



# SCIAA Newsletter

Volume 5 Issue 7

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## SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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### Upcoming Events

- September 23<sup>rd</sup>-TSSAA Basketball Meeting-MUS
- September 24<sup>th</sup>-Bowling First Contest Date
- September 26<sup>th</sup>-SCIAA High School Girls Soccer Championship
- September 27<sup>th</sup>-SCIAA High School Volleyball Championship
- September 29<sup>th</sup>-SCIAA Middle School Football First Round
- September 29<sup>th</sup>-SCIAA Middle School Girls Soccer First Round

## Athletic Trainers are not "Trainers"

The world today is on the move, and people are becoming more active, more interested, more educated. We're getting trained in fitness, sports, computers, even parenting skills. As a result, the word "trainer" has lost its meaning. Here are the differences between a certified athletic trainer and personal trainer.

**CERTIFIED ATHLETIC TRAINER**  
An athletic trainer is a person who meets the qualifications set by a state licensure and/or the Board of Certification, Inc. and practices athletic training under the direction of a physician.

Certified athletic trainers:

- Must have at least a bachelor's degree in athletic training, which is an allied health profession
- Must pass a comprehensive exam before earning the ATC credential
- Must keep their knowledge and skills current by par-

ticipating in continuing education

- Must adhere to standards of professional practice set by one national certifying agency

Daily duties:

- Provide physical medicine and rehabilitation services
- Prevent, diagnose, treat and rehabilitate injuries (acute and chronic)
- Coordinate care with physicians and other allied health professionals
- Work in schools, colleges, professional sports, clinics, hospitals, corporations, industry, military

**PERSONAL TRAINER**

A personal trainer is a person who prescribes, monitors and changes an individual's specific exercise program in a fitness or sports setting.

Personal trainers:

- May or may not have higher education in health sci-

ences

- May or may not be required to obtain certification
- May or may not participate in continuing education
- May become certified by any one of numerous agencies that set varying education and practice requirements

Daily duties:

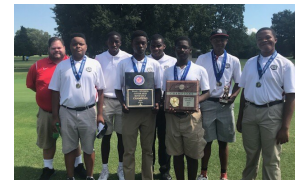
- Assess fitness needs and design appropriate exercise regimens
- Work with clients to achieve fitness goals
- Help educate the public about the importance of physical activity
- Work in health clubs, wellness centers and various other locations where fitness activities take place



## SCIAA Small Schools Golf Championship

The SCIAA held the 2018 Small Schools Golf Championship at The Links at Fox Meadows Golf Course, September 19th. In the Boys Division, the Bulldogs of Middle College High School secured the championship title. Also in the Girls Division, the Bulldogs of Middle College High School clinched the championship title while Soulsville took home runner-up. Kahmya White and Boris Combest of

Middle College High School earned Most Valuable Player honors as the top finishers. Additional top finishers for the girls include: #2 Mariah Bearden (Soulsville), #3 Makayla Harley (Middle College) and #4 Spencer Bobo (Soulsville). Boys top finishers include: #2 Rowan Renken (Crosstown), #3 Audie Shepard (Crosstown) and #4 Michael Boyd (Middle College).



## SCIAA School Visits

School Visits will start up soon, make sure your athletic documentation complies with district/state policies. If you are randomly selected you will be contacted with a date and time that your visit will take place. Everyone, regardless of whether you are randomly selected must be able to provide all required documents when re-

quested. Compliance with these policies helps keep the student-athletes safe and reduces the liability placed on the coaches, school administrators and the district as a whole. You can use the Athlete's Health Record Tracking Sheet available on sciaa.org under Athletic Health Services to track what your student-

athletes have or are missing. Student-athletes with incomplete paperwork should be withheld from participating in any athletic activities i.e. practice, conditioning, try-outs until all paperwork has been received. Fall School visits will include all sports currently in season.

