

# SCOUT

## *MPSSAA News and Notes*

### **Board of Control Meets April 28th**

The MPSSAA Board of Control will meet on April 28th in conjunction with the MSADA Conference in Ocean City, MD. On the semi-annual meeting agenda will be approval of the Fall and Winter sport bulletins for the 2016-2017 academic year, approval of the winter financial report, and approval of the spring tournament updates. Information was also distributed earlier this month to all members of the Board of Control regarding a proposal from the Classification Committee and proposals to change wording in the front section of all bulletins regarding re-join seeding and school responsibilities when participating in an MPSSAA tournament event which will also be discussed at this meeting.

### **Thank You, Jay Berno!**

At the Executive Council Meeting in April, Jay Berno, who retired from Fredrick County Public Schools last January, will complete his last duty for the MPSSAA. For over 20 years the MPSSAA has been fortunate to have had a leader to the caliber of Jay Berno as an advocate for education based athletics with a complete focus on the student. As the Principal's representative to the executive council and a former President of the MPSSAA, Jay has been a fundamental leader for the growth of interscholastic programs.

The following story was read by former coworker and principal in Frederick County, Denise Fargo-Devine, during Jay Berno's retirement.

"When Jay was teaching and coaching, he had a senior on his track team that I will call Michael. As a junior Michael was crowned the state champion in the high jump. This meant a lot to Michael who could hardly wait to defend his state title. Just a little background, Michael's history included several discipline episodes and he struggled

*Continued on page 3...*

### **It's A Bird, It's A Plane, Nope... It's "Super Milly Wilson"!**

On Friday night March 11th at the Girls State Basketball Tournament at SECU Arena, the MPSSAA proudly honored Ms. Milly Wilson for her dedication to the student-athletes of Maryland for the past 43 years. Milly has worked every state girls basketball tournament with the exception of the first one. She is a fixture at region and state championships and best known for being at the other end of the telephone collecting region results when faxes, emails, texts, and social media were in their infancy.

A retired Baltimore County public school educator, Milly spent countless hours traveling across the state to region and state tournaments, collecting results late into the night, and manning the MPSSAA "War Room" to ensure the smooth operation and advancement of the state tournament. In addition to her 43 consecutive years working the girls basketball state tournament, Milly has worked 22 consecutive girls volleyball tournaments, every state lacrosse tournament, and has staffed the state field hockey tournament since 1977. One could argue no one has spent more hours dedicated to interscholastic female athletics than Milly Wilson!

In 2015, The National Federation of State High School Associations established an award to be presented to someone in each state that has provided outstanding service to their state high school athletic program. The Service Award is to honor the hundreds of community members who support high school athletics by selecting one for their outstanding service. Milly Wilson's contributions are unmatched by anyone! Thank you Milly for all that you have done and continue to do for the MPSSAA!!

# MPSSAA News and Notes

## Student Leadership Conference Set For August 4, 2016

The MPSSAA is pleased to announce that the MPSSAA Student-Athlete Leadership Conference sponsored by the Allstate Foundation returns for its seventh consecutive year! The conference is scheduled for Thursday, August 4, 2016 at Gaithersburg High School in Montgomery County. Registration will begin at 8:00 a.m., followed by the first opening session at 8:45 a.m., and will conclude by 4:00 p.m. The conference is open to rising high school sophomores, juniors, and seniors who participate in interscholastic athletics at MPSSAA member schools and who have not attended a previous MPSSAA Student-Leadership Conference. More information is available on MPSSAA.org under "Membership Services".

Each school has the opportunity to initially send up to five student delegates selected and registered by the school's Athletic Director by May 6th. After May 6th the MPSSAA will open the remaining unfilled spots for the conference to as many student-athletes from any school that would like to attend until the capacity of 400 student-athletes is reached. It is imperative that selected student-athletes understand their commitment to attend the conference. The structure of the conference provides student interaction through dynamic guest speakers and interactive workshops. Students will create their own solutions for enhancing sportsmanship, leadership, and community involvement in their own school setting.

Any questions about participating in the conference should be directed to the Student-Athlete Leadership Conference Chair, Michael Duffy at 410-313-2874 or mpssaasc@gmail.com.

