



SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events

- November 19th-SCIAA Thanksgiving Bowling Open
- November 28th-Winter Sports' Entries due in PowerSchool
- November 29th-SCIAA High School Spring Sports Meeting-NOT TRACK & FIELD
- December 1st-SCIAA Bowling Championship

SCIAA Newsletter

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Key Principles Offer Foundation to Coaching Success

There are several slightly-mysterious principles in coaching that are pursued while leading teams to success. These principles include how best to establish systems of structure for the staff and players (organization), how to maximize our limited time and resources (efficiency) and, ultimately, how to inspire 14- to 18-year-old student-athletes to commit every fiber of their being to the team and its success (motivation). To learn more about coaching, I've questioned mentors, discussed with peers, and wondered how best to reach these seemingly unattainable goals since my freshman year of high school. While it's acknowledged that we have never completely "figured it out," the success we have achieved at our high school in its short, six-year existence is attributed to an entire athletic staff pushing one another to chase these coaching principles. This past year brought those efforts to fruition as our high school won the state award for our performances in district and state championships for our classification.

ORGANIZATION

Being organized is one aspect of being disciplined, a key trait of all consistently successful coaches. For a staff, this can consist of daily and weekly meetings scheduled at the same time to avoid confusion; a master duties checklist combined with a year-long calendar (this allows coaches to know what and when their jobs are throughout the entire year); practice schedules and depth charts all accessible via campus interweb or Google Drive applications; and the consistent use of clocks.

While being a "clock watcher" is looked down upon in coaching, it must be utilized to stay organized and timely. Programs can use segment clocks that display countdowns on both the field and in the weight room, allowing everyone (players and coaches) to know exactly where they need to be and when they need to be there. Players can be informed during position meetings what practices will consist of and when they will take place. Players should constantly be reminded about staying on the move from period to period. Transition is included into segments so that when the buzzer goes off and the period changes players and coaches alike are ready for the next activity. In addition, there is a commitment to stay true to these time organizers as they encourage efficiency, which is the second goal of this article.

EFFICIENCY

For the topic of efficiency, it should be known that a position group can typically have, at most, 10-15 minutes of individual time during practice. With that limitation, it is necessary to utilize individual drills that can train multiple skills for 20-30 athletes, and push them to stay conditioned for their position. For example, "Star 9" is one drill that promotes quickness, cutting sharply and precisely, catching the football from all angles, and turning upfield as fast as possible. Training two of these skills at once allows every player to complete "Star 9" in about three minutes. The diagram below illustrated "Star 9." There is one line of receivers, and for each catch they are working the final three steps of their cut ("plant, jab, stick"). After every catch they burst upfield and then jog around the drill until handing the football to a coach before moving in line to the start position for the next catch with no stopping between each catch. While the drill may appear complicated to parents or other coaches, players love the drill as it doesn't require a lot of running. Additionally, the rhythm of the drill keeps them moving and, of course, they love to catch the football.

MOTIVATION

Probably the most difficult subject to master daily and yearly is motivation. This critical piece of the puzzle for every team begins with the program foundation. Those that reach success year in and out are built not on winning games or championships, but on personal traits that every young man or woman seeks to exemplify. These "hallmarks" consist of discipline, effort, toughness and honor. Motivation can come in many forms. For example, a wide receiver group can practice the light-hearted idea of "Tennis Ball Tuesday," when individual drills feature tennis balls in the place of footballs. Players have a little extra fun and boost of energy, while continuing to fine tune their skills.

On the other end of the spectrum are more serious and adrenaline-inducing motivation techniques. Position groups can complete written tests about opponents; however, the motivation factor comes with two small additions to the tests. The first is a motivational quote at the bottom of the test, making it the last thing they see and place in their minds. The second is a symbol representing the identity of the group. Wide receivers are portrayed as players who are selfish and play strictly to catch the football as often as they can. To communicate the desire for physical team play, the group developed a common identity as its representation. Lastly, coaches write letters to the position players in the middle of the summer. These handwritten letters are not purely meant to motivate them for reasons related to football, but to communicate to these young men that they are cared for while they are in high school and in the years that follow. While many individuals are inspired to get into coaching for competition, coaches invest in the lives of players for their benefit and the future benefit of their families, companies and communities. Coaches around the country are pursuing all the elements of organization, efficiency and motivation in their programs and with their specific players to produce success. Through the efforts of a coaching staff, it can be learned that leading an athletic program to success must come from the leader. It also must be incorporated into each and every thing accomplished as a team. The common threads now taught to create success as a football team will be a lasting lesson for players that can positively influence players for a lifetime.

Find this and other great articles at www.nfhs.org.

