



SCIAA Newsletter

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SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events

- August 26th-Athletic Insurance Due Date
- August 27th-SCIAA Friendship Classic
- August 31st-SCIAA SMS Student-Athlete Tracking Program Due Date
- September 1st-TSSAA/TMSAA Membership Dues must be paid
- September 5th-SCS Labor Day Holiday
- September 10th-SCIAA Middle School Girls Soccer Play Day

Sportsmanship Effort

Coaches and Players are expected to conduct themselves in a positive, sportsmanlike manner at all times. To ensure these issues are properly addressed, the TSSAA Board of Control is requiring a Game Administrator be appointed by the Principal of each host school to supervise every varsity contest in football, basketball, girls soccer and soccer. The Game Administrator must be someone other than the participating coaches. Ideally,

it should be a principal, athletic director or another school administrator but it may be the principal's designee due to staff commitments.

Please continue to focus on fan control at athletic contests. At each pre-season meeting, a discussion of appropriate behavior and expectations of parents should be discussed. Administrators and coaches must let their parents know that the school is held responsible for

the conduct of their fans whether home or away. The results on the school and student-athletes could be devastating and totally unfair to those student-athletes who work hard each day to participate in athletics.



Team Spotlight: Germantown Middle School 2015-16 Girls Track Team

The GMS girls 4x100 track team which is composed of Amiya Knowles, Kennedie Gillum, Jasmine Crigler and Mikenna Smith completed the track season undefeated as a unit this year. Their best recorded time was 52.0 in the Sectional meet held at Whitehaven. In the State track meet, we only had the four girls competing in the entire meet with two of them competing in open events. Mikenna Smith

placed 2nd in the 100 and 5th in the 200. Kennedie Gillum placed 3rd in the 100 and 2nd in the 200. They both were sectional champions (Mikenna 100 and Kennedie 200) GMS finished 4th in the State out of 33 teams competing. Our girls demonstrated tremendous sportsmanship throughout the season and represented Shelby County Schools in the state meet in such a positive way that we are all very proud of them.

Left to right, Kennedie Gillum, Amiya Knowles, Jasmine Crigler and Mikenna Smith (Team Captain). Submitted by Coach Leroy Walker



Tips to Beat the Heat

1. Gradually increase activity in terms of intensity and duration in the heat.
2. Intersperse periods of rest during activity and assure adequate rest between exercise bouts to lower body temperature and allow ample time to hydrate.
3. Begin outdoor activities only after you're properly hydrated. Drink water or sports drinks throughout physical activity in the heat. If you feel thirsty, drink. Make sure fluid is easily accessible in ample quantities during rest breaks and during exercise when possible. Coaches should always allow free access to fluids.
4. A darker urine color is a quick indicator of dehydration.

- Your urine should look more like lemonade (hydrated) than apple juice (dehydrated).
5. Exercise during cooler portions of the day (early morning or late evening), if possible, but stay vigilant because heat-related illnesses can occur then as well.
 6. Do not participate in intense exercise if you show signs of an existing illness (i.e. fever, diarrhea, extreme fatigue, etc.).
 7. If possible, athletic events and practices should have an athletic trainer on hand to assure proper medical supervision as well as recognition and treatment of possible injuries and heat illnesses.
 8. Acclimatize to warm weather activities over a 14-day period.

BEAT THE HEAT

Dehydration and heat illnesses can occur when you exercise in hot weather. Stay hydrated and cool down after activity.

DEHYDRATION AND HEAT ILLNESSES

As little as 2% dehydration can cause heat-related symptoms. 15 minutes of exercise can lead to 1% dehydration.

Currently, 17 states have heat-related emergency protocols for secondary school athletes to keep them safe during the heat.

Heat-related illnesses can occur when you exercise in hot weather. Stay hydrated and cool down after activity.

Heat-related illnesses can occur when you exercise in hot weather. Stay hydrated and cool down after activity.