## MPSSAA and Allstate Foundation To Award Eighteen Scholar-Athletes at Luncheon

The application deadline for the 9th annual MPSSAA and The Allstate Foundation Minds In Motion Scholar-Athlete Scholarship program for 2016 has come and gone. Applications have been distributed to the nine district selection committees for them to go about the very difficult task of selecting one male and one female winner by Friday, April 22nd. Stay tuned!!

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. Selected male and female recipients will receive a \$1,000 scholarship and be honored at a luncheon at M&T Bank Stadium on Thursday, June 2nd. Due to the generosity of The Allstate Foundation, we will be awarding 18 total scholarships this year to a male and a female from each of our nine MPSSAA districts!

## Winter 2016 Wrap-Up

### - STATE CHAMPIONS -

#### BASKETBALL

<u>Boys</u>	<u>Girls</u>
1A Pocomoke	1A Forestville (2 <sup>nd</sup> Consecutive)
2A New Town (2 <sup>nd</sup> Consecutive)	2A Largo
3A C. Milton Wright	3A Glenelg
4A Eleanor Roosevelt	4A Walt Whitman

#### INDOOR TRACK

<u>Boys</u>	<u>Girls</u>
1A Fairmont Heights	1A Boonsboro
2A Westlake	2A Hereford
3A Oxon Hill	3A Northern-Calvert
4A Northwest (3 <sup>rd</sup> Consecutive)	4A Charles H. Flowers

#### SWIMMING

<u>Boys</u>	<u>Girls</u>
3A/2A/1A Poolesville (5 <sup>th</sup> Consecutive)	3A/2A/1A Poolesville (2 <sup>nd</sup> Consecutive)
4A/3A R. Montgomery	4A/3A Sherwood

#### WRESTLING DUAL MEET CHAMPIONSHIPS

2A-1A	Middletown
4A-3A	Damascus (4 <sup>th</sup> Consecutive)

#### WRESTLING TOURNAMENT

2A-1A	South Carroll (3 <sup>rd</sup> Consecutive)
4A-3A	Damascus (2 <sup>nd</sup> Consecutive)

### - SPORTSMANSHIP AWARD WINNERS -

#### DUAL WRESTLING (1ST EVER)

Oakland Mills

#### BOYS BASKETBALL

##### JACK S. WILLARD SPORTSMANSHIP AWARD

Clear Spring

#### GIRLS BASKETBALL

##### MILDRED H. MURRAY SPORTSMANSHIP AWARD

Frederick

# *MPSSAA News and Notes*

*Thank you, Jay Berno! (Continued from page 1)*

academically. He was one of those “at-risk” students. One afternoon, someone got under Michael’s skin and I got a call that he was in the hall screaming profanities. I tried to intervene, but Michael hurried down the “A” hallway continuing his threats and profanity, refusing to settle down. I followed, and he turned around and hurried back up the hall with me imploring him to settle down and go into my office. Although Michael did not really settle down, he did go to my office. As I entered the office area, I told a secretary to get Jay.

Once in the office and with Jay there, Michael calmed down, put his head in his hands, and kept repeating with a tearful voice, “I just blew it, didn’t I. I just blew it, didn’t I.” Before I could say anything, Jay jumped in and said yes, you did, Michael. Ms. Fargo is going to have to suspend you. You know that means you cannot go to States tomorrow? Now, before you get angry with Ms. Fargo or me, let me tell you why this is the best day of your life! Jay proceeded to talk with Michael about meeting challenges in life and a lecture that was so beautiful, I wish I could have taped it. Michael cried the whole time, but shook both of our hands as he left to go home with his mother.

Quite a few years later, I was standing at the fence during a track meet and Michael came up to me. He asked about Jay who was at Tuscarora at that time. He then told me that Jay had saved his life all because of that day. He now has his own business, a house and life is good. He said he was grateful to Jay and his belief in him. He said he was so glad for the suspension that day and that we did not allow him to go to the track meet or he would have ended up in and out of jail and doing drugs.

Thousands of kids that Jay has coached and taught have benefited from Jay’s wisdom and life lessons. There are many Michaels out there.” - Denise Fargo-Devine

On behalf of the student-athlete participants who have benefited from your leadership,

Thank You.

