



**SHELBY COUNTY
INTERSCHOLASTIC
ATHLETIC ASSOCIATION**

733-Southeast Area Office-Airways
2601 Ketchum Road
Memphis, TN 38112
Phone: 901.416.7470
Fax: 901.416.9949
www.sciaa.org

SCIAA Staff

India Weaver

Athletics Manager
weaveri@scsk12.org

Tongela Taylor

Administrative Assistant
taylorlt2@scsk12.org
901.416.7470

Marcus Taylor

Athletics Specialist
taylormj@scsk12.org
901.416.6253

Lecia Schluterman

Athletics Specialist
schlutermanl@scsk12.org
901.416.9944

Kai Washington

Head Athletic Trainer
washingtonkd@scsk12.org
901.416.5764

Claire Dougherty

Athletic Trainer
doughertyc@scsk12.org
901.416.2915

Upcoming Events

- December 20th-January 4th-SCS Winter Break
- January 9th- SCIAA Middle School basketball Championship Meeting
- January 16th-TSSAA Baseball & Softball Rules Meeting
- January 19th-SCIAA Middle School Basketball Championship

SCIAA Newsletter

Volume 5 Issue 17

December 14, 2018

Ways for Basketball Players to Stay in Shape During the Holidays

Few things can disrupt the momentum of a prep athletics season like a school break. This is especially true for the high school basketball season, where winter vacation usually falls near the beginning of the season just when the team is starting to bond and jive. While the team may have a holiday tournament or a few practices, a couple weeks away can cause a problem for basketball players if they aren't intentional about putting in practice time apart from the group.

If you're a high school basketball player, stay in shape during your winter vacation by focusing on improving your court speed and grasp of the fundamentals

Work on your court speed

Vacation is the perfect opportunity to increase your speed and agility on the court. As any high school basketball player knows, games can often be won or lost in the final quarter based on which team has greater endurance. When you get the opportunity to grab a loose ball,

you need to be the first player to get to the ball and break away down the court. USA Basketball reported that being quick on the court isn't just about straight-ahead speed. You also need to be explosive and agile when shuffling to the side, moving backward and rolling from one position to the next. Running a few miles every morning during break will be great for your endurance and will prepare you for times when you have to break from one side of the court to the other, but be sure to throw some sprints into the mix too.

Emphasize fundamentals

While on break you probably won't have your teammates to run your usual drills and talk strategy with. But that doesn't mean that your time on your own will be wasted. If you have a basketball hoop in your yard, take this opportunity to spend time going back to the basics. Breakthrough Basketball recommended working on your

shooting, foul shooting, dribbling, jump stops and lay ups. If you have a friend, parent or sibling who is willing to help out, work on screening, cutting and defense as well. Emphasizing the fundamentals during your time off will help you to stay sharp and be on top of your game when you get back to your regular practice schedule.

Rest any injuries

Though you're probably eager to improve your game during vacation, pushing yourself isn't always the best strategy for your time away from school. If you've suffered a recent injury or experienced any reoccurring soreness or tightness in your body, it might be wise to take some time off to let yourself rest. However, you should consult with a physician if you're experiencing a problem that doesn't improve after a couple days off.

-written by Kevin Bridges on Statechamps.com

SCIAA Cheerleading Competition Sign-Up

We are so excited to announce that on February 21st, 2019, the SCIAA will host the first-ever SCIAA Cheerleading Competition. Coaches and Athletic Directors received an email with detailed information about the competition. We are limiting the competition to a maximum of 16 teams this year. The available slots will be chosen in a RANDOM DRAW from all teams that sign up using our online form. The deadline to sign up for the competition will be December 21st 2018. If you did not receive an email with the information and sign-up link, please email Claire Betti at doughertyc@scsk12.org. We are so excited to be able to provide this opportunity to your cheerleaders!