Key Principles Offer Foundation to Coaching Success by Andy McClain on May 08, 2018
<https://www.nfhs.org/articles/key-principles-offer-foundation-to-coaching-success/>

SCIAA High School Events for November 19th-25th, 2018

Date	Time	Sport	Opponents/Title	Facility
11/19-24/2018	TBD	HS Girls Basketball	St. Marys Tournament-BTW	S. Marys Academy
11/19/2018	1:00 PM	HS Boys Basketball	Sheffield @ Manassas / MLK Tournament	Manassas High School
11/19/2018	1:00 PM	HS Boys Basketball	MBA @ Wooddale High / MLK Tournament	Wooddale High School
11/19/2018	2:00 PM	HS Girls Basketball	Kirby @ Raleigh Egypt / MLK Tournament	Raleigh-Egypt Gym
11/19/2018	2:30 PM	HS Girls Basketball	St. Benedict @ Manassas / MLK Tournament	Manassas High School
11/19/2018	4:00 PM	Bowling	SCIAA Thanksgiving Open	Winchester Bowling Lanes
11/19/2018	4:30 PM	HS Boys Basketball	Gentry @ Trezevant High / MLK Showcase	Hamilton High
11/19/2018	6:00 PM	HS Boys Basketball	Middle College @ Hillcrest / MLK Tournament	Hillcrest Gym
11/19/2018	6:00 PM	HS Girls Basketball	Westwood High @ MAHS / MLK Tournament	MAHS Gym
11/19/2018	6:00 PM	HS Girls Basketball	Hutchison @ Southwind High	Southwind High School
11/19/2018	6:00 PM	HS Girls Basketball	Houston High @ White Station High	White Station High School
11/19/2018	6:00 PM	HS Girls Basketball	Holly Spring @ Mitchell High	Mitchell Gym
11/19/2018	6:00 PM	HS Girls Basketball	Melrose High @ MASE	Mississippi Blvd. Church
11/19/2018	6:00 PM	HS Girls Basketball	Germantown High @ Overton High	Overton High School
11/19/2018	6:00 PM	HS Girls Basketball	Haywood @ Douglass / MLK Tournament	Douglass High School
11/19/2018	7:30 PM	HS Boys Basketball	Bolton High @ St. Benedict	Saint Benedict
11/19/2018	7:30 PM	HS Boys Basketball	Germantown High @ Overton High	Overton High School
11/19/2018	7:30 PM	HS Boys Basketball	Holly Spring @ Mitchell High	Mitchell Gym
11/19/2018	7:30 PM	HS Boys Basketball	Melrose High @ MASE	Mississippi Blvd Church
11/19/2018	7:30 PM	HS Boys Basketball	Haywood @ Douglass / MLK Tournament	Douglass High School
11/19/2018	7:30 PM	HS Boys Basketball	Houston High @ White Station High	White Station High School
11/19/2018	7:30 PM	HS Boys Basketball	Evangelical Christian School @ Southwind	Southwind High School
11/19/2018	7:30 PM	HS Boys Basketball	Kirby High @ MAHS / MLK Tournament	MAHS Gym
11/19/2018	7:30 PM	HS Boys Basketball	Canton @ Whitehaven / MLK Showcase	Hamilton High School
11/20/2018	1:00 PM	HS Boys Basketball	Dyersburg @ Central / MLK Tournament	Central High Gym
11/20/2018	1:00 PM	HS Boys Basketball	Pearl Cohn @ Craigmont / MLK Tournament	Craigmont High School
11/20/2018	1:00 PM	HS Girls Basketball	Oakhaven High @ Whitehaven High	Whitehaven High School
11/20/2018	2:00 PM	HS Girls Basketball	MBA @ Mitchell High / MLK Tournament	Mitchell Gym