SIGNS OF MINOR HEAT ILLNESS

- Dizziness
- Heavy, irregular lightning and nausea
- Lightheadedness, when not associated with other symptoms
- Fatigue
- Headache, dizziness, confusion and disorientation
- Excessive sweating
- Rapid breathing
- Rapid heartbeat
- Rapid breathing
- Rapid heartbeat

SIGNS OF EXERCUTIONAL HEAT STROKE

- Core body temperature above 104 degrees
- Signs of extreme confusion and loss of consciousness
- Rapid breathing
- Rapid heartbeat
- Rapid breathing
- Rapid heartbeat

SCIAA High School Events for August 29th-September 3rd, 2016

Date	Time	Sport	Opponents/Title	Facility
8/29/2016	1:00 PM	Girls Golf	White Station High / St. Agnes Tournament	Windyke
8/29/2016	3:30 PM	Boys & Girls Golf	MBA @ Bolton High	Orgill
8/29/2016	4:00 PM	Boys Golf	TBA @ Ridgeway High	pine hill
8/29/2016	4:00 PM	Boys & Girls Golf	Germantown High @ KIPP Collegiate High	Pine Hill
8/29/2016	4:00 PM	Girls Golf	TBA @ Ridgeway High	pine hill
8/29/2016	4:00 PM	HS Girls Soccer	Craigmont High @ MBA	Rodney Baber Park
8/29/2016	5:00 PM	Freshman Football	Collierville High @ Whitehaven High	Whitehaven Stadium
8/29/2016	5:00 PM	JV Football	Sheffield High @ MLK Prep	MLK Prep
8/29/2016	5:00 PM	HS Girls Soccer	Power Center Academy @ Raleigh Egypt High	Raleigh Egypt Stadium
8/29/2016	5:00 PM	HS Girls Soccer	Arlington High @ Kingsbury High	Kingsbury High School
8/29/2016	5:00 PM	HS Girls Volleyball	Whitehaven High @ Central High	Central High Gym
8/29/2016	5:00 PM	HS Girls Volleyball	Bolton High @ Wooddale High	Wooddale High School
8/29/2016	5:30 PM	Freshman Football	Cordova High @ Houston High	Houston Stadium
8/29/2016	5:30 PM	JV Football	Trezevant High @ Kirby High	Kirby Stadium
8/29/2016	5:30 PM	JV Football	KIPP Collegiate High @ Kingsbury High	Kingsbury High School
8/29/2016	5:30 PM	HS Girls Soccer	Central High @ Ridgeway High	May Field
8/29/2016	6:00 PM	JV Football	Overton High @ Central High	Crump Stadium
8/29/2016	6:00 PM	JV Football	MAHS @ Middle College High	Fairground Stadium
8/29/2016	6:00 PM	JV Football	Fairley High @ Southwind High	Southwind Stadium
8/29/2016	6:00 PM	HS Girls Volleyball	Tipton Rosemark Academy @ White Station High	White Station High School
8/29/2016	7:00 PM	JV Football	Collierville High @ Whitehaven High	Whitehaven Stadium
8/29/2016	7:00 PM	JV Football	Cordova High @ Houston High	Houston Stadium
8/30/2016	4:00 PM	Boys & Girls Golf	Whitehaven High @ MBA	Overton
8/30/2016	4:00 PM	HS Girls Volleyball	Kirby High @ Southwind High	Southwind High School