## **Coaches’ Conference Set For June 18th At Paint Branch HS**

The MPSSAA is pleased to announce the first annual MPSSAA Coaches’ Leadership Conference entitled “Coaches Promoting Education-Based Athletics.” The Coaches’ Leadership Conference is designed to develop coaches’ leadership skills that enhance the values of education-based athletics, promote positive relationships with parents and student-athletes, maintain appropriate communication with officials, sportsmanship, inclusion, time management, and developing effective media relations and social media policies/guidelines. The structure of the conference provides coach interaction through dynamic guest speakers, sport-specific sessions/clinics led by college coaches, and interactive seminar workshops. Coaches will learn an array of techniques to enhance their leadership and teaching skills for their student-athletes.

The conference is scheduled for Saturday, June 18, 2016 at Paint Branch High School in Montgomery County. Registration will begin at 8:00 a.m. followed by the first opening session at 8:30 a.m. and will continue until 4:00 p.m. The conference is open to only those adults 21 years of age or older who coach interscholastic athletics at MPSSAA member schools. The MPSSAA is hopeful the conference will be administered with a full compliment of coaches from our entire membership. Coaches must register online under “Membership Services” at [www.mpssaa.org](http://www.mpssaa.org). Fill out the registration information and click submit. Any questions about participating in the Coaches’ Leadership Conference can be directed to MPSSAA Assistant Director Jason Bursick at 410-767-0415.

## **Sponsorship Update**

Wilson Sporting Goods has been selected by the MPSSAA Executive Council as the official baseball again for the next five-year contract period beginning with the 2017 season and lasting through the 2021 season. The Wilson A1010BPROSST baseball will continue to be required for region and state tournament play and highly recommended for play throughout the regular season.

The MPSSAA Executive Council has also accepted the contract proposal from Spalding as the official state volleyball beginning with the Fall, 2016 season and running through the Fall, 2020 season. The Spalding VB5 ball with red, white, and black panels will be required for region and state tournament play and highly recommended for play throughout the regular season.

The MPSSAA has also garnered a five year sponsorship for golf beginning in Fall, 2016 from Precision Pro Golf which will provide a discount to schools and individual golfers on PPG range finders and golf bands. Schools ordering 6 or more units also have the option to have custom school logos applied to their range finders.

# *From the Medical Advisory Committee*

## **Preparing your Young Athlete for Summer Activities - The Importance of Heat Acclimatization and Hydration - Dr. James Baronas**

Springs is in the air and as the weather turns warmer many parents begin planning with their young athletes their summer schedule. Many of these plans will include various summer camps some of which are sport specific. Summer sports camps are important for young athletes as they provide the opportunity for much needed exercise and to improve their skills in their particular sport. What many parents might not plan for is the risk of heat-related illness that young athletes are exposed to during these camps.

Heat-related illness is defined as a spectrum of medical disorders due to environmental exposure to heat. Anything from minor cramps to severe conditions like heat stroke are considered heat-related illnesses. Every year young athletes, especially in high school, experience serious injury and even death from heat-related conditions. These illnesses are almost always entirely preventable. This is an issue that young athletes, parents, coaches and staff should be aware of and prepared for. When young athletes are participating in MPSSAA guided activities through their schools there are policies in place to protect young athletes. Unfortunately, many summer camps may not have policies in place and the staff running them may not have any training in heat-related illness. Therefore it is imperative that parents of these young athletes are educated and have understanding in how to prevent and recognize signs of heat-related illness.

Signs of heat-related illness include cramping, excessive fatigue, nausea, headaches, dizziness, darker urine and decreased urine volume. Cumulative dehydration can develop insidiously over several days and raises the risk for heat-related illness especially over the first few days of outside activity at a summer camp. It is important for parents to be aware of these symptoms and actively engage their young athletes with questions about signs of heat-related illness. Special care and attention should be paid to those athletes wearing equipment like pads or helmets which prevent and inhibit heat loss from the body and increase the risk for heat illness. This includes football players, lacrosse players, field hockey goalies and others. Also, a prior history of heat-related illness is a strong risk factor for future heat-related illnesses in the same athlete.

Preventing heat-related illness should involve a multi-pronged approach. The first important aspect is Heat Acclimatization. Heat acclimatization is defined as enhancing an individual's exercise heat tolerance and

ability to exercise safely and effectively in warm to hot conditions. This is done by gradually increasing the young athlete's activities over a period of time that takes into account the duration, intensity and number of practices/activities needed to help each individual young athlete acclimate to the environment which will minimize the risk for heat-related illness. Younger athletes and children acclimatize to heat more slowly than adults. (Suggested guidelines and sample schedules for heat acclimatization are available online at [MPSSAA.org](http://MPSSAA.org)).