## SCIAA High School Events for September 24<sup>th</sup> – 30<sup>th</sup>, 2018

Date	Time	Sport	Opponents/Title	Facility
9/24/2018	4:00 PM	HS Volleyball	Wooddale High @ Kirby High	Hickory Ridge MS
9/24/2018	4:30 PM	HS Volleyball	MAHS @ Melrose High	Melrose High School
9/24/2018	5:00 PM	HS Girls Soccer	MBA @ East High	Fairgrounds Stadium
9/24/2018	5:00 PM	HS Girls Soccer	Westwood High @ Kirby High	Kirby Stadium
9/24/2018	5:00 PM	HS Girls Soccer	Craigmont High @ Southwest Early College	Kennedy Park
9/24/2018	5:00 PM	HS Volleyball	City University School @ Douglass High	Douglass High School
9/24/2018	5:00 PM	HS Volleyball	Fairley High @ Hillcrest High	Hillcrest Gym
9/24/2018	5:00 PM	HS Volleyball	Mitchell High @ Freedom Prep Academy	Freedom Prep Gym
9/24/2018	5:00 PM	HS Volleyball	Soulsville Charter @ Hamilton High	Hamilton High Gym
9/24/2018	5:00 PM	HS Volleyball	Booker T. Washington @ Middle College High	Airways
9/24/2018	5:00 PM	HS Volleyball	Craigmont High @ Ridgeway High	Ridgeway High School
9/24/2018	5:00 PM	HS Volleyball	MLK Prep @ Trezevant High	Trezevant High School
9/24/2018	5:00 PM	HS Volleyball	Raleigh Egypt @ Sheffield High	Sheffield High School
9/24/2018	5:30 PM	Freshman Football	CBHS @ Cordova High	Cordova Stadium
9/24/2018	5:30 PM	Freshman Football	Central High @ Briarcrest	Briarcrest Stadium
9/24/2018	5:30 PM	Freshman Football	White Station High @ Bartlett	Bartlett Stadium
9/24/2018	5:30 PM	JV Football	Overton High @ East High	East HS Field
9/24/2018	6:00 PM	Freshman Football	Millington High @ Germantown High	Germantown Stadium
9/24/2018	6:00 PM	JV Football	Ridgeway High @ Whitehaven High	Whitehaven Stadium
9/24/2018	6:00 PM	HS Volleyball	Bolton High @ Southwind High	Southwind High School
9/24/2018	6:30 PM	HS Girls Soccer	Bolton High @ Cordova High / Sr. Night	Cordova Soccer Field
9/24/2018	7:00 PM	JV Football	Central High @ Briarcrest	Briarcrest Stadium
9/24/2018	7:00 PM	JV Football	CBHS @ Cordova High	Cordova Stadium
9/24/2018	7:00 PM	JV Football	White Station High @ Bartlett	Bartlett Stadium
9/24/2018	7:30 PM	JV Football	Millington High @ Germantown High	Germantown Stadium
9/25/2018	4:00 PM	HS Girls Soccer	White Station High @ Lausanne	Lausanne High School
9/25/2018	4:30 PM	HS Volleyball	MAHS @ Power Center Academy	MAHS
9/25/2018	5:00 PM	HS Girls Soccer	Ridgeway High @ Cordova High	Cordova Soccer Field
9/25/2018	5:00 PM	HS Volleyball	Wooddale High @ MLK Prep	MLK Prep
9/25/2018	5:00 PM	HS Volleyball	MASE @ KIPP Collegiate High	KIPP Collegiate HS
9/25/2018	5:00 PM	HS Volleyball	Soulsville Charter @ Crosstown High School	Soulsville Charter School
9/25/2018	5:00 PM	HS Volleyball	Bluff City High School @ Mitchell High	Mitchell Gym
9/25/2018	5:00 PM	HS Volleyball	Trezevant High @ Raleigh Egypt	Raleigh-Egypt Gym
9/25/2018	5:00 PM	HS Volleyball	Middle College High @ Hamilton High	Hamilton High School
9/25/2018	5:00 PM	HS Volleyball	Craigmont High @ Sheffield High	Sheffield High School
9/25/2018	5:00 PM	HS Volleyball	City University School @ Melrose High	Melrose High School
9/25/2018	5:30 PM	HS Girls Soccer	Ripley @ Bolton High	Bolton Soccer Field
9/25/2018	5:30 PM	HS Volleyball	White Station High @ Central High	Central High Gym
9/25/2018	6:00 PM	HS Girls Soccer	Kingsbury High @ Brighton	Brighton Middle School
9/25/2018	6:00 PM	HS Volleyball	Bolton High @ Brighton	Brighton High
9/25/2018	6:45 PM	HS Girls Soccer	Overton High @ Raleigh Egypt	Raleigh Egypt Stadium
9/25/2018	7:00 PM	HS Girls Soccer	Whitehaven High @ Germantown High	Farmington Elem
9/25/2018	7:00 PM	HS Girls Soccer	Kirby High @ Central High	Crump Stadium
9/26/2018	5:30 PM	HS Girls Soccer	SCIAA A/AA Girls Soccer Championship	Crump Stadium
9/26/2018	7:00 PM	HS Girls Soccer	SCIAA AAA Girls Soccer Championship	Crump Stadium
9/26/2018	4:00 PM	HS Volleyball	Kirby High @ Ridgeway High	Ridgeway High School
9/26/2018	4:30 PM	HS Volleyball	Southwind High @ Overton High	Overton High School
9/26/2018	5:00 PM	HS Girls Soccer	Kingsbury High @ Westwood High	westwood
9/26/2018	5:00 PM	HS Volleyball	Fayette-Ware @ Central High	Central High Gym
9/26/2018	6:15 PM	HS Volleyball	Arlington High @ Germantown High	Germantown HS Gym
9/27/2018	1:00 PM	Girls Golf	St. Agnes Tournament: White Station	Windyke
9/27/2018	3:30 PM	Boys & Girls Golf	Germantown High; Central High @ Bolton High	Fox Meadows
9/27/2018	3:30 PM	HS Volleyball	SCIAA HS Volleyball Championship	SCIAA Gym
9/27/2018	4:30 PM	HS Girls Soccer	Ridgeway High @ Lausanne	Lausanne High School
9/27/2018	5:00 PM	HS Girls Soccer	Central High @ Overton High	WILLOW PARK
9/27/2018	5:30 PM	HS Girls Soccer	East High @ Southwest Early College	Kennedy Park

