards our Student-Athlete Leadership Conference. Thirteen Allstate Insurance agents across our state lent their hands and volunteered to collect school supplies that were added to the Conference's community service project and distributed to nine Title I Maryland elementary schools prior to the start of this school year.

Our sincere gratitude goes to the Allstate Foundation and to the following Allstate agents: Kevin Duffy (Clarksburg), Felicia Folarin (Hyattsville), Nicole Harrod (Silver Spring), Jerome Holz (Frederick), Mike Masri (College Park), Krystin McCord (Bel Air), Kevin McGovern (Prince Frederick), Kristina Palmer (Largo), Stefen Smallwood (Edgewater), Janet Smith (Nottingham), Bill Waugh (Waldorf), Michael Weaver (Waldorf), and Jason Williams (Frederick).

We look forward to the continued involvement of the Allstate Foundation and their Allstate agents in enhancing both the Student-Athlete Leadership Conference and our Minds In Motion Scholarship program. Let's keep up the great teamwork!!

## Keep Refueling With Chocolate Milk!

For the fifth consecutive year, the MPSSAA is pleased to announce a partnership with the American Dairy Association North East for the 2019-20 school year which once again designates low-fat chocolate milk as the exclusive beverage of the MPSSAA. 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.

In addition to the American Dairy Association North East's contribution to the MPSSAA, the partnership will provide opportunities for participants and spectators at the Soccer, Indoor Track, Wrestling, and Outdoor Track state championships to receive nutritional information and samples of low-fat chocolate milk to spread the word about this tasty and healthy option in aiding the body's recovery from fitness activities.

### 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 (Until 12/31/19)  
Official Ball (7/1/20 - 6/30/25): Wilson Veza Match

#### Football

Sponsor: Wilson

Official Ball: Wilson F1003GST

#### Volleyball

Sponsor: Spalding

Official Ball: VB-5 (in red, white & black)

#### Basketball

Sponsor: Spalding

Official Ball: TF-1000 Classic (Until 6/30/20)  
Official Ball (7/1/20 - 6/30/25): Spalding Precision

#### Baseball

Sponsor: Wilson

Official Ball: Wilson A1010BPROSST

#### Softball

Sponsor: Dudley

Official Ball: Dudley SB12LND-FP, Optic Yellow with Red Stitching

#### Lacrosse

Sponsor: Warrior

Official Ball: Warrior Boys Ball NLBN120WH (White)  
Warrior Girls Ball NLBN120YL (Yellow)

#### Tennis

Sponsor: Wilson

Official Ball: Wilson T1001

# More MPSSAA News and Notes

## State Pass Gets 15% Off at Wendy's

The MPSSAA is pleased to announce the return of the Wendy's coaches' cards which provide a 15% discount on personal Wendy's purchases! We appreciate that Wendy's continues their top flight support our member school coaches and administrators with these passes for the 2019-20 school year.

The plastic-coated Coach and Administrator cards were distributed to all school systems via their Athletic Supervisors/Coordinators in early August. Please note that it is imperative for coaches and administrators to neatly and legibly place their names and signatures on the front of each card in order to activate it prior to use. The card should be presented to a Wendy's crew member prior to placing an order. The 15% discount is only offered to coaches and administrators for personal use and NOT team purchases. Don't forget to download the Wendy's mobile app and get exclusive app-only offers, delivery of your food via Door Dash, or order ahead so that all you have to do is pick it up!

## 2019 Student-Athlete Leadership Conference Creates Positive Impetus

The 10th annual MPSSAA Student-Athlete Leadership Conference sponsored by the Allstate Foundation provided energy and enthusiasm for all who attended and created positive momentum for the upcoming 2019-20 school year. Keynote speaker Craig Hillier returned again this year and kicked off the morning and afternoon sessions in high energy fashion as he delivered his message with the usual mix of humor, personal stories, and competitive activities.

In the morning session, student-athletes participated in a variety of workshops addressing group dynamics, leadership skills, 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 in Maryland!

The MPSSAA would like to thank Howard High School Principal Nick Novak for once again hosting our conference at his school facilities. It goes without saying that the work of our Student Leadership Committee, lead by Carroll County Supervisor of Athletics 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 from across the state on hand to lead and/or assist with the workshops throughout the day. Thank you to all who had a hand in making the day "happen" and giving up your valuable time to enhance the growth and ability of the future leaders in our schools and interscholastic athletic program. We cannot wait to see what grows from the seeds that were planted in these youngsters at the conference. Looking forward to an even better conference next year!!

## 2019 Spring Wrap-Up

### - STATE CHAMPIONS -

<u>BASEBALL</u>		<u>SOFTBALL</u>	
1A	Col. Richardson	1A	Bohemia Manor (3rd consecutive)
2A	La Plata	2A	La Plata (2nd consecutive)
3A	James M. Bennett	3A	Huntingtown (2nd consecutive)
4A	Old Mill	4A	Sherwood

### TRACK & FIELD

<u>Boys</u>		<u>Girls</u>	
1A	Henry E. Lackey	1A	Largo
2A	Oakdale (2nd consecutive)	2A	Hereford
3A	Huntingtown	3A	Northern-Calvert
4A	Northwest (4th consecutive)	4A	Urbana

### LACROSSE

<u>Boys</u>		<u>Girls</u>	
1A	Patterson Mill (2nd consecutive)	1A	Patterson Mill (2nd consecutive)
2A	Glenelg	2A	South Carroll
3A	Westminster (2nd consecutive)	3A	Westminster (2nd consecutive)
4A	Severna Park (4th consecutive)	4A	Severna Park

### TENNIS

**Boys Singles** - (4A) Evin McDonald, Whitman; (3A) Taiyo Tougas, Huntingtown; (2A) Origen Grear, Hammond; (1A) Daniel Smith, Douglass-PG.