Another important aspect is Hydration Awareness. Proper hydration is very important to the overall safety and conditioning of a young athlete and one of the best ways to combat heat-related illness. Athletes should drink regularly throughout all physical activities and should hydrate before and after to achieve a normal hydration status before the next activity or practice. Athletes can monitor their hydration level by the color and volume of their urine. Small amounts of dark urine indicate the athlete needs to drink more. Another way is by their weight, as athletes will experience weight loss when they are dehydrated. Athletes should drink 16-20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or activity.

Heat-related illness and injury is preventable. Make sure you take the time to talk to your young athlete about the need for heat acclimatization and hydration. Have a plan to monitor them as they begin summer sport activities or summer camps. It can mean the difference between life and death.

For further information and educational materials please go to [MPSSAA.org](http://MPSSAA.org) and visit the Health and Safety page.

*Dr. James Baronas is an Assistant Professor of Family and Community Medicine at the University of MD. Dr. Baronas serves as the Medical Director for University Immediate Care and as the Medical Director for Student and Employee Health for the University of Maryland, Baltimore. Dr. Baronas also completed a Fellowship in Sports Medicine at the University of Maryland and obtained his CAQ in Primary Care Sports Medicine. He serves as a Team Physician for the University of Maryland, College Park and specializes in urgent care, musculoskeletal medicine and concussion management.*

# MPSSAA News and Notes

## Non-School Teams

There are some significant MPSSAA bylaws and interpretations regarding out-of-season competition. In an effort to help schools, below are some explanations of the changes to interpretations made at the December 6, 2012 Board of Control meeting regarding non-school teams and team camps.

While the regulation prohibiting school teams from attending a camp remains in place, those restrictions do not extend to non-school teams. The key words are non-school teams. That means that a team attending a camp along with a member of a school coaching staff must be able to clearly demonstrate that there is no school affiliation what-so-ever. That includes but is not limited to funding, organizational meetings, uniforms, equipment, etc.

The following language was adopted by the Board of Control and should serve as a directive for those coaches wishing to be associated with non-school teams beginning after the last 2015 spring state championship game.

Any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. When coaching non-school teams, including returning school players on non-school teams, the following criteria shall be observed:

- a. The non-school team may not use a name directly connected with the school.
- b. The non-school team may not use school uniforms, equipment or funds.
- c. The non-school team may not use school facilities except as allowed by local school system guidelines.
- d. The non-school team must meet local school system standards of a non-school team.
- e. The number of returning school players on the non-school team is limited according to the following timeframe.
  1. From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.
  2. From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.

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

The MPSSAA is pleased to announce that Wendy's has added to their outstanding ongoing support of member schools with the newly distributed Coach and Administrator passes for the 2015-16 school year which provide a 15% discount on personal Wendy's purchases.

The new plastic-coated Coach and Administrator cards were distributed to all school systems via their Athletic Supervisors/Coordinators. 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 the order. The 15% discount will only be offered to coaches and administrators for personal use and NOT team purchases.

### Report Schedule and Results

#### **Baseball (Wick Eisenberg):**

Email: [Baseball@CountySportsZone.com](mailto:Baseball@CountySportsZone.com)  
Text: 443-801-3404

#### **Lacrosse (Ed Waldman):**

Email:  
[BoysLacrosse@CountySportsZone.com](mailto:BoysLacrosse@CountySportsZone.com)  
[GirlsLacrosse@CountySportsZone.com](mailto:GirlsLacrosse@CountySportsZone.com)  
Text: 443-756-7601

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

#### **Softball (Wick Eisenburg):**

Email: [Softball@CountySportsZone.com](mailto:Softball@CountySportsZone.com)  
Text: 443-801-3404

**Track and Field and Tennis 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

# Spring Coaches: What You Need To Know About Region and State Tournament Time

As schools conclude the regular season and begin Region and State Tournament play, a number of items will be required by schools as they progress through the tournament to ensure the smooth operation of the state tournament. The following is a general chronological checklist for coaches and athletic administrators to use as they advance through the tournament.

