



SCIAA Newsletter

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SHELBY COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION

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Upcoming Events

- February 1st-10th-TMSAA West TN Sectional Basketball Tournament
- February 10th-First Day of Spring Sports Practice
- February 15th-SCIAA High School Basketball Championship
- February 26th-SCIAA Middle School Basketball All-Star Game

Playing Multiple Sports in High School Paves Way for Mahomes' Success

On football's grandest stage this past weekend, its latest star attraction not only delivered another virtuoso performance but demonstrated the best career path to success.

In leading the Kansas City Chiefs to victory in Super Bowl LIV, quarterback Patrick Mahomes brought to an end another tremendous year of football at all levels and became the latest – and perhaps best – example of the benefits of playing multiple sports during high school.

In the week prior to the Super Bowl, Mahomes talked about his ascension to the top of the football world. Despite the opportunity to focus solely on baseball as his father had done, Mahomes rejected sport specialization. Instead, he spoke about how playing multiple sports in high school paved the way for his success.

The top performer on the grandest stage of the sport, Mahomes made it to the top of the football mountain by NOT playing football year-round. Had he chosen to specialize in one sport during his high school days in east Texas, Mahomes might never had

made it to NFL since as he noted in the week prior to the Super Bowl he was “a baseball player that was playing football.”

Mahomes believes the skills he learned as a shortstop in baseball and as a point guard in basketball helped him more as a quarterback on the football field than if he had chosen to devote his entire energies to football.

His uncanny ability to throw passes from various angles unlike any of today's perfect-form pocket quarterbacks? He gained those skills on the baseball field. His ability to throw lasers to his intended receivers without looking? He learned those skills on the basketball court at Whitehouse High School in Texas.

His trek to the top of the football world supports our belief that playing multiple sports within the education-based structure – as opposed to a single-sport focus in a non-school program – is the best route to future success.

Mahomes experienced the benefits of playing multiple

sports – better leadership and teamwork skills from cross-training, reduced risk of burn-out in one sport, a variety of experiences from involvement with different sports and teams, reduced risk of overuse injuries in one sport and exposure to a variety of coaching styles.

Many parents believe that in order for their son or daughter to earn a college scholarship and eventually play at the professional level, they have to specialize in one sport year-round. This pattern has led to the proliferation of non-school programs and coaches, many of which stray from the education-based focus of high school sports.

While there are a few who achieve elite status in a sport, the majority of people who participate do not. We believe the multiple-sport path demonstrated by Mahomes is the best route to attaining athletic success and lifelong enjoyment of sports.

The NFHS Voice: Playing Multiple Sports in High School Paves Way for Mahomes' Success

By Dr. Karissa Niehoff



2020 SCIAA BASKETBALL CHAMPIONSHIP

FEBRUARY 15TH
at White Station High School

12:00 pm
AA Girls Championship
1:35 pm
AA Boys Championship
3:10 pm
AAA Girls Championship
4:45 pm
AAA Boys Championship
6:20 pm
A Girls Championship
7:55 pm
A Boys Championship

Admission \$10

SCIAA High School Events for February 10th – 16th, 2020

Date	Time	Sport	Opponents/Title	Facility
2/10/2020	6:00 PM	HS Girls Basketball	Bluff City High @ Middle College High	Middle College HS Gym
2/10/2020	7:30 PM	HS Boys Basketball	Bluff City High @ Middle College High	Middle College HS Gym
2/11/2020	6:00 PM	HS Girls Basketball	Houston High @ Kirby High	Kirby High School
2/11/2020	6:00 PM	HS Girls Basketball	Bolton High @ Covington	Covington High School
2/11/2020	6:00 PM	HS Girls Basketball	Ridgeway High @ Germantown High	Germantown HS Gym
2/11/2020	6:00 PM	HS Girls Basketball	Collierville High @ Southwind High	Southwind High School
2/11/2020	6:00 PM	HS Girls Basketball	Kingsbury High @ Arlington High	Arlington high
2/11/2020	7:30 PM	HS Boys Basketball	Houston High @ Kirby High	Kirby High School
2/11/2020	7:30 PM	HS Boys Basketball	Bolton High @ Covington	Covington High School
2/11/2020	7:30 PM	HS Boys Basketball	Kingsbury High @ Arlington High	Arlington high
2/11/2020	7:30 PM	HS Boys Basketball	Ridgeway High @ Germantown High	Germantown HS Gym
2/11/2020	7:30 PM	HS Boys Basketball	Collierville High @ Southwind High	Southwind High School
2/11/2020	7:30 PM	HS Boys Basketball	Melrose High @ Harding	Harding Academy
2/13/2020	7:30 PM	HS Boys Basketball	MLK Prep @ Collierville High	Collierville High
2/14/2020	6:00 PM	HS Girls Basketball	Bartlett @ Cordova High / Sr. Night	Cordova High School
2/14/2020	6:00 PM	HS Girls Basketball	Fayette-Ware @ Bolton High	Bolton High School
2/14/2020	7:30 PM	HS Boys Basketball	Bartlett @ Cordova High / Sr. Night	Cordova High School
2/14/2020	7:30 PM	HS Boys Basketball	Fayette-Ware @ Bolton High	Bolton High School
2/14/2020	7:30 PM	HS Boys Basketball	Fairley High @ Halls	HALLS

TMSAA Basketball Sectional Tournament Information can be found here:

<https://tmsaa.tssaa.org/2020-basketball-sectional-information>