## SCIAA High School Events for September 24<sup>th</sup> – 30<sup>th</sup>, 2018

Date	Time	Sport	Opponents/Title	Facility
9/27/2018	5:30 PM	HS Girls Soccer	Northpoint Christian School @ Southwind High	Southwind Soccer Field
9/27/2018	6:00 PM	HS Volleyball	Dyer County @ Cordova High	Cordova High School
9/27/2018	6:30 PM	HS Girls Soccer	Dyer County @ Cordova/District 14AAA Tourn.	Cordova Stadium
9/27/2018	7:00 PM	HS Football	KIPP Collegiate High @ Hillcrest High	Oakhaven Stadium
9/27/2018	7:00 PM	HS Football	MLK Prep @ Raleigh Egypt	Raleigh Egypt Stadium
9/27/2018	7:00 PM	HS Football	Hamilton High @ Manassas High	BTW Stadium
9/27/2018	7:00 PM	HS Football	Wooddale High @ Sheffield High	Kirby Stadium
9/27/2018	7:00 PM	HS Football	Freedom Prep Academy @ Westwood High	Whitehaven Stadium
9/27/2018	7:00 PM	HS Football	Fairley High @ MAHS	Melrose Stadium
9/27/2018	7:00 PM	HS Football	Mitchell High @ Douglass High	Crump Stadium
9/27/2018	7:00 PM	HS Girls Soccer	FACS @ Germantown High	
9/28/2018	TBD	HS Volleyball	Quad State: White Station	Paducah; KY
9/28/2018	3:00 PM	Boys & Girls Golf	Arlington High @ White Station High	Quail Ridge
9/28/2018	6:00 PM	HS Girls Soccer	Westwood High @ Bolton High	Bolton Soccer Field
9/28/2018	7:00 PM	HS Football	Trezevant High @ Whitehaven High / Homecoming	Whitehaven Stadium
9/28/2018	7:00 PM	HS Football	Bolton High @ Kirby High	Kirby Stadium
9/28/2018	7:00 PM	HS Football	Booker T. Washington @ Oakhaven High	Oakhaven Stadium
9/28/2018	7:00 PM	HS Football	East High @ Craigmont High	Raleigh-Egypt Stadium
9/28/2018	7:00 PM	HS Football	Kingsbury High @ Brighton	Brighton Stadium
9/28/2018	7:00 PM	HS Football	Ridgeway High @ Overton High	Halle Stadium
9/28/2018	7:00 PM	HS Football	Southwind High @ Munford	Munford High Stadium
9/28/2018	7:00 PM	HS Football	Cordova High @ Houston High	Houston High
9/28/2018	7:00 PM	HS Football	Collierville High @ Central High	Crump Stadium
9/28/2018	7:00 PM	HS Football	White Station High @ Montgomery Bell	Montgomery Bell Acad.
9/28/2018	7:00 PM	HS Football	Germantown High @ Henry County	Henry County
9/28/2018	7:00 PM	HS Football	MASE @ Middle College High	Fairgrounds Stadium
9/29/2018	3:30 PM	Boys & Girls Golf	White Station High @ Bolton High	Fox Meadows
9/30/2018	4:15 PM	Boys & Girls Golf	Evangelical Christian School @ White Station High	Audubon

