



Memphis 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.mscaa.org

MSCIAA Staff

India Weaver
Athletics Director
weaveri@scsk12.org

Tongela Taylor
Administrative Assistant
taylort12@scsk12.org
901.416.7470

Priscilla Jeffries
Athletics Specialist
andersonp2@scsk12.org
901.416.9944

Reed Willis
Athletics Specialist
willisrh@scsk12.org
901.416.2915

Kai Washington
Head Athletic Trainer
washingtonkd@scsk12.org
901.416.5764

Upcoming Events

September 1st-
Labor Day

September 15th-
Golf Championship

September 16th-
Winter Sports Coaches Meeting

MSCIAA Newsletter

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Hydration Advisory for Athletics

Proper hydration is critical for student-athletes' safety and performance. Dehydration can cause fatigue, cramps, heat illness, and reduced concentration. Athletic staff should encourage hydration before, during, and after activity.

What to Drink During Activity

For exercising athletes in most scenarios, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost effective.

Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefits:

In General Situations

- Prolonged continuous or intermittent activity of greater than 60 minutes
- Multiple, same-day bouts of intense, continuous or repeated exertion
- Warm-to-hot and humid conditions

With Individual Conditions

- Poor hydration prior to participation
- A high sweat rate and/or "salty sweater"
- Poor caloric intake prior to participation
- Poor acclimatization to heat and humidity

Hydration and Fluid Intake Tips and Guidelines:

- Never restrict water! Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.
- Schedule mandatory hydration breaks. Document your breaks within your practice plans.
- Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration. When athletes begin to feel thirsty, they are already in an early state of dehydration.
- The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine mean that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well hydrated.
- Drink before, during, and after practices and games. For example:
 - ✦ Drink 16 ounces of fluid 2 hours before physical activity.
 - ✦ Drink another 8 to 16 ounces 15 minutes before physical activity.
 - ✦ During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely and comfortably tolerate up to 48 ounces per hour).
 - ✦ After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition (if there is sufficient time to do this safely and comfortably).

Hydration is a performance enhancer and a safety requirement. Prioritize it at every practice and competition. Supporting Toolkit Available on [mscaa.org >Health Services>Quick Links>Hydration and Nutrition](http://mscaa.org/Health_Services/Quick_Links/Hydration_and_Nutrition)

References:
[NFHS \(and NCAA\) Position Statement And Recommendations For Maintaining Hydration To Optimize Performance And Minimize The Risk For Exertional Heat Illness National Federation Of State High School Associations \(NFHS\) Sports Medicine Advisory Committee \(SMAC\)](#)

[Tennessee Department of Education: Extreme Temperatures](#)