## Regular Season

- **Review Tournament Bulletin:** Make sure you have reviewed your state tournament bulletin. If for some reason you do not have a bulletin you may find a copy on the MPSSAA website on your sport specific page. Most frequently asked questions can be answered in the bulletin.
- **Contact Region Director:** Make sure you are in contact with your region director prior to the seeding meeting. It is the responsibility of the school to work with region director to accurately report schedules, results and records for the purpose of tournament seeding. Region directors can be found in the tournament bulletin and on each sport page of mpssaa.org.
- **Submit Season Win/Loss Record:** Prior to the draw date, contact your regional director with your schedule and results up to that point in the season. Region directors must verify and submit to the state committee director prior to the seeding meeting the records and winning percentage of each of their region's teams along with information regarding any ties between teams.

## Region Tournament

- **Seeding Day:** The MPSSAA will conduct the seeding for bracket positions for all spring sports via conference call with the each sport committee director. After the seedings are complete they will be posted on the County Sports Zone and MPSSAA websites within a couple hours of the meeting. Schools should identify their respective matchup and plan accordingly to setup all necessary logistics for their region games.

## Spring 2016 Seeding Meeting Dates

**Boys Lacrosse** - May 9  
**Girls Lacrosse** - May 9  
**Softball** - May 10  
**Baseball** - May 11

- **Reporting Scores:** At the conclusion of each region game, coaches should report scores to their region director and to County Sports Zone who will update the brackets accordingly. Failure to report scores and subsequent game information significantly hinders the ability of County Sports Zone to update brackets and share information in a timely fashion so that coaches and athletic administrators have time to schedule the logistics for the next round of contests. It also hampers the communication of information to spectators who may be interested in attending games and paying admission (where applicable).

- **Section Semifinal Winners Team Entry Form:** Schools that advance past their Section Semifinals have an obligation to complete the online **team entry form** for the MPSSAA. The deadline for these submissions is 4 p.m. the day following their Section Semifinal win. Team entry forms allow the MPSSAA to have all necessary information for the state tournament. Accuracy is extremely important as this information will be duplicated for the printed roster flip-cards and the state finals t-shirts.

## Spring 2016 Team Entry Form Dates

**Boys Lacrosse** - May 16  
**Girls Lacrosse** - May 16  
**Softball** - May 17  
**Baseball** - May 17

- **Region Champion:** Region champions will be awarded a team plaque and individual certificates to members of the team. At the conclusion of the region final game, winning schools shall contact their region director the score of the final game and any other information required for the State Tournament Director to contact the athletic director and coach with State Tournament information.

## State Tournament

- **Media Forms:** Schools competing at the State Semifinals need to fill out and bring copies of the Media Form located on the MPSSAA.org website on the respective sports page. These forms are important in providing accurate information to the various media personnel attending the State Semifinals and Finals who may or may not usually cover your school team during the season.
- **Roster Flipcards:** Official roster flipcards will be available at each State Tournament site for free and will be given to all State Semifinal participants. All information is based upon the team entry form, so accuracy and spelling on that form is of utmost importance.
- **State Tournament:** Schools advancing to the State Semifinals and Finals should refer to the respective MPSSAA bulletin for information. Each school will have an opportunity to compete for the state championship in their classification. Your seed (East-1, North-2, South-3 and West-4) and your opponent's seed will be used to determine whether you are the designated home or away team for both your Semifinal and Final matchups. Be safe and bring both sets of uniforms. Schools should encourage their fan base to check the MPSSAA "Fan Focus" for event information and direct them to purchase State Final tickets in advance online to avoid lines at the gate the day of the events. Online ticket info is available on MPSSAA.org.

# Important Dates To Remember

First Day of Fall Practice: August 10, 2016  
 First Play Date of Fall Season: September 2, 2016  
 First Day of Winter Practice: November 15, 2016

First Play Date of Winter Season: December 5, 2016  
 First Day of Spring Practice: March 1, 2017  
 First Play Date of Spring Season: March 21, 2017

## April 2016

APR 27 .....Spring Sports Committee Meetings—Oregon Ridge Park.....9:30 a.m.