## SCIAA Middle School Events for September 24<sup>th</sup> – 30<sup>th</sup>, 2018

Date	Time	Sport	Opponents/Title	Facility
9/24/2018	5:00 PM	MS Girls Soccer	A. Maceo Walker Middle @ Germantown Middle	A. Maceo Walker
9/24/2018	5:00 PM	MS Girls Soccer	Steam @ PCA Southeast	May Field # 9
9/24/2018	5:00 PM	MS Girls Soccer	Hickory Ridge Middle @ American Way Middle	Hickory Ridge MS
9/24/2018	5:30 PM	MS Football	Sherwood Middle @ Snowden Middle	Snowden Football Field
9/24/2018	5:30 PM	MS Football	Craigmont Middle @ Kate Bond Middle	Kate Bond Football Field
9/24/2018	5:30 PM	MS Football	A. Maceo Walker Middle @ Ridgeway Middle	Halle Stadium
9/24/2018	5:30 PM	MS Football	Hickory Ridge Middle @ American Way Middle	American Way Field
9/24/2018	5:30 PM	MS Football	Bellevue Middle @ Treadwell Middle	Treadwell Football Field
9/24/2018	5:30 PM	MS Football	Georgian Hills @ Kingsbury Middle	Kingsbury Football Field
9/24/2018	5:30 PM	MS Football	JP Freeman Middle @ Riverview Middle	BTW Stadium
9/24/2018	5:30 PM	MS Football	KIPP Prep Middle @ Hamilton Middle	Fairgrounds Stadium
9/24/2018	5:30 PM	MS Volleyball	Hickory Ridge Middle @ Kate Bond Middle	Kate Bond Middle
9/24/2018	5:30 PM	MS Volleyball	Highland Oaks Middle @ Havenview Middle	Havenview Middle
9/24/2018	5:30 PM	MS Volleyball	Ridgeway Middle @ Colonial Middle	Colonial Middle
9/24/2018	5:30 PM	MS Volleyball	Wooddale Middle @ A. Maceo Walker Middle	A. Maceo Walker School
9/24/2018	5:30 PM	MS Volleyball	Lowrance School @ JP Freeman Middle	JP Freeman School
9/24/2018	5:30 PM	MS Volleyball	MSE @ Chickasaw Middle	Chickasaw Middle School
9/24/2018	5:30 PM	MS Volleyball	Riverview Middle @ KIPP Prep Middle	KIPP Prep-2230 Corry Rd
9/24/2018	5:30 PM	MS Volleyball	Lester Prep @ Booker T. Washington	BTW Gym
9/24/2018	5:30 PM	MS Volleyball	Steam @ Bellevue Middle	Bellevue Middle School
9/24/2018	5:30 PM	MS Volleyball	Soulsville Charter @ MASE	Mississippi Blvd Church
9/24/2018	5:30 PM	MS Volleyball	MBA @ Georgian Hills	Georgian Hills School
9/24/2018	5:30 PM	MS Volleyball	Westside Middle @ E.E Jeter	E. E. Jeter Gym
9/24/2018	5:30 PM	MS Volleyball	Sherwood Middle @ Germantown Middle	Germantown Middle
9/24/2018	5:30 PM	MS Volleyball	Snowden Middle @ Craigmont Middle	Craigmont MS
9/24/2018	5:30 PM	MS Volleyball	White Station Middle @ Cordova Middle	Cordova Middle School
9/24/2018	5:30 PM	MS Volleyball	Treadwell Middle @ MAHS	MAHS
9/24/2018	5:30 PM	MS Volleyball	Douglass Middle @ Barrets Chapel	Barrets Chapel
9/24/2018	5:30 PM	MS Volleyball	PCA Southeast @ Kingsbury Middle	Kingsbury Middle
9/24/2018	6:30 PM	MS Football	Woodstock MS @ Barrets Chapel	Bolton Stadium
9/25/2018	5:00 PM	MS Girls Soccer	Kate Bond Middle @ Craigmont Middle	Craigmont Middle Field