MSCIAA High School Events for September 1st-7th

Activity	Date	Time	Home	Away	Location
Volleyball: Varsity	9/2/2025	2:00PM	Middle College High School	East High School	Middle College High School
Golf: Varsity	9/2/2025	3:15PM	Memphis Central High School	Multiple Schools	The Links at Riverside
Golf: Varsity	9/2/2025	4:00PM	Crosstown High School	Millington	Glen Eagle
Cross Country: Boys Varsity	9/2/2025	5:00PM	TBD	Multiple Schools	Shelby Farms
Cross Country: Girls Varsity	9/2/2025	5:00PM	TBD	Multiple Schools	Shelby Farms
Soccer: Girls Varsity	9/2/2025	5:00PM	Freedom Prep High School	Douglass High School	Freedom Preparatory High School
Soccer: Girls Varsity	9/2/2025	5:00PM	MBA (Memphis Business Academy) High School	Fayette-Ware Comprehensive	Halle Stadium
Soccer: Girls Varsity	9/2/2025	5:00PM	Memphis RISE High School	Memphis Central High School	Raleigh Bartlett Meadows Park
Volleyball: Varsity	9/2/2025	5:00PM	Wooddale High School	Melrose High School	Wooddale High School
Volleyball: Varsity	9/2/2025	5:00PM	Freedom Prep High School	Soulsville High School	Freedom Preparatory High School
Volleyball: Varsity	9/2/2025	5:00PM	Hamilton High School	Ridgeway High School	Hamilton High School
Volleyball: Varsity	9/2/2025	5:00PM	Craigmont High School	Southwind High School	Craigmont High School
Volleyball: Varsity	9/2/2025	5:00PM	MBA (Memphis Business Academy) High School	Manassas High School	Memphis Business Academy Middle & High School
Volleyball: Varsity	9/2/2025	5:00PM	MASE (Memphis Academy of Science and Engineering)	Pleasant View	Mississippi Boulevard Christian Church
Volleyball: Varsity	9/2/2025	5:00PM	Hillcrest High School	Mitchell High School	Hillcrest High School
Volleyball: Varsity	9/2/2025	5:00PM	Booker T. Washington High School	Raleigh-Egypt High School	Booker T. Washington High School
Volleyball: Varsity	9/2/2025	5:00PM	Trezevant High School	Douglass High School	Trezevant High School
Football: JV	9/2/2025	5:30PM	Cordova High School	Memphis Central High School	Cordova Stadium
Soccer: Girls Varsity	9/2/2025	5:30PM	Middle College High School	University High School	Memphis Sports and Event Center
Volleyball: Varsity	9/2/2025	5:30PM	MSE Cordova	Oakhaven High School	MSE Cordova
Volleyball: Varsity	9/2/2025	5:30PM	White Station High School	Whitehaven High School	White Station High School
Volleyball: Varsity	9/2/2025	6:00PM	Fayette-Ware Comprehensive	Bolton High School	Fayette Ware High School
Football: JV	9/2/2025	7:00PM	Fairley High School	White Station High School	JP Freeman Stadium
Soccer: Girls Varsity	9/2/2025	7:00PM	East High School	Germantown High School	Melrose Stadium
Golf: Varsity	9/3/2025	4:00PM	East High School	TBA	The Links at Overton Park
Soccer: Girls Varsity	9/3/2025	4:30PM	Kingsbury High School	Collegiate School of Memphis	Gaisman Park
Soccer: Girls Varsity	9/3/2025	4:30PM	Compass Midtown High School	White Station High School	Compass Midtown High School
Soccer: Girls Varsity	9/3/2025	4:30PM	Overton High School	MSE Winchester (Memphis School of Excellence) High School	Halle Stadium
Volleyball: Varsity	9/3/2025	4:30PM	MBA (Memphis Business Academy) High School	Memphis Central High School	Memphis Business Academy Middle & High School
Volleyball: Varsity	9/3/2025	5:00PM	Cordova High School	Ridgeway High School	Cordova High School
Volleyball: Varsity	9/3/2025	5:00PM	Oakhaven High School	Middle College High School	Oakhaven High School
Volleyball: Varsity	9/3/2025	5:00PM	Crosstown High School	Compass Midtown High School	Crosstown High School
Volleyball: Varsity	9/3/2025	5:00PM	Manassas High School	KIPP Collegiate High School	Manassas High School
Volleyball: Varsity	9/3/2025	5:00PM	MASE (Memphis Academy of Science and Engineering)	Freedom Prep High School	Mississippi Boulevard Christian Church
Volleyball: Varsity	9/3/2025	5:00PM	East High School	Kirby High School	East High School
Volleyball: Varsity	9/3/2025	5:00PM	Craigmont High School	Memphis RISE High School	Craigmont High School
Volleyball: Varsity	9/3/2025	5:00PM	Germantown High School	Houston	Germantown High School
Volleyball: Varsity	9/3/2025	5:30PM	Overton High School	Southwind High School	Overton High School
Volleyball: Varsity	9/3/2025	5:30PM	Kingsbury High School	Whitehaven High School	Kingsbury High School
Volleyball: Varsity	9/3/2025	6:30PM	White Station High School	St. Agnes Academy	White Station High School
Soccer: Girls Varsity	9/3/2025	7:00PM	Craigmont High School	Raleigh-Egypt High School	Raleigh Egypt Stadium
Volleyball: Varsity	9/4/2025	4:30PM	Cordova High School	Memphis Central High School	Cordova High School