SCIAA High School Events for December 17th – 23rd, 2018

| Date | Time | Sport | Opponents/Title | Facility |
|---------------|---------|---------------------|--|--------------------------|
| 12/17-18/2018 | TBD | HS Boys Basketball | Millington Christmas Tourn.-Bolton Kingsbury | Millington Central |
| 12/17-18/2018 | TBD | HS Girls Basketball | Millington Christmas Tourn.-Bolton, Kingsbury | Millington Central |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Trezevant High @ Sheffield High | Sheffield High School |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Melrose High @ Kirby High | Hickory Ridge MS |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Whitehaven High @ Wooddale High | Wooddale High School |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Oakhaven High @ East High | East High School |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | MLK Prep @ Westwood High | Westwood High School |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Mitchell High @ Craigmont High | Craigmont High School |
| 12/17/2018 | 6:00 PM | HS Girls Basketball | Middle College High @ MSE | MSE High Gym |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | MLK Prep @ Westwood High | Westwood High School |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | MHEA @ Middle College High | Middle College HS Gym |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | Mitchell High @ Craigmont High | Craigmont High School |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | Melrose High @ Kirby High | Hickory Ridge MS |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | Whitehaven High @ Wooddale High | Wooddale High School |
| 12/17/2018 | 7:30 PM | HS Boys Basketball | Trezevant High @ Sheffield High | Sheffield High School |
| 12/18-23/2018 | TBD | HS Boys Basketball | Jerry Tarkanian Classic-Southwind | Las Vegas |
| 12/18/2018 | 5:00 PM | HS Girls Basketball | Middle College High @ Manassas High | Manassas High School |
| 12/18/2018 | 6:00 PM | HS Girls Basketball | Sheffield High @ Hillcrest High | Hillcrest Gym |
| 12/18/2018 | 6:00 PM | HS Girls Basketball | Craigmont High @ Kirby High | Hickory Ridge MS |
| 12/18/2018 | 6:00 PM | HS Girls Basketball | Trezevant High @ Wooddale High | Wooddale High School |
| 12/18/2018 | 6:00 PM | HS Girls Basketball | MASE @ Northpoint Christian School | Northpoint Christian |
| 12/18/2018 | 6:00 PM | HS Girls Basketball | Melrose High @ Hamilton High | Hamilton High Gym |
| 12/18/2018 | 6:30 PM | HS Boys Basketball | Middle College High @ Manassas High | Manassas High School |
| 12/18/2018 | 7:30 PM | HS Boys Basketball | Sheffield High @ Hillcrest High | Hillcrest Gym |
| 12/18/2018 | 7:30 PM | HS Boys Basketball | MASE @ Northpoint Christian School | Northpoint Christian |
| 12/18/2018 | 7:30 PM | HS Boys Basketball | Craigmont High @ Kirby High | Hickory Ridge MS |
| 12/18/2018 | 7:30 PM | HS Boys Basketball | Trezevant High @ Wooddale High | Wooddale High School |
| 12/18/2018 | 7:30 PM | HS Boys Basketball | Melrose High @ Hamilton High | Hamilton High Gym |
| 12/19-21/2018 | TBD | HS Girls Basketball | Providence Christian Storm Classic-East | Liburn; GA |
| 12/19/2018 | 6:00 PM | HS Girls Basketball | Cordova High @ Raleigh Egypt | Raleigh-Egypt Gym |
| 12/19/2018 | 6:00 PM | HS Girls Basketball | Overton High @ MLK Prep | MLK College Prep Gym |
| 12/19/2018 | 7:30 PM | HS Boys Basketball | Cordova High @ Raleigh Egypt | Raleigh-Egypt Gym |
| 12/19/2018 | 7:30 PM | HS Boys Basketball | Overton High @ MLK Prep | MLK College Prep Gym |
| 12/20-22/2018 | TBD | HS Boys Basketball | Christmas Tournament-City University | Lafayette; LA |
| 12/20-22/2018 | TBD | HS Boys Basketball | Harding Tournament-KIPP Collegiate | Harding Academy |
| 12/20-22/2018 | TBD | HS Girls Basketball | Harding Tournament-KIPP Collegiate | Harding Academy |
| 12/20/2018 | 6:00 PM | HS Girls Basketball | Fayette-Ware @ Hamilton High | Hamilton High Gym |
| 12/20/2018 | 6:00 PM | HS Girls Basketball | Freedom Prep @ Power Center Academy | Wooddale Middle School |
| 12/20/2018 | 7:30 PM | HS Boys Basketball | Fayette-Ware @ Hamilton High | Hamilton High Gym |
| 12/20/2018 | 7:30 PM | HS Boys Basketball | Freedom Prep @ Power Center Academy | Wooddale Middle School |
| 12/21/2018 | TBD | HS Boys Basketball | Columbus Classic-Ridgeway | Columbus High School |
| 12/21-22/2018 | TBD | HS Boys Basketball | South Pike Holiday Invitational-Douglass | McComb; MS |
| 12/21-22/2018 | TBD | HS Boys Basketball | SBA Classic-Overton | St. Benedict |
| 12/21/2018 | TBD | HS Boys Basketball | Collierville Classic-Freedom Prep, Whitehaven, Hillcrest | Collierville High School |
| 12/21-22/2018 | TBD | HS Girls Basketball | SBA Classic-Overton, Manassas | St. Benedict |
| 12/21/2018 | 6:00 PM | HS Girls Basketball | Soulsville Charter @ Wooddale High | Wooddale High School |
| 12/21/2018 | 7:30 PM | HS Boys Basketball | Soulsville Charter @ Wooddale High | Wooddale High School |
| 12/21/2018 | 7:30 PM | HS Boys Basketball | Central High @ Collierville High | Collierville High |
| 12/22/2018 | 7:00 PM | HS Boys Basketball | Mitchell High @ Lighthouse Christian School | Lighthouse Christian |
| 12/22/2018 | 7:30 PM | HS Boys Basketball | Soulsville Charter @ Memphis Catholic | Memphis Catholic |

