



# TuesNews

Weekly Newsletter of the South Carolina High School League  
Romanda Noble-Watson, Editor

November 14, 2023

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## Inside This Issue

Staff Directory	1
Upcoming Events	1
Congratulations	2-3
SCHSL Announcements	4-7
For Your Information	8

## Upcoming Events

Executive Committee

Nov. 15, 2023 – 10:00 am

Captains Course: Nov. 16, 2023: 10:00 am

Basketball, Wrestling Preseason

Nov. 17, 2023

State Cheer Championship: Nov. 18, 2023

Appellate Panel: Nov. 21, 2023

**SCHSL Office Closed for Thanksgiving**

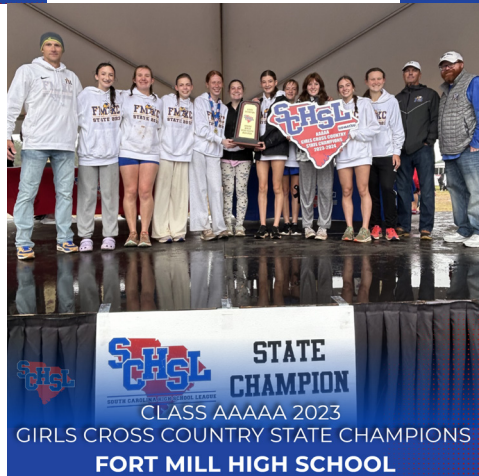
**Nov. 22, 2023 – Nov. 24, 2023**

**JOBS**

**For job openings around the SCHSL, visit [www.schsl.org/jobs](http://www.schsl.org/jobs)**

# CONGRATULATIONS

## 2023 SCHSL GIRLS CROSS COUNTRY STATE CHAMPS



# CONGRATULATIONS

## 2023 SCHSL BOYS CROSS COUNTRY STATE CHAMPS



# ANNOUNCEMENTS

## Student-Athlete of the Month



The SCHSL is pleased to announce the October 2023 Student-Athletes of the Month. **Kenley Henson** of Great Falls High School has been named the Girl's Student-Athlete of the Month and **Nori Adams** of Marlboro County High School has been named the Boy's Student-Athlete of the Month.

**Henson** is a senior three-sport athlete at Great Falls. She is a 2x All-Region in Cross Country, 3x All-Region in Softball, 2x All-Region in volleyball, 2x Great Falls High School (GFHS) MVP for Volleyball, and a GFHS Most Valuable Runner for Cross Country. Henson is a former Rock Hill Herald Player of the Week for Softball. She has also attended the most recent SCHSL Fall Captain's Workshop and Health Summit. Academically, Henson is currently ranked #1 in her class and has a 5.18 GPA. She has been named a Junior Honor Marshal and Palmetto Girls State delegate. She has taken a full courseload of college classes including: History 111, Music 110, History 112, Criminal Justice 101, American National Government, Computer Concepts 101, History 101, and English 101. Henson has participated in Adopt-a-Highway, helped organize a canned food drive to support our local nonprofit organization (GRASP), made lap blankets for a local residential living facility, volunteered in the Beta Club chapter's blood drive, participated with in Pack the Bus School Supply Drive, and assisted other community members through programs in her local youth group. She also volunteers with her school's athletic department by greeting elementary school students and opening their car doors on Friday mornings.

**Adams** is a senior basketball player at Marlboro County. He is a member of the 2020 Class AAA Boy's Basketball Championship Team. Adams is a four-time Student-Athlete Award recipient and a member of the 2022-23 All-Region Basketball Team. He is also the captain of the boy's basketball team.

Academically, he is a 2022-23 recipient Alpha Phi Alpha Fraternity, Inc. Scholarship Recipient (Theta Phi Lambda Chapter, Bennettsville, SC). Adams is a Bulldog Ambassador - student body leadership club, selected by the principal to lead by example, encourage and support school spirit, an advocate for both students and teachers and a member of the Beta Club. He is also a member of the Fellowship Christian Athletes (FCA). In his spare time he fundraisers and do special projects in the community. Adams is also a Youth Volunteer at Sawmill Baptist Church (Bennettsville, SC).

# ANNOUNCEMENTS

## Arbiter Reminders

Below, are some important reminders related to basketball and wrestling scheduling in Arbiter. Contact Jill White, SCHSL Arbiter Booking Coordinator, at [Jill@schsl.org](mailto:Jill@schsl.org) with any questions regarding scheduling. Please review the bullet points below and address any issues ASAP but before the start of the season.

- Please double check to make sure your basketball schedules are correct in Arbiter.
- Varsity games should be set to SCHSL 101800 for officials.
- Contact your local assigner to verify your Sub-Varsity games.
- When entering girls and boys games linked on the same day, please make sure the sites are the exact same.
- Contact your wrestling assigner to verify your matches.

## Winter Captains Workshop

The SCHSL will hold the Winter Captains Workshop this Thursday, Nov. 16 at 10 a.m. **Registration is open until 3:30 pm tomorrow, Wednesday, Nov. 15.**

We are covering topics that are necessary for students of today. Some of these topics are confidence, social media dos and don'ts, and how to get back up once you've taken a loss.

The SCHSL is actively creating a culture of empathy with the [#weseeyou campaign](#). The Winter Captains Workshop is in alignment with this campaign. We encourage our members to take advantage of this opportunity and register for this awesome event. Click the following link to register for the workshop: [Winter Captains Workshop Registration](#).

