



SCIAA Newsletter

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SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events

- September 4th-Labor Day
- September 6th-SCIAA Large Schools Golf Tournament
- September 6th-SCIAA High School Cross Country Kickoff
- September 8th-SCIAA Middle School Girls Soccer PlayDay
- September 12th-SCIAA Bowling Coaches Meeting
- September 13th-SCIAA Middle School Basketball Coaches Meeting

SCIAA Cross Country Kickoff

The High School Cross Country season is gearing up to start with the XC Kickoff Race at Shelby Farms Park on Thursday, September 6th. The girls race will begin at 5:00pm and the boys race starting at 5:45pm.

This season brings lots of exciting upgrades and changes including electronic timing, new

course locations, more participants at each meet, and a new inflatable arch at the finish line all in an effort to make the SCIAA cross country meet experience special and exciting for these hard-working athletes. Come out and support this week or throughout the season. Admission/Parking is FREE at all SCIAA XC Meets.

2018 XC Schedule

9/6 - Shelby Farms - 5:00pm
9/20 - SCIAA Complex- 5:00pm
10/4 - Shelby Farms - 5:00pm

10/18 - SCIAA CHAMPIONSHIP

- Shelby Farms -
Large Schools 3:30pm
Small Schools 4:30pm

Four Keys for Developing Confident Players

If you ask most coaches what the most important attribute they look for in a player, self-confidence is at the top of the list. Without self-confidence the player will struggle to do well. Heck, any one of us become a liability without self-confidence. Coaches want self-confident players because they believe anything is possible. They trust the work they've put in and a good result will come from their good efforts. However, there are so many coaches who struggle to develop confident players. In today's coaching psychology, it's critical coaches go out of their way to build the esteem and confidence of their players. A team full of insecure and unconfident players will absolutely struggle to reach their potential and win games. Don't let this happen to your players and your program.

Any coaches can develop confident players with the help of the four following steps:

1. Provide repetition. Think back to when you first learned to ride a bike. You were nervous and scared about falling and getting hurt. But once you got the hang of it, you never looked back and had confidence in your ability. The best thing a coach can do is teach the fundamentals. Players will never have the confidence to take the necessary risks to win big if they haven't mastered the fundamentals. Whether it's in sports or not, the same is true, repetition of skill fosters self-confidence.

2. Promote self-talk. The biggest opponent our athletes will ever face is the one looking back at them in the mirror. As adults we have a bad habit of talking down to ourselves. If we truly want to give our athletes the tools to a successful life, we must teach them the value of self-talk. The best way to do this is to praise them loudly and often. If they hear it from us, they will begin to think it's true. We also need to teach them the value of affirmations. There are enough people out there who will tell them they can't do something, they don't need to be another negative voice in their head. Coaches, write your athletes a handwritten note telling them how much you value them. Then, have them write themselves a congratulatory note on something they're proud of.

3. Help them lift others. One of the best ways to develop confidence is to build it in others. We lose nothing by helping others. What we put out will come back to us. As coaches, we develop more confidence in our ability when an athlete thanks us for what we've taught them or done for them. So why wouldn't the same be true for our athletes. Coaches, challenge your athletes to praise their teammates. Congratulate each other for doing well. One of my favorite activities is doing Lead 'Em Up's "Me, We, You" activity. In it, players stand up in front of the team and share something about why they are proud of

themselves, why they are proud of the team, and then point out a teammate and tell them why they're proud of them. It's amazing to see the reactions when a player is celebrated by a teammate. Lifting others will go a long way to increasing a player's confidence.

4. Have them put blinders on. No one will believe in you unless you do. And in the word's of Metallica's James Hetfield, "Nothing else matters." Our athletes are growing up in a culture and society addicted to how many likes a picture gets. They lack self-confidence because they're too worried about how others will perceive them. It's our job as coaches to teach them to put blinders on to anyone who doesn't support them or their dreams. Those people don't matter. We need to help our athletes realize it's okay to eliminate from the lives the people who don't believe in them or inspire them. Coaches, help your athletes by fighting this battle with your kids every day. Encourage, encourage, encourage, and encourage them. Be their biggest fan and teach them to stay true to themselves.