SCIAA Middle School Events for December 17th – 23rd, 2018

| Date | Time | Sport | Opponents/Title | Facility |
|---------------|---------|---------------------|--|-----------------------------|
| 12/17/2018 | 4:30 PM | MS Girls Basketball | Bellevue Middle @ Westside Middle | Westside Middle School |
| 12/17/2018 | 4:30 PM | MS Girls Basketball | Booker T. Washington @ Soulsville Charter | Soulsville Charter School |
| 12/17/2018 | 5:30 PM | MS Boys Basketball | Booker T. Washington @ Soulsville Charter | Soulsville Charter School |
| 12/17/2018 | 5:30 PM | MS Boys Basketball | Bellevue Middle @ Westside Middle | Westside Middle School |
| 12/17/2018 | 5:30 PM | MS Boys Basketball | Rise Academy @ Kingsbury Middle | Kingsbury Middle |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Ida B. Wells Middle @ KIPP Academy Middle | Cypress Middle School |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Craigmont Middle @ Snowden Middle | Snowden Middle School |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Cordova Middle @ White Station Middle | White Station Middle School |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Geeter Middle @ KIPP Prep Middle | Corry Middle School |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Steam @ Kirby Middle | Kirby Middle |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Freedom Prep Academy @ Oakhaven Middle | SCIAA Complex (Airways) |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Humes Prep @ KIPP Collegiate Middle | Bickford Community Center |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Douglass Middle @ Power Center Academy | Greater Community Temple |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Kate Bond Middle @ American Way Middle | American Way Middle |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Wooddale Middle @ Lowrance School | Lowrance Gym |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Lester Prep @ Highland Oaks Middle School | Highland Oaks Middle |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Mt. Pisgah Middle School @ Dexter MS | |
| 12/17/2018 | 5:30 PM | MS Girls Basketball | Aspire Coleman @ Raleigh Egypt | Raleigh Egypt MS Gym |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Wooddale Middle @ Lowrance School | Lowrance Gym |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Lester Prep @ Highland Oaks Middle School | Highland Oaks Middle |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Kate Bond Middle @ American Way Middle | American Way Middle |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Douglass Middle @ Power Center Academy | Greater Community Temple |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Aspire Coleman @ Raleigh Egypt | Raleigh Egypt MS Gym |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Mt. Pisgah Middle School @ Dexter MS | Dexter Middle School Gym |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Humes Prep @ KIPP Collegiate Middle | Bickford Community Center |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Ida B. Wells Middle @ KIPP Academy Middle | Cypress Middle School |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Craigmont Middle @ Snowden Middle | Snowden Middle School |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Cordova Middle @ White Station Middle | White Station Middle School |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Geeter Middle @ KIPP Prep Middle | CORRY Middle School |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Steam @ Kirby Middle | Kirby Middle |
| 12/17/2018 | 6:30 PM | MS Boys Basketball | Freedom Prep Academy @ Oakhaven Middle | SCIAA Complex (Airways) |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | JP Freeman Middle @ Riverview Middle | Riverview Middle |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Aspire Hanley Middle @ Chickasaw Middle | Chickasaw Middle School |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | DuBois A&T @ DuBois L P&P | |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Ida B. Wells Middle @ Humes Prep | Humes Middle School |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | KIPP Academy Middle @ Treadwell Middle | Treadwell Middle School |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Colonial Middle @ American Way Middle | American Way Middle |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Bellevue Middle @ KIPP Collegiate Middle | Bickford Community Center |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Wooddale Middle @ Oakhaven Middle | SCIAA Complex (Airways) |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Highland Oaks Middle School @ WJHS | |
| 12/18/2018 | 5:30 PM | MS Girls Basketball | Hamilton Middle @ Westside Middle | Westside Middle School |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Wooddale Middle @ Oakhaven Middle | SCIAA Complex (Airways) |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Highland Oaks Middle School @ WJHS | West Jr. High Gym |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Hamilton Middle @ Westside Middle | Westside Middle School |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | JP Freeman Middle @ Riverview Middle | Riverview Middle |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Aspire Hanley Middle @ Chickasaw Middle | Chickasaw Middle School |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | DuBois A&T @ DuBois L P&P | Boys and Girls Club Ross |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Ida B. Wells Middle @ Humes Prep | Humes Middle School |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Colonial Middle @ American Way Middle | American Way Middle |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | Bellevue Middle @ KIPP Collegiate Middle | Bickford Community Center |
| 12/18/2018 | 6:30 PM | MS Boys Basketball | KIPP Academy Middle @ Treadwell Middle | Treadwell Middle School |
| 12/19-22/2018 | TBD | MS Basketball | MAM Christmas Classic-Bellevue, Lester Prep, Lowrance, Ridgeway, Highland Oaks | Grizzlies Center |
| 12/19/2018 | 4:30 PM | MS Girls Basketball | WJHS @ White Station Middle | White Station Middle School |
| 12/19/2018 | 5:30 PM | MS Boys Basketball | Memphis Grizzlies Prep @ Grandview | Grandview Middle School |