For additional information contact Director of Educational Services, Dr. Curtrell Rhodan at [Curtrell@schsl.org](mailto:Curtrell@schsl.org)

## Fall Sports Playoff Brackets

The updated 2023-24 Fall Sports Brackets are available on the SCHSL website. Brackets can be accessed under the brackets link on the SCHSL website, [www.schsl.org](http://www.schsl.org), or by clicking the following link: <https://schsl.org/brackets>.

For additional information on brackets please contact Romanda Noble-Watson, Director of Communications and Public Relations at [Romanda@schsl.org](mailto:Romanda@schsl.org).

# ANNOUNCEMENTS



## Football SCORE UPDATE



Auto • Home • Life

**#FullCoverageScoreboard**



Once again this season, the SCHSL is partnering with Farm Bureau Insurance of South Carolina to celebrate postseason football. The playoff brackets, presented by Farm Bureau Insurance, will be posted on the SCHSL website following the conclusion of the regular season this weekend for all five (5) classifications.

As the calendar turns to November, be sure to follow @SCHSL on X, formerly known as Twitter, for the Farm Bureau Insurance Full Coverage Scoreboard. We'll be posting scores of every playoff game, from the opening round to the State Finals in Orangeburg.

We encourage schools to use the hashtag #FullCoverageScoreboard and tag @SCHSL when they post scores of games on their social media platforms. The SCHSL would like to say thanks to Farm Bureau Insurance of South Carolina for their support of SCHSL football these past 5 years!

## Media/School Credential Link

The 2023-24 SCHSL Media & School Credential Links for the SCHSL championships can be found under the Communications tab on the SCHSL website, [www.schsl.org](http://www.schsl.org). Please note, the credential request window for the Football Championships scheduled for Nov. 30-Dec. 2, is Friday, Nov. 24-Tuesday, Nov. 28 (2 PM).

Please contact Romanda Noble-Watson, Director of Communications and Public Relations at [Romanda@schsl.org](mailto:Romanda@schsl.org), with any questions or concerns.

# FOR YOUR INFORMATION

## National Diabetes Awareness Month



November is National Diabetes Awareness Month and is a great time to spread awareness about the disease that affects millions of lives including student-athletes. According to the Centers for Disease Control (CDC) and Prevention, 37 million people have diabetes. That's 1 in every 10 people and 1 in 5 don't know they have diabetes. Additionally, 96 million adults (more than 1 in 3) have prediabetes. More than 8-in-10 adults don't know they have prediabetes. If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.

For additional information visit <https://diabetes.org/>.

For statistics and frequently asked questions visit <https://www.cdc.gov/diabetes/data/index.html>.

Student-athletes with Type 1 Diabetes who utilize an insulin pump face unique challenges when participating in sports, requiring careful consideration for optimal performance and health. These student-athletes must balance their insulin needs with the physical demands of athletic activities. Here are five crucial points for young athletes with type 1 diabetes using an insulin pump:

1. Blood Sugar Monitoring: Monitor before, during, and after exercise
2. Insulin Pump Settings: Understand and adjust insulin pump settings based on the type, intensity, and duration of the sport.
3. Carbohydrate Intake: Plan and consume appropriate carbohydrate snacks before, during, and after exercise.
4. Hydration: Stay well-hydrated. Avoid sugary sports drinks.
5. Communication and Emergency Preparedness: Talk with your coaches when you feel your blood sugar dropping.

For more information on athletes with Type 1 Diabetes click the following link: [Helping Your Young Athlete with Type 1 Diabetes](#).

# FOR YOUR INFORMATION

## The Health Spot

### Diabetes Awareness Month

November is National Diabetes Awareness Month and is a great time to spread awareness about diabetes, a condition that affects millions of lives including student-athletes.

Knowledge is power: Learn the facts, know the signs, and share them. Education can save lives.

Stay active: Regular exercise helps manage and prevent diabetes. Make physical health a priority!

Healthy choices: A balanced diet can make a big difference when managing diabetes. Make nutritious choices

Support & Empathy: Reach out to those with diabetes to offer support and empathy.

Direct all questions for this section to Tim Kinney, Director of Health, Safety, and Wellness, at [Tim@schsl.org](mailto:Tim@schsl.org).

## Officials' Whistle

The seventh year of the #BecomeAnOfficial campaign underway. The campaign has helped recruit over 112,000 applicants who have indicated their interest in becoming an official.

[HighSchoolOfficials.com](https://www.HighSchoolOfficials.com) has a new look as well as the ability to download the #BecomeAnOfficial toolkit.

This campaign has shedded so much light on the importance of officiating at the high school level, and we hope that with the new look and features, we can expand our reach and spread the word about the urgent need of officials.

Download the #BecomeAnOfficial toolkit [here](#).

Direct all questions for this section to Associate Commissioner Sarah Hayes at [Sarah@schsl.org](mailto:Sarah@schsl.org).



## Tools for Success



SAAC is back and we are excited about it. We want the best and brightest from all over our great state to apply. Please be reminded that only one student-athlete can be nominated per school. Also, your nominee can be a rising junior or rising senior. Submit your nomination [here](#).

Direct all questions for this section to Director of Educational Services, Dr. Curtrell Rhodan at [Curtrell@schsl.org](mailto:Curtrell@schsl.org)