Teams collapse every season due to players lacking confidence in themselves and they're teammates. Don't let this happen to you. Take the steps necessary to build confident players within your program today. From the NFHS: <http://www.nfhs.org/articles/four-keys-for-developing-confident-players/>

SCIAA High School Events for September 3rd– 9th, 2018

Date	Time	Sport	Opponents/Title	Facility
9/3/2018	6:00 PM	JV Football	MBA @ Mitchell High	Whitehaven Stadium
9/4/2018	3:00 PM	Boys & Girls Golf	Millington High @ Bolton High	Orgill
9/4/2018	4:00 PM	Boys & Girls Golf	Middle College, Melrose, Soulsville, MBA	Whitehaven
9/4/2018	4:00 PM	HS Volleyball	Bluff City High School @ Oakhaven High	Hillcrest High
9/4/2018	4:30 PM	HS Volleyball	MAHS @ Douglass High	Douglass High School
9/4/2018	4:30 PM	HS Volleyball	Whitehaven High @ Overton High	Overton High School
9/4/2018	4:30 PM	HS Volleyball	City University School @ MBA	MBA Gym
9/4/2018	4:30 PM	HS Volleyball	Power Center Academy @ Melrose High	Melrose High School
9/4/2018	5:00 PM	Freshman Football	White Station High @ Central High	Crump Stadium
9/4/2018	5:00 PM	HS Girls Soccer	Southwest Early College @ Kirby High	Kirby Stadium
9/4/2018	5:00 PM	HS Girls Soccer	Overton High @ Westwood High	J.P. Freeman Soccer
9/4/2018	5:00 PM	HS Girls Soccer	Germantown High @ Kingsbury High	Kingsbury High School
9/4/2018	5:00 PM	HS Volleyball	Hillcrest High @ MSE	Nuestra Vida Church
9/4/2018	5:00 PM	HS Volleyball	Raleigh Egypt @ Trezevant High	Trezevant High School
9/4/2018	5:00 PM	HS Volleyball	Collierville High @ Southwind High	Southwind High School
9/4/2018	5:00 PM	HS Volleyball	MLK Prep @ Wooddale High	Wooddale High School
9/4/2018	5:00 PM	HS Volleyball	MASE @ Manassas High	Manassas High School
9/4/2018	5:00 PM	HS Volleyball	Soulsville Charter @ Middle College High	Airways
9/4/2018	5:00 PM	HS Volleyball	Sheffield High @ Craigmont High	Craigmont High School
9/4/2018	5:30 PM	HS Girls Soccer	Bolton High @ Dyer County	Dyer County
9/4/2018	5:30 PM	HS Girls Soccer	Power Center Academy @ Craigmont High	Craigmont Soccer Field
9/4/2018	5:30 PM	HS Volleyball	Oakhaven High @ Bluff City High School	Hillcrest HS
9/4/2018	6:00 PM	Freshman Football	Germantown High @ Collierville High	Collierville Stadium