**Boys Doubles** - (4A) Zach Rosen & Hugh Markham, Whitman; (3A) Dennis Piliptchak & Keeyan Mirzai, Rockville; (2A) Lucas Joshi & Aiden Steinly, Easton; (1A) Evan Row & Ian Barbour, Boonsboro.

**Girls Singles** - (4A) Ayana Akli, Wheaton; (3A) Sania Suchinsky, Rockville; (2A) Rani Jones, Oakdale; (1A) Meadow Santoriello, Patterson Mill.

**Girls Doubles** - (4A) Abby Moghtader & Miriam Moghtader, Severna Park; (3A) Emma O'Kane & Alexandra Pinkham, Northern-Calvert; (2A) Noelle Htwar & Emily Brecker, Liberty; (1A) Madison Jenkins & Paige Seibert, Clear Spring.

**Mixed Doubles** - (4A) Ellie Esterowitz & Jakob Esterowitz, Wootton; (3A) Ally Frushour & Mike Moler, South Hagerstown; (2A) Veronica Cuellar & Stephen Alam, Marriotts Ridge; (1A) Megan Murphy & Seth Jones, Mountain Ridge.

#### **Team Champions**

(4A) Walt Whitman  
(3A) Centennial  
(2A) Marriotts Ridge  
(1A) Sparrows Point

### - SPORTSMANSHIP AWARD WINNERS -

<u>BASEBALL</u>	<u>SOFTBALL</u>
Sherwood	Walt Whitman
<u>BOYS LACROSSE</u>	<u>GIRLS LACROSSE</u>
Westminster	Boonsboro

# Nutrition & Concussions

By: Matt Darnell, PhD, RD, CSSD, SCCC

## Here are **5** Ways Proper Nutrition May Play a Role in Concussion:

**1** **Maintain adequate calorie and protein intake.**  
Calories and protein are needed for most tissue to heal and repair. Studies have demonstrated improved outcomes in traumatic brain injuries with early and adequate feedings post injury.<sup>(2)</sup> Try to maintain energy balance and look to include high quality sources of protein with meals.

**Some examples include:**

- Meat, such as chicken, beef or pork
- Seafood, such as fish and shellfish
- Eggs
- Beans and lentils
- Dairy foods, such as Greek yogurt, cheese and milk



**Tip:** Greek yogurt

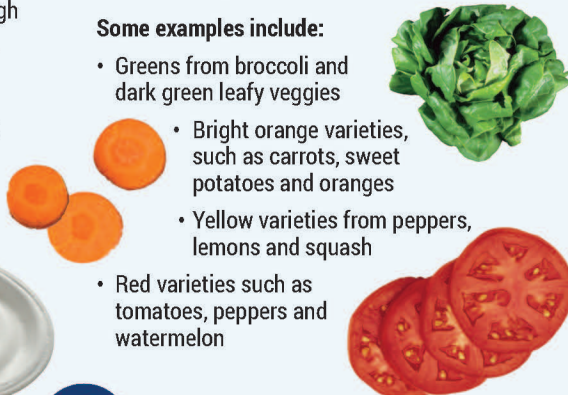
can serve as a great addition to smoothies, make a great base for salad dressings, dips, marinades, creamy sauces; and can even be used in baking for muffins to increase the protein content.



**2** **Eat a variety of colorful fruits and vegetables.**  
Fruits and vegetables are the hallmark of any balanced diet. Many fruits and vegetables are packed with antioxidants and phytonutrients that are associated with improvement in memory and cognitive function. While all fruits and vegetables are great for you, aim to include a variety of colors so your body gets a variety of nutrients.

**Some examples include:**

- Greens from broccoli and dark green leafy veggies
- Bright orange varieties, such as carrots, sweet potatoes and oranges
- Yellow varieties from peppers, lemons and squash
- Red varieties such as tomatoes, peppers and watermelon



**4** **Small frequent meals may help.**  
If you suffer from nausea or loss of appetite, it can be helpful to focus on eating smaller meals more frequently. Try to include a nutritious option every 2-3 hours throughout the day.

**Some examples include:**

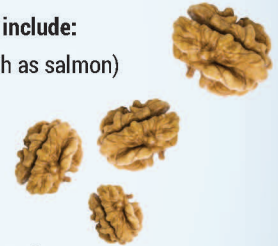
- Crackers with nut butter
- Hummus and vegetables
- Greek yogurt with fruit
- ½ sandwich instead of a whole
- Smoothies are another excellent way to supply necessary nutrients when appetite is down. Check out these three smoothie recipes that are packed with nutrients.



**3** **Focus on healthy fats.**  
Consuming foods rich in Omega-3 fats, while limiting excessive intakes of saturated fats, may aid in concussion recovery. Omega-3 fats are essential fats that our bodies can't make on their own. They have been shown to play a role in neural recovery and inflammation.<sup>(3)</sup> Additionally, diets that are excessive in saturated fats may lead to decreased levels of brain growth factors.<sup>(3)</sup>

**Some examples include:**

- Fatty fish (such as salmon)
- Walnuts
- Flaxseeds
- Chia seeds



**5** **Stay hydrated.**  
The majority of the body is made up of water and maintaining hydration is key for health and recovery. A fluid loss as little as 2% body weight has been shown to impair cognitive performance and induce headaches. Drink a variety of fluids throughout the day, starting first thing in the morning.



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