## May 2016

MAY 9 .....Boys and Girls Lacrosse Seeding Meeting .....TBA  
 MAY 10 .....Softball Seeding Meeting .....TBA  
 MAY 11 .....Baseball Seeding Meeting .....TBA  
 May 11 .....**BOYS AND GIRLS LACROSSE** - Section Quarterfinals .....TBA  
 May 12 .....**SOFTBALL** - Section Quarterfinals .....TBA  
 May 13 .....**BASEBALL** - Section Quarterfinals.....TBA  
 May 13 .....**BOYS AND GIRLS LACROSSE** - Section Semifinals .....TBA  
 May 16 .....**BASEBALL** - Section Semifinals .....TBA  
 May 16 .....**SOFTBALL** - Section Semifinals .....TBA  
 May 16 .....**BOYS AND GIRLS LACROSSE** - Section Finals .....TBA  
 May 16 .....**BOYS LACROSSE TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 16 .....**GIRLS LACROSSE TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 17.....**BASEBALL TEAM ENTRY FORM DUE**.....4:00 p.m.  
 May 17.....**SOFTBALL TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 18 .....**BASEBALL** - Section Finals.....TBA  
 May 18 .....**SOFTBALL** - Section Finals .....TBA  
 May 18 .....**BOYS AND GIRLS LACROSSE** - Region Finals .....TBA  
 May 18-21.....**BOYS AND GIRLS TRACK AND FIELD** - Region Meets .....TBA  
 May 20 .....**BASEBALL** - Region Finals .....TBA  
 May 20 .....**SOFTBALL** - Region Finals .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 4A/3A State Semifinals @ Gaithersburg HS .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 3A/2A State Semifinals @ Annapolis HS .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 2A/1A State Semifinals @ Northeast-AA HS .....TBA  
 May 21 .....**BOYS AND GIRLS LACROSSE** - 4A/3A State Semifinals @ Gaithersburg HS .....TBA  
 May 21 .....**BOYS AND GIRLS LACROSSE** - 3A/2A State Semifinals @ Annapolis HS .....TBA  
 May 21 .....**BOYS AND GIRLS LACROSSE** - 2A/1A State Semifinals @ Northeast-AA HS .....TBA  
 May 21 .....**TENNIS** - Tennis Region Tournament Completion Deadline.....TBA  
 May 22 .....Track and Field Committee State Meet Seeding Meeting - Westlake HS .....9:30 a.m.  
 May 23 .....**TENNIS** - Entry deadline .....12:00 p.m.  
 May 24.....Tennis Committee State Tournament Seeding Meeting - Howard HS .....5:30 p.m.  
 May 24.....**BASEBALL** - 4A State Semifinals @ University of Maryland.....4:00 and 7:00 p.m.  
 May 24.....**BASEBALL** - 3A State Semifinals @ Joe Cannon Stadium .....4:00 and 7:00 p.m.  
 May 24.....**BASEBALL** - 2A State Semifinals @ Montgomery Blair HS.....4:00 and 7:00 p.m.  
 May 24.....**BASEBALL** - 1A State Semifinals @ McCurdy Field.....4:00 and 7:00 p.m.  
 May 24 .....**SOFTBALL** - 1A, 2A, 3A, & 4A State Semifinals @ Bachman Park.....4:00 and 7:00 p.m.  
 May 24 .....**B&G LACROSSE** - 4A/3A, 3A/2A, & 2A/1A State Finals @ Stevenson University .....4, 6, 8:00 p.m.  
 May 25 .....**B&G LACROSSE** - 4A/3A, 3A/2A, & 2A/1A State Finals @ Stevenson University .....4, 6, 8:00 p.m.  
 May 26 .....**TRACK AND FIELD** - 1A and 2A State Championships @ Morgan State University .....4:00 p.m.  
 May 27 .....**TENNIS** - State Championships @ Olney Manor Park.....10:00 a.m.  
 May 27 .....**TRACK AND FIELD** - 3A and 4A State Championships @ Morgan State University .....4:00 p.m.  
 May 27.....**BASEBALL** - 4A State Championships @ Shipley Field - University of Maryland, College Park .....7:00 p.m.  
 May 27.....**SOFTBALL** - 2 State Championships @ University of Maryland, College Park .....5:30 and 8:00 p.m.  
 May 28 .....**TENNIS** - State Championships @ Olney Manor Park.....10:00 a.m.  
 May 28 .....**TRACK AND FIELD** - 1A, 2A, 3A and 4A State Championships @ Morgan State University .....11:00 a.m.  
 May 28 .....**SOFTBALL** - 2 State Championships @ University of Maryland, College Park .....1:00 and 3:30 p.m.  
 May 30 .....**BASEBALL** - 1A, 2A, 3A State Championships @ Ripken Stadium .....12, 3, and 6:00 p.m.