9/4/2018	6:00 PM	HS Volleyball	Germantown High @ Bolton High	Bolton High School
9/4/2018	6:00 PM	HS Volleyball	Cordova High @ Ridgeway High	Ridgeway High School
9/4/2018	6:30 PM	HS Volleyball	Saint Agnes Academy @ White Station High	White Station High School
9/4/2018	7:00 PM	HS Girls Soccer	East High @ Central High	Crump Stadium
9/4/2018	7:00 PM	HS Girls Soccer	Rise Academy @ Whitehaven High	Whitehaven Stadium
9/5/2018	4:00 PM	Boys & Girls Golf	Whitehaven @ Ridgeway	Overton
9/5/2018	4:00 PM	HS Volleyball	MSE @ Oakhaven High	Nuestra Vida Church
9/5/2018	4:00 PM	HS Volleyball	Craigmont High @ Whitehaven High	Airways
9/5/2018	4:00 PM	HS Volleyball	Ridgeway High @ Kirby High	Kirby High School
9/5/2018	4:30 PM	HS Volleyball	Evangelical Christian School @ Germantown High	Germantown High
9/5/2018	5:00 PM	HS Volleyball	Oakhaven High @ MSE	Nuestra Vida Church
9/5/2018	5:00 PM	HS Volleyball	Hillcrest High @ Bluff City High School	Hillcrest HS
9/5/2018	5:00 PM	HS Volleyball	Westwood High @ Mitchell High	Mitchell Gym
9/5/2018	5:00 PM	HS Volleyball	Booker T. Washington @ MASE	Mississippi Blvd Church
9/5/2018	5:00 PM	HS Volleyball	East High @ City University School	City University
9/5/2018	5:00 PM	HS Volleyball	MLK Prep @ Sheffield High	Sheffield High School
9/5/2018	5:00 PM	HS Volleyball	Soulsville Charter @ KIPP Collegiate High	KIPP Collegiate HS
9/5/2018	5:30 PM	HS Girls Soccer	Raleigh Egypt @ Bolton High	Bolton Soccer Field
9/5/2018	5:30 PM	HS Volleyball	White Station High @ Cordova High	Cordova High School
9/5/2018	6:00 PM	HS Volleyball	Bolton High @ Central High	Central High School
SCIAA Large School Golf Championship				
9/6/2018	1:00 PM	Boys & Girls Golf	Overton, Bolton, Whitehaven, Germantown, White Station, Ridgeway	Fox Meadows
9/6/2018	4:00 PM	Boys & Girls Golf	Middle College, Soulsville, MBA, Westwood, @ Crosstown	Overton
9/6/2018	4:30 PM	HS Volleyball	Melrose High @ MAHS	MAHS
9/6/2018	4:30 PM	HS Volleyball	East High @ MBA	MBA Gym
9/6/2018	4:30 PM	HS Volleyball	Douglass High @ Power Center Academy	Douglass HS
9/6/2018	4:30 PM	HS Volleyball	Craigmont High @ Kirby High	Kirby High School
9/6/2018	4:30 PM	HS Volleyball	Overton High @ Central High	Central High Gym

