



Tues News

Weekly E-Newsletter of the South Carolina High School League

March 31, 2026

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Editor

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Lighting

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Upcoming Events

- Spring Break: Apr. 2 – 8, 2026
- Spring Officials Appreciation Week
Apr. 6 – 11, 2026
- Executive Committee Meeting
Apr. 14, 2026

Upcoming Deadlines

- Scholar Athlete and Multi-Sport Award
Wednesday, Apr. 1, 2026, at 3:45 pm
- Registration for A4-Day
Wednesday, Apr. 15, 2026
- Middle School T&F Registration
Monday, Apr. 20, 2026



**For job openings around the
SCHSL, visit www.schsl.org/jobs**

ANNOUNCEMENTS

Middle School Leadership Summit

The South Carolina High School League will hold a middle school leadership summit, Thursday, April 16, 2026, from 9 am-12:15 pm, at the South Carolina High School League office, in Columbia, SC. The summit is free and open to the first 50 middle school student-athletes submitted by either the Principal or Athletic Director. ***The registration link will close automatically once the 50 names are submitted.***

Please note, each school may submit no more than two (2) student-athletes to participate. The Liability Waiver form (see link below) will need to be turned in when the student-athlete arrives at the Summit.

See Future Five Stars Section on page 9 for additional information and other important details.

[Middle School In-Person Summit Registration Link](#)
[Liability Participation Waiver](#)

Please direct all questions pertaining to the Middle School Leadership Summit to Assistant Commissioner for Middle School Athletics, Dr. Lenard Hudnal, Jr., at Lenard@schsl.org.

Middle School Track & Field Invitational

The South Carolina High School League will hold a middle school track and field individual regional invitational, Saturday, April 25, 2026, at Lugoff-Elgin High School. The event is open to middle school students who are participating on a track and field team, whether for their middle school or at the high school.

Registration for the meet will open tomorrow, Wednesday, April 1, 2026, and will close **Monday, April 20, 2026**. The registration link will be sent to via email no later than 8:00 am, tomorrow, Wednesday, April 1, 2026.

Please direct all questions pertaining to the Track and Field Invitational to Assistant Commissioner for Middle School Athletics, Dr. Lenard Hudnal, Jr., at Lenard@schsl.org.

ANNOUNCEMENTS

Scholar Athlete & Multi-Sport Nominations

The South Carolina High School League (SCHSL) Scholar Athlete and Multi-Sport Award nomination links opened **January 1, 2026**.

As a reminder, the deadline to submit the student-athlete names for both the SCHSL Scholar Athlete and Multi-Sport Athlete Certificates is tomorrow, **Wednesday, April 1, 2026, at 3:45 pm**.

ALL names must be entered on the links below to be valid and have a certificate generated for your student-athlete (**no email forms will be accepted**).

Please Note: It is important that nominations for both Scholar Athlete and Multi-Sport Awards be submitted to the League Office on or before the deadline so that your student-athletes names can be placed on the League Website for public recognition.

[SCHOLAR ATHLETE NOMINATION FORM](#)

[MULTI-SPORT NOMINATION FORM](#)

LIVING CLEAN WEEK AND LEADERSHIP SUMMIT IN REVIEW SCHSL

THE SOUTH CAROLINA HIGH SCHOOL LEAGUE.
WHERE WE'RE NOT JUST GREAT STUDENT-ATHLETES,
WE'RE GREAT PEOPLE TOO!

#BETHECHANGE

See Tools for Success section on page 8 for full recap on Living Clean Week and Leadership Summit in Review.

ANNOUNCEMENTS

Athletic Administrators Assistants Appreciation Day

The South Carolina High School League (SCHSL) will host the Athletic Administrators Assistants Appreciation Day (A4 Day), **Thursday, April 23, 2026, at 10:00 AM**, at the SCHSL Office (121 Westpark Blvd, Columbia, SC 29210).

The A4 Day is open to all high school Athletic Administrative Assistants (i.e., Athletic Director's Administrative Assistant, Athletic Department Assistant, etc.). **Please Note: A4 Day is not for Assistant Athletics Directors.**

Please RSVP at the link below no later than **Wednesday, April 15, 2026: 2 PM**, if you plan to attend. The registration link can also be found in the graphic below.

[RSVP Link](#)



ANNOUNCEMENTS

Arbiter Information

Below is the information for assistance with Arbiter.

Arbiter Customer Service: 1-800-311-4060

Arbiter Support Website: <https://arbitersportshelp.zendesk.com/hc/en-us>

If you have any questions, please contact the SCHSL Arbiter Booking Coordinator Jill White, at jill@schsl.org.



Mark your calendars. The SCHSL office will be closed, **April 2-8, 2026**, for Spring Break.

Normal business hours, 7:30-4 pm, will resume Thursday, April 9, 2026.

TuesNews Break

Due to the SCHSL office closure for Spring Break, there will not be an April 7, 2026 TuesNews. TuesNews will resume on Tuesday, April 14, 2026.