11/20/2018	2:00 PM	HS Girls Basketball	East @ Hamilton / MLK Tournament	Hamilton High School
11/20/2018	2:30 PM	HS Girls Basketball	Dyersburg @ Central / MLK Tournament	Hamilton High School
11/20/2018	5:00 PM	HS Boys Basketball	Forest Hill @ Raleigh Egypt/ Mid-South Classic	Landers Center
11/20/2018	5:00 PM	HS Girls Basketball	Germantown High @ Wooddale High	Wooddale High School
11/20/2018	6:00 PM	HS Girls Basketball	Olive Branch @ Cordova / MLK Tournament	Cordova High School
11/20/2018	6:00 PM	HS Girls Basketball	Soulsville Charter @ Trezevant High	Trezevant High School
11/20/2018	6:00 PM	HS Girls Basketball	Overton High @ Millington High	Millington High
11/20/2018	6:30 PM	HS Boys Basketball	Sophie B. Wright @ Whitehaven/Mid-South Classic	Landers Center
11/20/2018	7:30 PM	HS Boys Basketball	Overton High @ Millington High	Millington High
11/20/2018	7:30 PM	HS Boys Basketball	KIPP Collegiate High @ Memphis Catholic	Memphis Catholic
11/20/2018	7:30 PM	HS Boys Basketball	Soulsville Charter @ Trezevant High	Trezevant High School
11/20/2018	8:00 PM	HS Boys Basketball	Olive Branch @ East / Mid-South Classic	Landers Center
11/21/2018	TBD	HS Boys Basketball	Rumble on the RidgeSouthwind High	Forrest City High School
11/21-24/2018	TBD	HS Boys Basketball	Ridgeway Classic: PCA, Ridgeway	Ridgeway High School
11/21-24/2018	TBD	HS Girls Basketball	Ridgeway Classic: Ridgeway	Ridgeway High School
11/21/2018	9:00 AM	Wrestling	Cordova High @ Houston High / Turkey Duals	Houston High
11/21/2018	6:00 PM	HS Girls Basketball	Kingsbury High @ Raleigh Egypt	Raleigh-Egypt Gym
11/21/2018	7:30 PM	HS Boys Basketball	Kingsbury High @ Raleigh Egypt	Raleigh-Egypt Gym
11/22/2018	5:00 PM	HS Boys Basketball	Conway @ Southwind -Rumble on the Ridge	Forrest City High School
11/23/2018	3:00 PM	HS Boys Basketball	St. Benedict @ Melrose-MUS Classic	Memphis University School
11/23-24/2018	TBD	HS Boys Basketball	Thanksgiving Classic: Trezevant High	LEAD Academy
11/23/2018	TBD	HS Boys Basketball	Lighthouse Classic: East High	Tupelo; MS
11/23/2018	9:00 AM	Wrestling	Cordova @ Collierville / Collierville Classic	Collierville HS
11/23/2018	3:00 PM	HS Girls Basketball	Ruleville @ Wooddale / Gentry Rams Classic	Ruleville Central High School
11/23/2018	4:30 PM	HS Boys Basketball	Briarcrest @ Kingsbury High / MUS Classic	MUS
11/24/2018	6:00 PM	HS Boys Basketball	Christian Brothers @ Melrose / MUS Classic	Memphis University School
11/24/2018	TBD	HS Boys Basketball	Greenwood; MS Classic/PCA	
11/24/2018	TBD	HS Boys Basketball	Rumble on the RidgeSouthwind High	Forrest City High School
11/24/2018	7:00 PM	HS Boys Basketball	MUS @ Kingsbury High / MUS Classic	MUS
11/24/2018	7:30 PM	HS Boys Basketball	Westwood High @ Ripley	RIPLEY