MSCIAA High School Events for September 1st-7th Continued

Activity	Date	Time	Home	Away	Location
Soccer: Girls Varsity	9/4/2025	5:00PM	Kirby High School	Melrose High School	Kirby High Stadium
Soccer: Girls Varsity	9/4/2025	5:00PM	Northpoint Christian	Sheffield High School	Northpoint Christian
Soccer: Girls Varsity	9/4/2025	5:00PM	Craigmont High School	MBA (Memphis Business Academy) High School	Craigmont High School
Volleyball: Varsity	9/4/2025	5:00PM	Melrose High School	Hamilton High School	Melrose High School
Volleyball: Varsity	9/4/2025	5:00PM	Hillcrest High School	Soulsville High School	Hillcrest High School
Volleyball: Varsity	9/4/2025	5:00PM	KIPP Collegiate High School	Crosstown High School	KIPP Memphis Collegiate High School
Volleyball: Varsity	9/4/2025	5:00PM	Trezevant High School	MASE (Memphis Academy of Science and Engineering)	Trezevant High School
Volleyball: Varsity	9/4/2025	5:00PM	Raleigh-Egypt High School	Bolton High School	Raleigh Egypt High School
Volleyball: Varsity	9/4/2025	5:00PM	Craigmont High School	Douglass High School	Craigmont High School
Volleyball: Varsity	9/4/2025	5:00PM	Compass Midtown High School	MBA (Memphis Business Academy) High School	Compass Midtown High School
Volleyball: Varsity	9/4/2025	5:00PM	Sheffield High School	Ridgeway High School	Sheffield High School
Volleyball: Varsity	9/4/2025	5:00PM	Westwood High School	Booker T. Washington High School	Westwood High School
Soccer: Girls Varsity	9/4/2025	5:30PM	Cordova High School	Freedom Prep High School	Cordova High School Grass Soccer Field
Soccer: Girls Varsity	9/4/2025	5:30PM	White Station High School	University High School	Halle Stadium
Soccer: Girls Varsity	9/4/2025	5:30PM	Memphis RISE High School	Whitehaven High School	Raleigh Bartlett Meadows Park
Volleyball: Varsity	9/4/2025	5:30PM	Middle College High School	MSE Cordova	Middle College High School
Volleyball: Varsity	9/4/2025	5:30PM	University High School	MSE Winchester (Memphis School of Excellence) High School	St. Luke's United Methodist Church
Volleyball: Varsity	9/4/2025	5:30PM	Kingsbury High School	Germantown High School	Kingsbury High School
Football: Varsity	9/4/2025	7:00PM	Fayette-Ware Comprehensive	Bolton High School	Fayette-Ware Comprehensive High School
Football: Varsity	9/4/2025	7:00PM	Hillcrest High School	MBA (Memphis Business Academy) High School	Whitehaven Stadium
Football: Varsity	9/4/2025	7:00PM	MASE (Memphis Academy of Science and Engineering)	Trezevant High School	Melrose Stadium
Football: Varsity	9/4/2025	7:00PM	Westwood High School	Manassas High School	JP Freeman Stadium
Soccer: Girls Varsity	9/5/2025	4:00PM	Melrose High School	Raleigh-Egypt High School	Melrose Stadium
Volleyball: Varsity	9/5/2025	5:00PM	Memphis RISE High School	MBA (Memphis Business Academy) High School	Memphis Rise Academy
Volleyball: Varsity	9/5/2025	5:00PM	Trezevant High School	KIPP Collegiate High School	Trezevant High School
Soccer: Girls Varsity	9/5/2025	5:30PM	Middle College High School	Memphis Central High School	Memphis Sports and Event Center
Soccer: Girls Varsity	9/5/2025	6:00PM	Millington	East High School	Millington Central High School
Football: Varsity	9/5/2025	7:00PM	Arlington	Hamilton High School	Arlington High School
Football: Varsity	9/5/2025	7:00PM	Bartlett	Melrose High School	Bartlett High School
Football: Varsity	9/5/2025	7:00PM	Covington	Douglass High School	Covington High School
Football: Varsity	9/5/2025	7:00PM	Fairley High School	Whitehaven High School	JP Freeman Stadium
Football: Varsity	9/5/2025	7:00PM	Kingsbury High School	Wooddale High School	Cordova Stadium
Football: Varsity	9/5/2025	7:00PM	Middle College High School	East High School	Melrose Stadium
Football: Varsity	9/5/2025	7:00PM	Memphis University School (MUS)	Kirby High School	Memphis University School
Football: Varsity	9/5/2025	7:00PM	Mitchell High School	Bluff City High School	Whitehaven Stadium
Football: Varsity	9/5/2025	7:00PM	Craigmont High School	Haywood	Raleigh Egypt Stadium
Football: Varsity	9/5/2025	7:00PM	Center Hill	Cordova High School	Center Hill High School
Football: Varsity	9/5/2025	7:00PM	Germantown High School	Sheffield High School	Germantown Stadium
Football: Varsity	9/5/2025	7:00PM	Memphis Central High School	White Station High School	Crump Stadium
Football: Varsity	9/5/2025	7:00PM	Oakhaven High School	Overton High School	Oakhaven Stadium
Football: Varsity	9/5/2025	7:00PM	Southwind High School	Houston	Southwind Stadium
Volleyball: Varsity	9/5/2025	TBD	TBA	White Station High School	Bartlett High School
Volleyball: Varsity	9/6/2025	TBD	TBA	MASE (Memphis Academy of Science and Engineering)	TBA
Volleyball: Varsity	9/6/2025	TBD	TBA	White Station High School	Bartlett High School