SCIAA Middle School Events for December 17th – 23rd, 2018

| Date | Time | Sport | Opponents/Title | Facility |
|-------------|-------------|---------------------|---|-----------------------------|
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Hamilton Middle @ Lester Prep | Lester Middle School |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Soulsville Charter @ Booker T. Washington | BTW Gym |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Snowden Middle @ Cordova Middle | Cordova Middle School |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Kate Bond Middle @ Craigmont Middle | Craigmont Middle School |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | MSE @ DuBois School of A&T | WEB DuBois A&T |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | KIPP Prep Middle @ Kirby Middle | Kirby Middle |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Lowrance School @ Geeter Middle | Geeter Middle School |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Oakhaven Middle @ Steam | Middle College Gym |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Freedom Prep Academy @ Wooddale Middle | Wooddale Middle School |
| 12/19/2018 | 5:30 PM | MS Girls Basketball | Chickasaw Middle @ JP Freeman Middle | JP Freeman Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | WJHS @ White Station Middle | White Station Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Chickasaw Middle @ JP Freeman Middle | JP Freeman Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | MSE @ DuBois School of A&T | WEB DuBois A&T |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Snowden Middle @ Cordova Middle | Cordova Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Kate Bond Middle @ Craigmont Middle | Craigmont Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | KIPP Prep Middle @ Kirby Middle | Kirby Middle |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Lowrance School @ Geeter Middle | Geeter Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Oakhaven Middle @ Steam | Middle College Gym |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Freedom Prep Academy @ Wooddale Middle | Wooddale Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Hamilton Middle @ Lester Prep | Lester Middle School |
| 12/19/2018 | 6:30 PM | MS Boys Basketball | Soulsville Charter @ Booker T. Washington | BTW Gym |
| 12/20/2018 | 10:00 AM | MS Boys Basketball | Bartlett Christmas Tournament-Lowrance | |
| 12/20/2018 | 5:30 PM | MS Girls Basketball | Riverview Middle @ DuBois School of L P&P | Boys and Girls Club Ross |
| 12/20/2018 | 6:30 PM | MS Boys Basketball | Riverview Middle @ DuBois School of L P&P | Boys and Girls Club Ross |