



SCIAA Newsletter

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SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events

- February 10th- SCIAA High School Basketball Championship

Athletic Trainer's Corner-Claire Dougherty

Nutrition plays such an important role in athletic performance. It is vital that as coaches you are equipping your athletes with the knowledge to make

healthy decisions about food. Athletes need to be aware that the food they put in their body is contributing to their overall athletic performance. Feel free

to share these charts of examples on how to eat healthily as an athlete and optimize performance.

FUELING YOUR WORKOUT		
PRE-WORKOUT	DURING WORKOUT	POST-WORKOUT
4 Hours Before: -Bagels w/ cream cheese, English muffins w/ peanut butter, PB&J -Turkey/grilled chicken sandwich and baked chips -Greek yogurt w/ Granola Bar	Hot, Hard, or Long Practices: -Powerade/Gatorade -Applesauce -Fruit Snacks -Fruit -Fruit Chews -Cliff Bar shot blocks	15 Min-1 Hour After: -Clif Bar, Protein Bar, Nature Valley Protein Bar -Muscle Milk -Lowfat chocolate milk -Trail mix, almonds or nuts -Greek yogurt w/ fruit and granola
2 Hours Before: -Granola bars -Cereal with lowfat milk -Goldfish, pretzels, nutri-grain bars -Peanut butter crackers	Light Days: -Water -Fruit	2 Hours After: -Eat dinner with a combination of protein, carbs, and fruits/veggies
1 Hour Before: -Fruit -Chewy bars -Applesauce		

SNACKS TO CHOOSE WHEN YOU ARE...			
Hungry in Between Meals	Hungry Before Play	Craving Sweets	Bored
Popcorn Apples & PB Cheese & Crackers PB Crackers Fig Bar Trail Mix PB&J Sandwich Nature Valley Protein Yogurt	Applesauce Banana Nutrigrain Bar Nature Valley Bar Chewy Bar Fig Bar PowerBar Wafer Goldfish Animal Crackers	Dark Chocolate Almonds Fruit Snacks Animal Crackers Rice Krispy Treat Yogurt & Granola Chocolate Milk	Apple/ Fruit Nuts Popcorn Pretzels Veggies Hummus Cliff Z Bar Beef Jerky

Winter Coaching Stipends

Winter Stipends were to be submitted by Monday, February 5, 2018, to ensure payment is received on Friday, February 23, 2018. In an effort to ensure that stipends are paid in a timely manner, the Office of Compensation is requesting that you follow procedures listed in the guidelines emailed to Principals.

Please Note: All teacher/ teacher type employees as well as classified employees will receive the same stipend amounts for all athletic and academic roles as they received in the 2016-17 season. Also note that the stipends appear in the employee portals on the Thursday of the payment week.

Once payments have been made and if employees have questions please refer them to one of the three options.

If you received payment and feel the amount received is incorrect, please contact Compensation at 416-2832.

If you received confirmation but did not receive payment, please contact India Weaver at 416-9942.

If you did not receive any confirmation or payment, please contact your Principal at your school.

SCIAA High School Events for February 12th -February 18th , 2018

Date	Time	Sport	Opponents/Title	Facility
2/12/2018	6:00 PM	HS Girls Basketball	Bolton High @ Arlington High	Arlington High
2/12/2018	7:30 PM	HS Boys Basketball	Bolton High @ Arlington High	Arlington High

District Tournaments will begin next week. As they are confirmed, I will work to get schedules out.