MSCIAA Middle School Events for September 1st-7th

Activity	Date	Time	Home	Away	Location
Soccer MS: Girls Varsity	9/2/2025	5:00PM	Cordova Middle School	White Station Middle School	Cordova Middle School
Soccer MS: Girls Varsity	9/2/2025	5:00PM	Kate Bond Middle School	Kingsbury Middle School	Kate Bond Middle School
Soccer MS: Girls Varsity	9/2/2025	5:00PM	Bellevue Middle School	Germantown Middle School	Crump Stadium
Soccer MS: Girls Varsity	9/2/2025	5:00PM	Ridgeway Middle School	American Way Middle School	May Field #9
Soccer MS: Girls Varsity	9/2/2025	5:00PM	Hickory Ridge Middle School	Sherwood Middle School	Hickory Ridge Middle School
Football MS: Varsity	9/2/2025	5:30PM	Douglass Middle School	Lester Prep Middle School	Whitehaven Stadium
Football MS: Varsity	9/2/2025	5:30PM	Craigmont Middle School	Raleigh Egypt Middle School	Craigmont Middle School
Football MS: Varsity	9/2/2025	5:30PM	Chickasaw Middle School	Oakhaven Middle School	JP Freeman Stadium
Football MS: Varsity	9/2/2025	5:30PM	Riverview Middle School	Believe Memphis Academy Charter	Booker T. Washington Stadium
Football MS: Varsity	9/2/2025	5:30PM	Wooddale Middle School	Colonial Middle School	Kirby High Stadium
Football MS: Varsity	9/2/2025	5:30PM	Ridgeway Middle School	Hickory Ridge Middle School	Halle Stadium
Football MS: Varsity	9/2/2025	5:30PM	KIPP Middle Schools	MASE (Memphis Academy of Science and Engineering) MS	Raleigh Egypt Stadium
Volleyball MS: Varsity	9/3/2025	4:30PM	Grandview Middle School	MBA (Memphis Business Academy) Middle School	Grandview Heights Middle School
Volleyball MS: Varsity	9/3/2025	4:30PM	A. Maceo Walker Middle School	Havenview Middle School	A. Maceo Walker Middle School
Soccer MS: Girls Varsity	9/3/2025	5:00PM	Cordova Middle School	University Middle School	Cordova Middle School
Soccer MS: Girls Varsity	9/3/2025	5:00PM	John P Freeman Middle School	Maxine Smith STEAM Academy Middle School	JP Freeman Grass Soccer Field
Soccer MS: Girls Varsity	9/3/2025	5:00PM	Craigmont Middle School	Memphis RISE Middle School	Craigmont High School
Football MS: Varsity	9/3/2025	5:30PM	Dexter Middle School	Mt. Pisgah Middle School	Cordova Stadium
Football MS: Varsity	9/3/2025	5:30PM	Geeter Middle School	Lowrance Middle School	Whitehaven Stadium
Football MS: Varsity	9/3/2025	5:30PM	John P Freeman Middle School	Kirby Middle School	JP Freeman Stadium
Football MS: Varsity	9/3/2025	5:30PM	Snowden Middle School	Treadwell Middle School	Snowden Middle School
Football MS: Varsity	9/3/2025	5:30PM	Georgian Hills Middle School	Westside Middle School	Raleigh Egypt Stadium
Football MS: Varsity	9/3/2025	5:30PM	Sherwood Middle School	Cordova Middle School	Melrose Stadium
Football MS: Varsity	9/3/2025	5:30PM	Germantown Middle School	American Way Middle School	Germantown Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Craigmont Middle School	Memphis RISE Middle School	Craigmont Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Dexter Middle School	Maxine Smith STEAM Academy Middle School	Dexter Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Douglass Middle School	Lester Prep Middle School	Douglass High School
Volleyball MS: Varsity	9/3/2025	5:30PM	Barret's Chapel Middle School	Westside Middle School	Barrett's Chapel Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	E. E Jeter Middle School	Raleigh Egypt Middle School	E. E Jeter Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Georgian Hills Middle School	Mt. Pisgah Middle School	Georgian Hills Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Booker T. Washington Middle School	Riverview Middle School	Booker T. Washington High School
Volleyball MS: Varsity	9/3/2025	5:30PM	Chickasaw Middle School	MASE (Memphis Academy of Science and Engineering) MS	Chickasaw Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Cummings Middle School	KIPP Middle Schools	Cummings Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Geeter Middle School	John P Freeman Middle School	Geeter Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Cordova Middle School	Treadwell Middle School	Cordova Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Germantown Middle School	Snowden Middle School	Germantown Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Kate Bond Middle School	Kingsbury Middle School	Kate Bond Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Bellevue Middle School	White Station Middle School	Bellevue Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	Highland Oaks Middle School	Wooddale Middle School	Highland Oaks Middle School
Volleyball MS: Varsity	9/3/2025	5:30PM	University Middle School	MSE Cordova Middle School	St. Luke's United Methodist Church
Soccer MS: Girls Varsity	9/3/2025	6:00PM	Douglass Middle School	MBA (Memphis Business Academy) Middle School	May Field #4
Volleyball MS: Varsity	9/4/2025	4:30PM	E. E Jeter Middle School	Millington	E. E Jeter Middle School
Soccer MS: Girls Varsity	9/4/2025	5:00PM	Maxine Smith STEAM Academy Middle School	Raleigh Egypt Middle School	East High School