SCIAA High School Events for September 3rd– 9th, 2018

Date	Time	Sport	Opponents/Title	Facility
			SCIAA Cross Country Kickoff	
9/6/2018	5:00 PM	Cross Country	Bolton, Germantown, Southwind, City University, MSE, Sheffield, Cordova, Craigmont, Kirby, Ridgeway, White Station, Wooddale, Hamilton, Central, East, Overton, Whitehaven, BTW, Douglass, Manassas, Mitchell, MLK Prep, Raleigh Egypt, Trezevant, Fairley, Hillcrest, Kingsbury, MAHS, MASE, MBA, Middle College, PCA, Westwood, Southwest Early College, Crosstown, West Memphis	Shelby Farms
9/6/2018	5:00 PM	HS Girls Soccer	Raleigh Egypt @ MBA	Rodney Baber Park
9/6/2018	5:00 PM	HS Girls Soccer	Rise Academy @ Overton High	Willow Road
9/6/2018	5:00 PM	HS Girls Soccer	Craigmont High @ Kirby High	Kirby Stadium
9/6/2018	5:00 PM	HS Volleyball	Middle College High @ Soulsville Charter	Soulsville Charter School
9/6/2018	5:00 PM	HS Volleyball	Fairley High @ Oakhaven High	Fairley High School
9/6/2018	5:00 PM	HS Volleyball	Raleigh Egypt @ Wooddale High	Wooddale High School
9/6/2018	5:00 PM	HS Volleyball	MASE @ Crosstown High School	Mississippi Blvd Church
9/6/2018	5:00 PM	HS Volleyball	Hamilton High @ Manassas High	Manassas High School
9/6/2018	5:00 PM	HS Volleyball	Sheffield High @ Trezevant High	Trezevant High School
9/6/2018	5:00 PM	HS Volleyball	Hillcrest High @ Freedom Prep Academy	Freedom Prep Gym
9/6/2018	5:30 PM	HS Girls Soccer	Power Center Academy @ East High	Fairgrounds Stadium
9/6/2018	5:30 PM	HS Girls Soccer	Central High @ Kingsbury High	Kingsbury High School
9/6/2018	5:30 PM	HS Volleyball	Ridgeway High @ Haywood	Haywood High School
9/6/2018	5:30 PM	HS Volleyball	Kingsbury High @ Germantown High	Germantown High
9/6/2018	6:00 PM	Freshman Football	Ridgeway High @ CBHS	CBHS Stadium
9/6/2018	6:00 PM	Freshman Football	Central High @ Whitehaven High	Whitehaven Stadium
9/6/2018	6:00 PM	HS Girls Soccer	Munford @ Bolton High	Bolton Soccer Field
9/6/2018	6:00 PM	HS Girls Soccer	Germantown High @ Harding	Harding Academy
9/6/2018	6:00 PM	HS Volleyball	Munford @ White Station High	White Station High School
9/6/2018	7:00 PM	HS Football	Wooddale High @ Overton High	Halle Stadium
9/6/2018	7:00 PM	HS Football	Melrose High @ East High	Crump Stadium
9/6/2018	7:00 PM	HS Football	Fairley High @ Hillcrest High	Melrose Stadium
9/7-9/2018	TBD	HS Girls Soccer	Tournament-Cordova High	
9/7/2018	5:00 PM	HS Girls Soccer	Westwood High @ Whitehaven High	Whitehaven Stadium
9/7/2018	7:00 PM	HS Football	Freedom Prep Academy @ Lake County	Lake County High School
9/7/2018	7:00 PM	HS Football	Pulaski Academy @ Ridgeway High	Halle Stadium
9/7/2018	7:00 PM	HS Football	MLK Prep @ Westview	Martin; TN
9/7/2018	7:00 PM	HS Football	Bolton High @ Houston High	Houston Stadium
9/7/2018	7:00 PM	HS Football	Mitchell High @ Central High	Crump Stadium
9/7/2018	7:00 PM	HS Football	Douglass High @ Cordova High	Cordova Stadium
9/7/2018	7:00 PM	HS Football	Kirby High @ Olive Branch	Olive branch
9/7/2018	7:00 PM	HS Football	Arlington High @ Southwind High	Southwind Stadium
9/7/2018	7:00 PM	HS Football	Whitehaven High @ Lausanne	Lausanne High School
9/7/2018	7:00 PM	HS Football	Booker T. Washington @ St. Benedict	St Benedict
9/7/2018	7:00 PM	HS Football	Oakhaven High @ Union City	Union City
9/7/2018	7:00 PM	HS Football	Hernando @ White Station High	Kirby Stadium
9/7/2018	7:00 PM	HS Football	Germantown High @ Collierville High	Collierville Stadium
9/7/2018	7:00 PM	HS Football	Sheffield @ Bartlett	Bartlett Stadium
9/7/2018	7:00 PM	HS Football	KIPP Collegiate High @ CBHS	CBHS Stadium
9/7/2018	7:00 PM	HS Football	MAHS @ Kingsbury High	Melrose Stadium
9/8/2018	7:00 PM	HS Football	Manassas High @ Fayette-Ware	Fayette-Ware Stadium