8/30/2016	4:30 PM	HS Girls Volleyball	Kingsbury High @ BARTLETT HIGH	Bartlett HS
8/30/2016	5:00 PM	HS Girls Soccer	Ridgeway High @ Overton High	Willow Road
8/30/2016	5:00 PM	HS Girls Volleyball	Cordova High @ Bolton High	Bolton High School
8/30/2016	5:00 PM	HS Girls Volleyball	Overton High @ Hamilton High	Hamilton High Gym
8/30/2016	5:00 PM	HS Girls Volleyball	Arlington High @ Whitehaven High	Whitehaven High School
8/30/2016	5:00 PM	HS Girls Volleyball	Central High @ Melrose High	Melrose High School
8/30/2016	5:00 PM	HS Girls Volleyball	Soulsville Charter @ City University School	City University School
8/30/2016	5:00 PM	HS Girls Volleyball	MBA @ Power Center Academy	MBA
8/30/2016	5:00 PM	HS Girls Volleyball	Middle College High @ Oakhaven High	Middle College High
8/30/2016	5:00 PM	HS Girls Volleyball	MASE @ KIPP Collegiate High	KIPP Collegiate High
8/30/2016	5:00 PM	HS Girls Volleyball	Booker T. Washington @ Hillcrest High	Hillcrest High
8/30/2016	5:00 PM	HS Girls Volleyball	MAHS @ Mitchell High	Mitchell High
8/30/2016	5:00 PM	HS Girls Volleyball	Raleigh Egypt High @ Manassas High	Manassas High
8/30/2016	5:00 PM	HS Girls Volleyball	Craigmont High @ MLK Prep	MLK Prep
8/30/2016	5:00 PM	HS Girls Volleyball	Douglass High @ Trezevant High	Trezevant High
8/30/2016	6:00 PM	HS Girls Soccer	Kirby High @ Cordova High	Cordova Stadium
8/30/2016	6:00 PM	HS Girls Volleyball	White Station High @ St. Benedict	St Benedict
8/30/2016	6:00 PM	HS Girls Volleyball	Germantown High @ Houston High	Houston High School
8/30/2016	7:00 PM	HS Girls Soccer	Westwood High @ Whitehaven High	Whitehaven Stadium
8/30/2016	7:00 PM	HS Girls Soccer	White Station High @ St. Benedict	St Benedict
8/30/2016	7:00 PM	HS Girls Soccer	Southwind High @ Central High	Crump Stadium
8/30/2016	7:00 PM	HS Girls Soccer	Bolton High @ Lausanne	Lausanne High School
8/31/2016	3:30 PM	Boys & Girls Golf	Germantown High @ Central High	Audubon
8/31/2016	4:00 PM	HS Boys Golf	MUS @ White Station High	Windyke
8/31/2016	4:00 PM	HS Girls Volleyball	Trezevant High @ Manassas High	
8/31/2016	4:30 PM	HS Girls Volleyball	East High @ Central High	Central High Gym
8/31/2016	5:00 PM	HS Girls Volleyball	Kingsbury High @ Germantown High	Germantown HS Gym
8/31/2016	5:00 PM	HS Girls Volleyball	White Station High @ Hamilton High	Hamilton High Gym
8/31/2016	5:00 PM	HS Girls Volleyball	Wooddale High @ Collierville High	Collierville HS
8/31/2016	5:30 PM	HS Girls Soccer	Raleigh Egypt High @ Southwind High	Southwind Soccer Field
8/31/2016	5:30 PM	HS Girls Soccer	Kirby High @ Craigmont High	Craigmont High School