9/25/2018	5:00 PM	MS Girls Soccer	Kingsbury Middle @ Rise Academy	Kingsbury Middle School
9/25/2018	5:00 PM	MS Girls Soccer	Cordova Middle @ Sherwood Middle	Melrose Stadium
9/25/2018	5:00 PM	MS Girls Soccer	American Way Middle @ Snowden Middle	Snowden Football Field
9/25/2018	5:00 PM	MS Girls Soccer	Colonial Middle @ Hickory Ridge Middle	Hickory Ridge Field
9/25/2018	5:00 PM	MS Girls Soccer	Dexter MS @ MBA	Kennedy #1
9/25/2018	5:00 PM	MS Girls Soccer	Kirby Middle @ Bellevue Middle	Crump Stadium
9/25/2018	5:00 PM	MS Girls Soccer	Lester Prep @ Steam	Fairgrounds Stadium
9/25/2018	5:30 PM	MS Football	Mt. Pisgah Middle School @ Dexter MS	Cordova Stadium
9/25/2018	5:30 PM	MS Football	Highland Oaks Middle @ Germantown Middle	Germantown Stadium
9/25/2018	5:30 PM	MS Football	MAHS @ KIPP Collegiate Middle	Fairgrounds Stadium
9/25/2018	5:30 PM	MS Football	Geeter Middle @ Oakhaven Middle	Oakhaven Stadium
9/25/2018	5:30 PM	MS Volleyball	MHEA @ Barrets Chapel	Barretts Chapel Gym
9/26/2018	5:00 PM	MS Girls Soccer	PCA Southeast @ Lester Prep	May Field # 3
9/26/2018	5:00 PM	MS Girls Soccer	Snowden Middle @ White Station Middle	Snowden Field
9/26/2018	5:30 PM	MS Volleyball	American Way Middle @ A. Maceo Walker Middle	A. Maceo Walker School
9/26/2018	5:30 PM	MS Volleyball	PCA Southeast @ E.E Jeter	E. E. Jeter Gym
9/26/2018	5:30 PM	MS Volleyball	Kingsbury Middle @ Barrets Chapel	Barretts Chapel Gym
9/26/2018	5:30 PM	MS Volleyball	MASE @ Riverview Middle	Southside
9/26/2018	5:30 PM	MS Volleyball	Bellevue Middle @ MSE	Nuestra Vida Church
9/26/2018	5:30 PM	MS Volleyball	Treadwell Middle @ MBA	MBA Gym
9/26/2018	5:30 PM	MS Volleyball	MAHS @ Georgian Hills	Georgian Hills School
9/26/2018	5:30 PM	MS Volleyball	KIPP Academy Middle @ Grandview	Grandview Middle School
9/26/2018	5:30 PM	MS Volleyball	White Station Middle @ Hickory Ridge Middle	Hickory Ridge Middle
9/26/2018	5:30 PM	MS Volleyball	Ridgeway Middle @ Snowden Middle	Snowden School
9/26/2018	5:30 PM	MS Volleyball	Hamilton Middle @ KIPP Prep Middle	Hamilton MS

## SCIAA Middle School Events for September 24<sup>th</sup> – 30<sup>th</sup>, 2018

<b>Date</b>	<b>Time</b>	<b>Sport</b>	<b>Opponents/Title</b>	<b>Facility</b>
9/26/2018	5:30 PM	MS Volleyball	Booker T. Washington @ Lowrance School	Lowrance Gym
9/26/2018	5:30 PM	MS Volleyball	Soulsville Charter @ JP Freeman Middle	JP Freeman School
9/26/2018	5:30 PM	MS Volleyball	Wooddale Middle @ Sherwood Middle	Sherwood Middle School
9/26/2018	5:30 PM	MS Volleyball	Germantown Middle @ Highland Oaks Middle	Highland Oaks School
9/27/2018	5:00 PM	MS Girls Soccer	Germantown Middle @ Hickory Ridge Middle	Hickory Ridge Field
9/28/2018	9:00 AM	MS Girls Soccer	SCIAA Girls Soccer Championship-1st Round	Cordova Stadium & Grass Soccer Field