SCIAA Middle School Events for September 3rd – 9th, 2018

Date	Time	Sport	Opponents/Title	Facility
9/4/2018	5:00 PM	MS Girls Soccer	Germantown @ Hickory Ridge Middle	Hickory Ridge Field
9/4/2018	5:00 PM	MS Girls Soccer	Ridgeway Middle @ A. Maceo Walker Middle	A. Maceo Walker School
9/4/2018	5:00 PM	MS Girls Soccer	Cordova Middle @ Kate Bond Middle	Kate Bond Football Field
9/4/2018	5:00 PM	MS Girls Soccer	Snowden Middle @ Sherwood Middle	Melrose Stadium
9/4/2018	5:00 PM	MS Girls Soccer	MBA @ KIPP Academy Middle	Rodney Baber Park
9/4/2018	5:00 PM	MS Girls Soccer	JP Freeman Middle @ Steam	Fairgrounds Stadium
9/4/2018	5:00 PM	MS Girls Soccer	Craigmont Middle @ White Station Middle	Craigmont Football Field
9/4/2018	5:00 PM	MS Girls Soccer	American Way Middle @ Colonial Middle	Colonial Middle Field
9/4/2018	5:00 PM	MS Volleyball	Barrets Chapel @ Fayette East Middle	Fayette East Middle
9/4/2018	5:30 PM	MS Football	Humes Prep @ Treadwell Middle	Treadwell Football Field
9/4/2018	5:30 PM	MS Football	A. Maceo Walker Middle @ Wooddale Middle	Halle Stadium
9/4/2018	5:30 PM	MS Football	Woodstock MS @ KIPP Prep Middle	Corry Football Field
9/4/2018	5:30 PM	MS Football	KIPP Collegiate Middle @ Riverview Middle	BTW Stadium
9/5/2018	5:00 PM	MS Girls Soccer	PCA Southeast @ JP Freeman Middle	JP Freeman Soccer
9/5/2018	5:30 PM	MS Football	Dexter MS @ Hickory Ridge Middle	Kirby Stadium
9/5/2018	5:30 PM	MS Football	Westside Middle @ Bellevue Middle	Crump Stadium
9/5/2018	5:30 PM	MS Football	American Way Middle @ Ridgeway Middle	Halle Stadium
9/5/2018	5:30 PM	MS Football	Georgian Hills @ Mt. Pisgah Middle School	Cordova Stadium
9/5/2018	5:30 PM	MS Football	Barrets Chapel @ Raleigh Egypt	Raleigh-Egypt Stadium
9/5/2018	5:30 PM	MS Football	JP Freeman Middle @ Oakhaven Middle	Oakhaven Stadium
9/5/2018	5:30 PM	MS Football	Geeter Middle @ Chickasaw Middle	Chickasaw Middle School
9/5/2018	5:30 PM	MS Football	Lester Prep @ Hamilton Middle	Hamilton Football Field
9/5/2018	5:30 PM	MS Football	Cordova Middle @ Highland Oaks Middle	Southwind Stadium
9/5/2018	5:30 PM	MS Football	Kate Bond Middle @ Germantown Middle	Germantown Stadium
9/5/2018	5:30 PM	MS Football	Snowden Middle @ Craigmont Middle	Craigmont Football Field
9/5/2018	5:30 PM	MS Football	White Station Middle @ Sherwood Middle	Melrose Stadium
9/5/2018	5:30 PM	MS Football	Kirby Middle @ MAHS	Fairgrounds Stadium
9/5/2018	5:30 PM	MS Volleyball	MAHS @ Barrets Chapel	Barretts Chapel Gym
9/5/2018	5:30 PM	MS Volleyball	KIPP Academy Middle @ Douglass Middle	Douglass High School
9/5/2018	5:30 PM	MS Volleyball	Colonial Middle @ Hickory Ridge Middle	Hickory Ridge Middle
9/5/2018	5:30 PM	MS Volleyball	A. Maceo Walker Middle @ Highland Oaks	Highland Oaks