SCIAA High School Events for November 19th-25th, 2018

Date	Time	Sport	Opponents/Title	Facility
11/24/2018	7:00 PM	HS Boys Basketball	MUS @ Kingsbury High / MUS Classic	MUS
11/24/2018	7:30 PM	HS Boys Basketball	Westwood High @ Ripley	RIPLEY

SCIAA Middle Events for November 19th-25th, 2018

Date	Time	Sport	Opponents/Title	Facility
11/19/2018	4:30 PM	MS Girls Basketball	Bellevue Middle @ Ida B. Wells Middle	Carver Gym
11/19/2018	4:30 PM	MS Girls Basketball	White Station Middle @ Havenview Middle	Havenview Middle
11/19/2018	5:30 PM	MS Boys Basketball	White Station Middle @ Havenview Middle	Havenview Middle
11/19/2018	5:30 PM	MS Boys Basketball	Aspire Coleman @ Rise Academy	Hanley Gym
11/19/2018	5:30 PM	MS Boys Basketball	Bellevue Middle @ Ida B. Wells Middle	Carver Gym
11/19/2018	5:30 PM	MS Boys Basketball	Memphis Grizzlies Prep @ MASE	Mississippi Blvd Church
11/19/2018	5:30 PM	MS Girls Basketball	Humes Prep @ KIPP Academy Middle	Cypress Middle School
11/19/2018	5:30 PM	MS Girls Basketball	Treadwell Middle @ Westside Middle	Westside Middle School
11/19/2018	5:30 PM	MS Girls Basketball	Ridgeway Middle @ Highland Oaks Middle	Highland Oaks Middle School
11/19/2018	5:30 PM	MS Girls Basketball	American Way Middle @ Colonial Middle	Colonial Middle
11/19/2018	5:30 PM	MS Girls Basketball	Raleigh Egypt @ Dexter MS	
11/19/2018	5:30 PM	MS Girls Basketball	Douglass Middle @ Kingsbury Middle	Kingsbury Middle
11/19/2018	5:30 PM	MS Girls Basketball	DuBois School of L P&P @ Riverview Middle	Riverview Middle
11/19/2018	5:30 PM	MS Girls Basketball	DuBois School of A&T @ MSE	MSE High Gym
11/19/2018	5:30 PM	MS Girls Basketball	JP Freeman Middle @ Chickasaw Middle	Chickasaw Middle School
11/19/2018	5:30 PM	MS Girls Basketball	Hamilton Middle @ Grandview	Grandview Middle School
11/19/2018	5:30 PM	MS Girls Basketball	Lester Prep @ Booker T. Washington	BTW Gym
11/19/2018	5:30 PM	MS Girls Basketball	KIPP Prep Middle @ Freedom Prep Academy	FPA Gymnasium
11/19/2018	5:30 PM	MS Girls Basketball	Oakhaven Middle @ Wooddale Middle	Wooddale Middle School
11/19/2018	5:30 PM	MS Girls Basketball	Lowrance Elementary School @ Steam	Middle College Gym
11/19/2018	5:30 PM	MS Girls Basketball	Geeter Middle @ Kirby Middle	Kirby Middle
11/19/2018	5:30 PM	MS Girls Basketball	Cummings Middle @ KIPP Collegiate Middle	Bickford Community Center
11/19/2018	6:30 PM	MS Boys Basketball	Hickory Ridge Middle @ A. Maceo Walker	A. Maceo Walker
11/19/2018	6:30 PM	MS Boys Basketball	Lester Prep @ Booker T. Washington	BTW Gym
11/19/2018	6:30 PM	MS Boys Basketball	Hamilton Middle @ Grandview	Grandview Middle School
11/19/2018	6:30 PM	MS Boys Basketball	DuBois School of L P&P @ Riverview Middle	Riverview Middle
11/19/2018	6:30 PM	MS Boys Basketball	DuBois School of A&T @ MSE	MSE High Gym
11/19/2018	6:30 PM	MS Boys Basketball	JP Freeman Middle @ Chickasaw Middle	Chickasaw Middle School
11/19/2018	6:30 PM	MS Boys Basketball	KIPP Prep Middle @ Freedom Prep Academy	FPA Gymnasium
11/19/2018	6:30 PM	MS Boys Basketball	Oakhaven Middle @ Wooddale Middle	Wooddale Middle School
11/19/2018	6:30 PM	MS Boys Basketball	Lowrance Elementary School @ Steam	Middle College Gym
11/19/2018	6:30 PM	MS Boys Basketball	Geeter Middle @ Kirby Middle	Kirby Middle
11/19/2018	6:30 PM	MS Boys Basketball	Humes Prep @ KIPP Academy Middle	Cypress Middle School
11/19/2018	6:30 PM	MS Boys Basketball	Cummings Middle @ KIPP Collegiate Middle	Bickford Community Center
11/19/2018	6:30 PM	MS Boys Basketball	Treadwell Middle @ Westside Middle	Westside Middle School
11/19/2018	6:30 PM	MS Boys Basketball	American Way Middle @ Colonial Middle	Colonial Middle
11/19/2018	6:30 PM	MS Boys Basketball	Ridgeway Middle @ Highland Oaks Middle	Highland Oaks Middle School
11/19/2018	6:30 PM	MS Boys Basketball	Raleigh Egypt @ Dexter MS	Dexter Middle School Gym
11/19/2018	6:30 PM	MS Boys Basketball	Douglass Middle @ Kingsbury Middle	Kingsbury MS
11/20/2018	1:00 PM	MS Girls Basketball	Treadwell Middle @ Bellevue Middle	Bellevue Middle School
11/20/2018	2:30 PM	MS Boys Basketball	Treadwell Middle @ Bellevue Middle	Bellevue Middle School
11/20/2018	5:30 PM	MS Girls Basketball	Raleigh Egypt @ Humes Prep	Humes Middle School
11/20/2018	5:30 PM	MS Girls Basketball	St. Marys Episcopal HS @ Steam	Middle College Gym
11/20/2018	6:30 PM	MS Boys Basketball	Raleigh Egypt @ Humes Prep	Humes Middle School
11/21/2018	5:30 PM	MS Girls Basketball	Hickory Ridge Middle @ Germantown Middle	Germantown Middle School
11/21/2018	5:30 PM	MS Girls Basketball	Aspire Hanley Middle School @ MSE	MSE High Gym
11/21/2018	5:30 PM	MS Girls Basketball	Chickasaw Middle @ DuBois School of A&T	WEB DuBois A&T
11/21/2018	6:30 PM	MS Boys Basketball	Hickory Ridge Middle @ Germantown Middle	Germantown Middle School
11/21/2018	6:30 PM	MS Boys Basketball	Aspire Hanley Middle School @ MSE	MSE High Gym
11/21/2018	6:30 PM	MS Boys Basketball	Chickasaw Middle @ DuBois School of A&T	WEB DuBois A&T