MSCIAA Middle School Events for September 1st-7th Continued

Activity	Date	Time	Home	Away	Location
Soccer MS: Girls Varsity	9/4/2025	5:00PM	Bellevue Middle School	Snowden Middle School	Crump Stadium
Soccer MS: Girls Varsity	9/4/2025	5:00PM	Cordova Middle School	Kate Bond Middle School	Cordova Middle School
Soccer MS: Girls Varsity	9/4/2025	5:00PM	Treadwell Middle School	Kingsbury Middle School	Treadwell Middle School
Soccer MS: Girls Varsity	9/4/2025	5:00PM	White Station Middle School	Germantown Middle School	Gaisman Park
Soccer MS: Girls Varsity	9/4/2025	5:00PM	American Way Middle School	Sherwood Middle School	American Way Middle School
Soccer MS: Girls Varsity	9/4/2025	5:00PM	Ridgeway Middle School	Wooddale Middle School	May Field #9
Volleyball MS: Varsity	9/5/2025	4:15PM	Collegiate School of Memphis	Memphis RISE Middle School	Memphis Rise Academy
Football MS: Varsity	9/6/2025	1:00PM	Bellevue Middle School	Sherwood Middle School	Whitehaven Stadium
Football MS: Varsity	9/6/2025	3:00PM	Snowden Middle School	Craigmont Middle School	Whitehaven Stadium
Football MS: Varsity	9/6/2025	5:00PM	Havenview Middle School	White Station Middle School	Whitehaven Stadium
Football MS: Varsity	9/6/2025	7:00PM	A. Maceo Walker Middle School	Highland Oaks Middle School	Whitehaven Stadium