SCIAA High School Events for August 29th-September 3rd, 2016 cont.

Date	Time	Sport	Opponents/Title	Facility
9/1/2016	3:20 PM	Boys & Girls Golf	Houston High @ White Station High	Audubon
9/1/2016	3:30 PM	Boys & Girls Golf	Soulsville Charter @ MBA	Overton
9/1/2016	4:00 PM	HS Boys Golf	Middle College, Ridgeway, @ Central	Fox Meadows
9/1/2016	4:00 PM	HS Boys Golf	TRA @ Bolton High	Orgill
9/1/2016	4:00 PM	HS Boys Golf	Trezevant, Douglass, Middle College, Ridgeway, Soulsville, Westwood, @ KIPP	Pine Hill
9/1/2016	4:00 PM	HS Girls Golf	Trezevant, Douglass, Middle College, Ridgeway, Soulsville, Westwood, @ KIPP	Pine Hill
9/1/2016	4:00 PM	HS Girls Golf	Middle College, Ridgeway, @ Central	Fox Meadows
9/1/2016	4:00 PM	HS Girls Volleyball	Houston High @ Ridgeway High	Ridgeway High School
9/1/2016	4:30 PM	HS Girls Soccer	White Station High @ St. Marys Episcopal	St. Mary's
9/1/2016	4:30 PM	HS Girls Soccer	Cordova High @ Kingsbury High	Kingsbury High School
9/1/2016	4:30 PM	HS Girls Volleyball	Whitehaven High @ Melrose High	Melrose High School
9/1/2016	4:30 PM	HS Girls Volleyball	White Station High @ St. Marys	St. Marys
9/1/2016	5:00 PM	HS Girls Soccer	Wooddale High @ Overton High	Willow Road
9/1/2016	5:00 PM	HS Girls Volleyball	Overton High @ East High	East High School
9/1/2016	5:00 PM	HS Girls Volleyball	Cordova High @ Southwind High	Southwind High School
9/1/2016	5:00 PM	HS Girls Volleyball	MAHS @ Soulsville Charter	Soulsville Charter
9/1/2016	5:00 PM	HS Girls Volleyball	Booker T. Washington @ KIPP Collegiate High	KIPP Collegiate High
9/1/2016	5:00 PM	HS Girls Volleyball	MBA @ Mitchell High	Mitchell High
9/1/2016	5:00 PM	HS Girls Volleyball	MSE @ City University School	City University School
9/1/2016	5:00 PM	HS Girls Volleyball	Oakhaven High @ Power Center Academy	
9/1/2016	5:00 PM	HS Girls Volleyball	Hillcrest High @ Middle College High	middle college high
9/1/2016	5:00 PM	HS Girls Volleyball	Trezevant High @ Craigmont High	Craigmont High
9/1/2016	5:00 PM	HS Girls Volleyball	Manassas High @ Douglass High	Douglass High
9/1/2016	5:00 PM	HS Girls Volleyball	Sheffield High @ MLK Prep	MLK Prep
9/1/2016	5:15 PM	HS Girls Volleyball	Kirby High @ Kingsbury High	Kingsbury High School
9/1/2016	6:00 PM	Freshman Football	Ridgeway High @ CBHS	CBHS
9/1/2016	6:30 PM	HS Girls Volleyball	Arlington High @ Germantown High	Germantown HS Gym
9/1/2016	7:00 PM	HS Football	Memphis FCA @ Middle College High	Fairground Stadium
9/1/2016	7:00 PM	HS Football	MLK Prep @ Trezevant High	Crump Stadium
9/1/2016	7:00 PM	HS Football	KIPP Collegiate High @ Booker T. Washington	BTW Stadium
9/1/2016	7:00 PM	HS Football	Kirby High @ Overton High	Halle Stadium
9/1/2016	7:00 PM	HS Girls Soccer	Germantown High @ Houston High	Houston MS
9/2/2016	5:00 PM	HS Girls Volleyball	Sheffield High @ City University School	City University
9/2/2016	5:30 PM	HS Girls Soccer	Power Center Academy @ Southwind High	Southwind Soccer Field
9/2/2016	7:00 PM	HS Football	Manassas High @ Mitchell High	Whitehaven Stadium
9/2/2016	7:00 PM	HS Football	MAHS @ Hillcrest High	Oakhaven Stadium
9/2/2016	7:00 PM	HS Football	Oakhaven High @ Westwood High	J.P. Freeman Stadium
9/2/2016	7:00 PM	HS Football	Melrose High @ Montgomery Bell	MONTGOMERY BELL
9/2/2016	7:00 PM	HS Football	Central High @ Bolton High	Bolton Stadium
9/2/2016	7:00 PM	HS Football	Douglass High @ Desoto Central High School	Desoto Central
9/2/2016	7:00 PM	HS Football	Cordova High @ BARTLETT HIGH	BARTLETT
9/2/2016	7:00 PM	HS Football	Craigmont High @ Ridgeway High	Halle Stadium
9/2/2016	7:00 PM	HS Football	Kingsbury High @ East High	Fairground Stadium
9/2/2016	7:00 PM	HS Football	Fairley High @ CBHS	CBHS
9/2/2016	7:00 PM	HS Football	Raleigh Egypt High @ Hamilton High	Crump Stadium
9/2/2016	7:00 PM	HS Football	Whitehaven High @ Arlington High	ARLINGTON
9/2/2016	7:00 PM	HS Football	Wooddale High @ Munford	MUNFORD
9/2/2016	7:00 PM	HS Football	Houston High @ Germantown High / Alumni Night	Germantown Stadium
9/2/2016	7:00 PM	HS Football	Sheffield High @ Fayette-Ware	FAYETTE-WARE
9/2/2016	7:00 PM	HS Football	Brighton @ Southwind High	Southwind Stadium
9/2/2016	7:00 PM	HS Football	White Station High @ Collierville High	COLLIERVILLE

