



SCIAA Newsletter

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SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events





- March 3rd-TSSAA Girls Sub-State Games
- March 5th-TSSAA Boys Sub-State Games
- March 7-10th-TSSAA Girls State Tournament
- March 14-17th-TSSAA Boys State Tournament

Emergency Action Plans

In every pre-season meeting I have discussed the importance of having an Emergency Action Plan (EAP) in place. With the large number of student-athletes participating in interscholastic athletics there is an increased potential for an emergency to happen at some point. It is not a matter of if it will occur but when. How well you respond during that emergency depends largely on whether or not you have prepared for it before it happens. There are many resources available to help you prepare. Anyone Can Save A Life is a program that was started by the Minnesota State High School League which then expanded into a national program being funded by the NFHS Foundation. The program was designed with secondary schools in mind and encourages involving students as team members because they can be

helpful in a lot of ways during an emergency.

Anyone Can Save A Life is a great resource to help create a coordinated response for your school to ensure the best possible outcome in an emergency. The goal is to immediately respond to life threatening emergencies with a simple protocol:

-  Calling 911 to alert the Emergency Medical System (EMS)
-  Early cardiopulmonary resuscitation (CPR)
-  Early use of an automated external defibrillator (AED)
-  Early transition to EMS

The Athletic Director (AD) should oversee getting the plan started but each coach should create the plan for the sport they coach. Every sport is unique so the plan should be tailored to each specific location. For example, if the base-

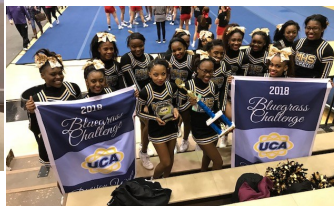
ball team does conditioning inside the gym, practices on the field behind the school but plays their games at a city park field 3 miles away there should be a plan in place for each of those locations. Knowing that you will not have the same access to resources in each location is paramount to how you might respond in an emergency and your plan should reflect that. For every location it is important to know the physical address, locations to landlines, automated external defibrillators (AEDs), possible entrances and exits, including gates which may be locked and inaccessible. The program website <http://anyonecansavealife.org/> has everything you need to get started including online training and sample worksheets. Don't delay, make a plan today!

Cheerleading – It's More Than Standing On The Sideline.

School cheerleading has 5 major components – Crowd Leading, Entertainment, Spirit-Raising, Ambassadorship, and Athleticism. Cheer teams across Shelby County have been working towards achieving all of these components and some you may not see during a football or basketball game. Whitehaven High School Cheerleading traveled to Dallas, TX in January and competed in the

National Cheerleaders Association prestigious competition and took home the first place championship in the Game Day Timeout Division. Mitchell High School recently travelled to Lexington Kentucky and competed at the Universal Cheerleaders Association Regional Competition and placed first in their division as well. Schools have also been teaming up with each other to show unity between schools includ-

ing Mitchell, Central, Douglass, Sheffield, and East. Other good opportunities for team collaborations would be community service with another cheer team, making school spirit signs, and learning cheerleading skills from each other. Reach out to the other coaches to organize team unity activities.



SCIAA High School Events for March 3rd—March 10th , 2018

March 3rd TSSAA Girls Basketball Sub-State Games

7:00 pm Dresden @ Booker T. Washington
7:00 pm MBA @ Greenfield
7:00 pm Southwind @ Arlington

March 5th TSSAA Boys Basketball Sub-State Games

7:00 pm Winner of Douglass vs. MASE hosts, #2 travels
7:00 pm Winner of Mitchell vs. Hamilton hosts, #2 travels
7:00 pm Winner of Cordova vs. Bartlett hosts, #2 travels
7:00 pm Winner of East vs. Whitehaven hosts, #2 travels

Winners will be decided by tonight's (3/1/2018) games