# new balance HIGH SCHOOL TENNIS championship

presented by the USTA



**HARVARD UNIVERSITY • BOSTON, MASSACHUSETTS  
JULY 25—28, 2016**

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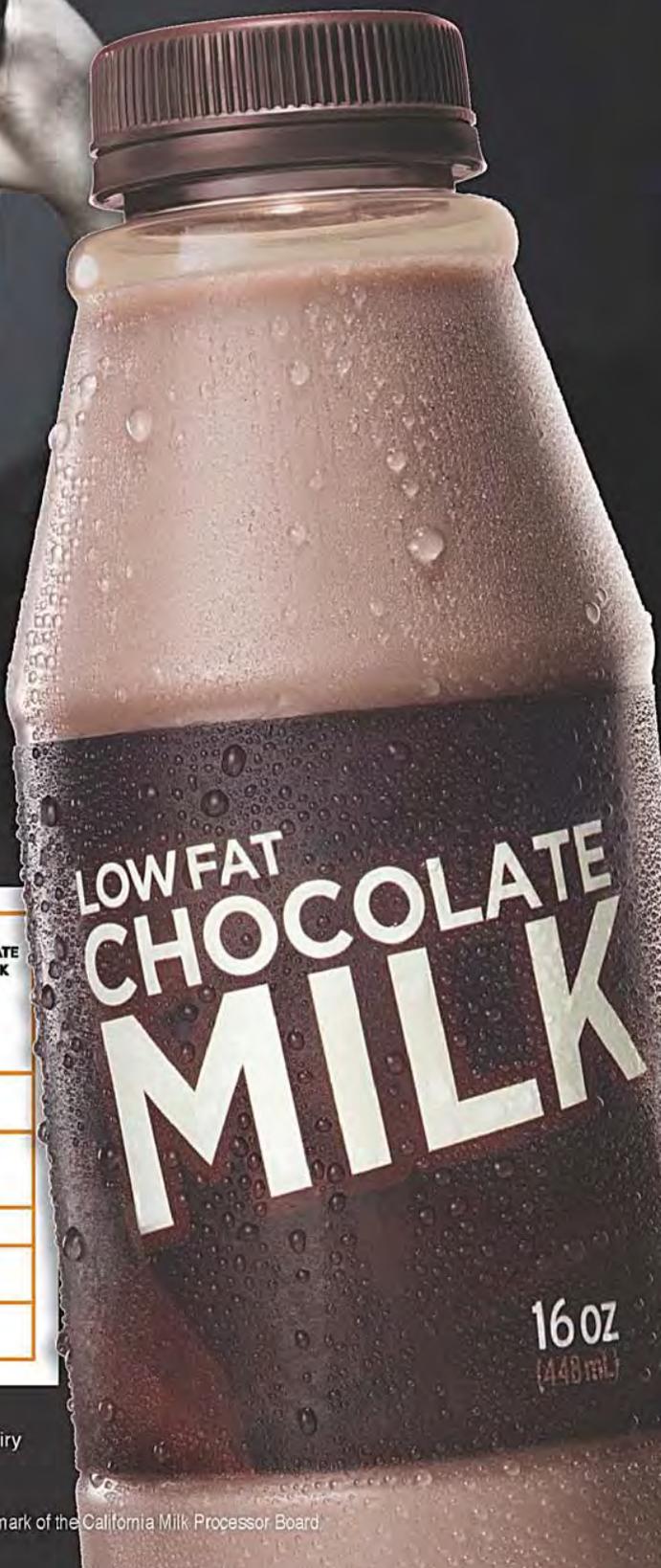


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**LOWFAT CHOCOLATE MILK HAS THE RIGHT MIX OF PROTEIN & CARBS**



	LOWFAT CHOCOLATE MILK (8 OZ)	TYPICAL PROTEIN POWDERS	TYPICAL PROTEIN RECOVERY DRINK	TYPICAL CARBOHYDRATE SPORTS DRINK
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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