SCIAA Middle School Events for August 29th-September 3rd, 2016

Date	Time	Sport	Opponents/Title	Facility
8/29/2016	5:00 PM	MS Volleyball	Barrets Chapel @ Douglass Middle	Douglass High School
8/29/2016	5:00 PM	MS Volleyball	Westside Middle @ Treadwell Middle	Treadwell Middle School
8/29/2016	5:00 PM	MS Volleyball	Booker T. Washington @ E.E Jeter	E. E. Jeter Gym
8/29/2016	5:00 PM	MS Volleyball	Bellevue Middle @ Georgian Hills	Bellevue MS
8/29/2016	5:00 PM	MS Volleyball	Kingsbury Middle @ Mt. Pisgah Middle School	Mt. Pisgah MS Gym
8/29/2016	5:00 PM	MS Volleyball	Grandview @ MASE	Mississippi Blvd Church
8/29/2016	5:00 PM	MS Volleyball	Geeter Middle @ Chickasaw Middle	Chickasaw Middle School
8/29/2016	5:00 PM	MS Volleyball	A. Maceo Walker Middle @ Hamilton Middle	Hamilton Middle School
8/29/2016	5:00 PM	MS Volleyball	MAHS @ Sherwood Middle	Sherwood Middle School
8/29/2016	5:00 PM	MS Volleyball	Lester Prep @ MBA	MBA Gym
8/29/2016	5:00 PM	MS Volleyball	Lowrance Elementary School @ Riverview Middle	Riverview Middle
8/29/2016	5:00 PM	MS Volleyball	Havenvue Middle @ Hickory Ridge Middle	Hickory Ridge Middle
8/29/2016	5:00 PM	MS Volleyball	Highland Oaks Middle School @ Ridgeway Middle	Ridgeway Middle
8/29/2016	5:00 PM	MS Volleyball	Kate Bond Middle @ Cordova Middle	Cordova Middle School
8/29/2016	5:00 PM	MS Volleyball	Snowden Middle @ White Station Middle	White Station Middle School
8/29/2016	5:00 PM	MS Volleyball	Germantown Middle School @ Craigmont Middle	Craigmont Middle School
8/30/2016	5:00 PM	MS Girls Soccer	KIPP Academy Middle @ Kingsbury Middle	Kingsbury Middle Field
8/30/2016	5:30 PM	MS Football	KIPP Academy Middle @ Riverview Middle	BTW Stadium
8/30/2016	5:30 PM	MS Football	Georgian Hills @ Westside Middle	MLK College Prep
8/30/2016	5:30 PM	MS Football	Chickasaw Middle @ JP Freeman Middle	J.P. Freeman Stadium
8/30/2016	6:30 PM	MS Football	Bellevue Middle @ Crestview Middle School	Crestview MS
8/31/2016	5:00 PM	MS Volleyball	Highland Oaks Middle School @ Colonial Middle	Colonial MS
8/31/2016	5:00 PM	MS Volleyball	Hickory Ridge Middle @ Wooddale Middle	Wooddale Middle School
8/31/2016	5:00 PM	MS Volleyball	Ridgeway Middle @ Havenvue Middle	Havenvue Middle
8/31/2016	5:00 PM	MS Volleyball	White Station Middle @ Kate Bond Middle	Kate Bond Middle
8/31/2016	5:00 PM	MS Volleyball	Germantown Middle School @ Cordova Middle	Cordova Middle School
8/31/2016	5:00 PM	MS Volleyball	Craigmont Middle @ Snowden Middle	Snowden Middle School
8/31/2016	5:00 PM	MS Volleyball	Soulsville Charter @ Steam	Steam
8/31/2016	5:00 PM	MS Volleyball	Chickasaw Middle @ Hamilton Middle	Hamilton Middle School