9/5/2018	5:30 PM	MS Volleyball	Ridgeway Middle @ Wooddale Middle	Wooddale Middle School
9/5/2018	5:30 PM	MS Volleyball	JP Freeman Middle @ Booker T. Washington	Booker T. Washington
9/5/2018	5:30 PM	MS Volleyball	Havenview Middle @ Germantown Middle School	Germantown Middle
9/5/2018	5:30 PM	MS Volleyball	Bellevue Middle @ Hamilton Middle	Hamilton Middle School
9/5/2018	5:30 PM	MS Volleyball	MASE @ Lester Prep	Lester Middle School
9/5/2018	5:30 PM	MS Volleyball	Steam @ Soulsville Charter	Soulsville Charter School
9/5/2018	5:30 PM	MS Volleyball	Georgian Hills @ Raleigh Egypt	Raleigh Egypt MS Gym
9/5/2018	5:30 PM	MS Volleyball	MBA @ Westside Middle	Westside Middle School
9/5/2018	5:30 PM	MS Volleyball	Craigmont Middle @ Kate Bond Middle	Kate Bond Middle
9/5/2018	5:30 PM	MS Volleyball	Cordova Middle @ Sherwood Middle	Melrose HS
9/5/2018	5:30 PM	MS Volleyball	Snowden Middle @ White Station Middle	White Station School
9/5/2018	5:30 PM	MS Volleyball	Chickasaw Middle @ Geeter Middle	Geeter Middle School
9/5/2018	5:30 PM	MS Volleyball	KIPP Prep Middle @ Lowrance	Lowrance Gym
9/5/2018	5:30 PM	MS Volleyball	MSE @ Riverview Middle	Southside
9/5/2018	5:30 PM	MS Volleyball	PCA Southeast @ Treadwell Middle	Treadwell Middle School
9/6/2018	5:00 PM	MS Girls Soccer	Kate Bond Middle @ Snowden Middle	Snowden Football Field
9/6/2018	5:00 PM	MS Girls Soccer	Ridgeway Middle @ Colonial Middle	Cordova Soccer Field
9/6/2018	5:30 PM	MS Volleyball	MSE @ KIPP Prep Middle	Nuestra Vida Church
9/6/2018	5:30 PM	MS Volleyball	American Way Middle @ Colonial Middle	Colonial Middle
9/7/2018	5:30 PM	MS Volleyball	Havenview Middle @ Ridgeway Middle	Ridgeway Middle
SCIAA Middle School Girls Soccer PlayDay				
9/8/2018	9:00 AM	MS Girls Soccer	Hickory Ridge @ American Way	Cordova Stadium
9/8/2018	9:00 AM	MS Girls Soccer	A. Maceo Walker @ Germantown	Cordova Soccer Field
9/8/2018	10:15 AM	MS Girls Soccer	Snowden @ White Station	Cordova Stadium

SCIAA Middle School Events for September 3rd – 9th, 2018

Date	Time	Sport	Opponents/Title	Facility
9/8/2018	10:15 AM	MS Girls Soccer	Kate Bond @ Craigmont	Cordova Soccer Field
9/8/2018	11:30 AM	MS Girls Soccer	Kingsbury @ Rise Academy	Cordova Stadium
9/8/2018	11:30 AM	MS Girls Soccer	JP Freeman @ Bellevue	Cordova Soccer Field
9/8/2018	12:45 PM	MS Girls Soccer	Lester Prep @ Kirby	Cordova Soccer Field
9/8/2018	12:45 PM	MS Girls Soccer	Steam @ PCA Southeast	Cordova Stadium
9/8/2018	2:00 PM	MS Girls Soccer	Dexter MS @ KIPP Academy	Cordova Stadium
9/8/2018	2:00 PM	MS Girls Soccer	Treadwell @ MBA	Cordova Soccer Field
9/8/2018	3:15 PM	MS Girls Soccer	Cordova @ Sherwood	Cordova Stadium
9/8/2018	2:00 PM	MS Football	Treadwell Middle @ MAHS	Melrose Stadium