8/31/2016	5:00 PM	MS Volleyball	Lester Prep @ A. Maceo Walker Middle	A. Maceo Walker School
8/31/2016	5:00 PM	MS Volleyball	Riverview Middle @ MAHS	MAHS Middle School Gym
8/31/2016	5:00 PM	MS Volleyball	Lowrance Elementary School @ MBA	MBA Gym
8/31/2016	5:00 PM	MS Volleyball	Westside Middle @ Barrets Chapel	Barretts Chapel Gym
8/31/2016	5:00 PM	MS Volleyball	E.E Jeter @ Douglass Middle	Douglass High School
8/31/2016	5:00 PM	MS Volleyball	Raleigh Egypt Middle @ Treadwell Middle	Treadwell Middle School
8/31/2016	5:00 PM	MS Volleyball	Georgian Hills @ Booker T. Washington	Booker T. Washington Gym
8/31/2016	5:00 PM	MS Volleyball	Grandview @ Bellevue Middle	Bellevue Middle School
8/31/2016	5:00 PM	MS Volleyball	MASE @ Kingsbury Middle	Kingsbury Middle
8/31/2016	5:30 PM	MS Football	A. Maceo Walker Middle @ Oakhaven Middle	Oakhaven Stadium
8/31/2016	5:30 PM	MS Football	Lester Prep @ Sherwood Middle	Melrose Stadium
8/31/2016	5:30 PM	MS Football	MAHS @ Hamilton Middle	Crump Stadium
8/31/2016	5:30 PM	MS Football	Memphis Scholars @ Booker T. Washington	BTW Stadium
8/31/2016	5:30 PM	MS Football	Raleigh Egypt Middle @ Barrets Chapel	Bolton Stadium
8/31/2016	5:30 PM	MS Football	Dexter MS @ Kingsbury Middle	Kingsbury MS Football Field
8/31/2016	5:30 PM	MS Football	Hickory Ridge Middle @ Colonial Middle	Kirby Stadium
8/31/2016	5:30 PM	MS Football	Wooddale Middle @ Ridgeway Middle	Halle Stadium
8/31/2016	5:30 PM	MS Football	Highland Oaks @ Craigmont Middle	Craigmont MS Football Field
8/31/2016	5:30 PM	MS Football	Kate Bond Middle @ Cordova Middle	Cordova Stadium
8/31/2016	5:30 PM	MS Football	White Station Middle @ Snowden Middle	Snowden Football Field
8/31/2016	5:30 PM	MS Football	Kirby Middle @ American Way Middle	American Way Middle Field
9/1/2016	5:00 PM	MS Girls Soccer	Cordova Middle @ Craigmont Middle	Craigmont MS Football Field
9/1/2016	5:00 PM	MS Girls Soccer	Wooddale Middle @ Kate Bond Middle	Kate Bond Football Field
9/1/2016	5:00 PM	MS Girls Soccer	White Station Middle @ Snowden Middle	Snowden Football Field
9/1/2016	5:00 PM	MS Girls Soccer	Germantown @ American Way Middle	American Way Middle
9/1/2016	5:00 PM	MS Girls Soccer	Kirby Middle @ Hickory Ridge Middle	Hickory Ridge Middle Field

SCIAA Middle School Events for August 29th-September 3rd, 2016

Date	Time	Sport	Opponents/Title	Facility
9/1/2016	5:00 PM	MS Girls Soccer	Colonial Middle @ Ridgeway Middle	Mayfield #2
9/1/2016	5:00 PM	MS Girls Soccer	Treadwell Middle @ MBA	Rodney Baber Park
9/1/2016	5:00 PM	MS Girls Soccer	A. Maceo Walker Middle @ Chickasaw Middle	J.P. Freeman Soccer
9/1/2016	5:00 PM	MS Girls Soccer	MASE @ Steam	Fairgrounds Stadium