ANNOUNCEMENTS

Commissioner's Chat & Beyond



Periodically, South Carolina High School League's (SCHSL) Commissioner Dr. Jerome Singleton, and members of the staff, will provide highlight key happenings within the League.

This installment of Commissioner's Chat and Beyond features SCHSL Commissioner, *Dr. Jerome Singleton*. [Click here](#) for the current installment of the Commissioner's Chat and Beyond.

Book Order Links

The 2025-26 NFHS Rules and Case Books for **ALL** sports seasons are now available.

Additionally, scorebooks for Cross-Country, Wrestling, Basketball, Track and Field, and Soccer are available for purchase from the SCHSL Shopify store at the following link: <https://sc-high-school-league.myshopify.com/collections/all>.

If your entire order is not currently in stock, a partial shipment will be sent with available items. The remaining books will be mailed once they become available.

All questions pertaining to book orders should be directed to MaeoCeisha Jenkins, Office Coordinator, at maeoceisha@schsl.org.

ANNOUNCEMENTS



VAPING NICOTINE AND HEART HEALTH RISK

Lung damage is not the only harm from vaping nicotine. Research from the American Heart Association (AHA) shows that vaping nicotine can cause heart damage similar to heart damage caused by smoking cigarettes.

Heart Risks:



INCREASED ARTERIAL STIFFNESS AND BLOOD PRESSURE

Research from AHA shows measurable increases in arterial stiffness and elevated blood pressure among youth who vape nicotine. Arterial stiffness and higher blood pressure are early markers of cardiovascular disease.



OXIDATIVE STRESS AND INFLAMMATION

Vaping nicotine produces aerosol containing thousands of toxic chemicals. These chemicals damage fatty tissues, proteins, and DNA in your body leading to inflammation. Inflammation affects the blood supply to the heart, which can lead to heart attack or stroke.



NICOTINE IS A DIRECT CARDIOVASCULAR TOXIN

Nicotine damages the lining of the blood vessels, causing them to stiffen. Stiff blood vessels affect clot formation and the blood supply to the organs, which can lead to cardiovascular disease, high blood pressure, heart attack, kidney disease and stroke.

Higher Risk for Youth:

HIGH-POTENCY NICOTINE

Popular vapes use nicotine salts, which allow for rapid addiction. Today, vapes have nearly tripled in nicotine strength, quintupled in e-liquid capacity, and dropped in price by nearly 70% compared to data from 2017.

DEVELOPING BRAINS AND BODIES

Nicotine use during adolescence increases the risk of lifelong nicotine addiction, heart and lung disease, and mental/behavioral health issues.

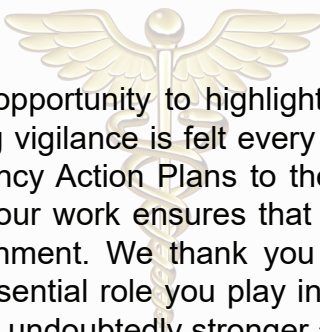
Learn more about vaping nicotine and how educators can help reduce youth nicotine addiction from the [Empower Vape-Free Youth campaign](#). For more information about SC YTS contact MavathRR@dph.sc.gov.

FOR YOUR INFORMATION

The Health Spot

Thank You SCHSL Athletic Trainers

As National Athletic Training Month draws to a close, the SCHSL extends its profound gratitude to the dedicated athletic trainers who serve as the frontline of student-athlete healthcare across the Palmetto State.



While March provides a formal opportunity to highlight this profession, the impact of your clinical expertise and unwavering vigilance is felt every day of the academic year. From the meticulous execution of Emergency Action Plans to the compassionate guidance provided during long-term rehabilitation, your work ensures that our students can pursue excellence in a safe and supported environment. We thank you for your tireless commitment, your professional integrity, and the essential role you play in the success of South Carolina high school athletics; our sidelines are undoubtedly stronger and safer because of your presence.

All questions related to the information contained in this section, should be directed to Tim Kinney, Director of Health, Safety, and Wellness, at tim@schsl.org.

Tools for Success

Living Clean Week and Leadership Summit Recap

Living Clean Week, held March 16–20, 2026, was a meaningful opportunity to bring together member school communities across the state in a shared commitment to service, leadership, and school pride.

The South Carolina High School League (SCHSL) proudly celebrates the student-athletes and schools that participated in both the Spring Living Clean Week and the Leadership Summit. Your efforts reflect a strong dedication to making a positive impact within your schools and surrounding communities.

We would like to recognize the following schools for their participation: AC Flora High School, Batesburg-Leesville High School, Bluffton High School, Gray Collegiate Academy, Great Falls High School, Irmo High School, Lugoff-Elgin High School, Mauldin High School, River Bluff High School, Riverwalk Academy, Sumter High School, Westwood High School, and White Knoll High School.

Direct all questions for this section to the Director of Educational Services, Dr. Curtrell Rhodan, at Curtrell@schsl.org.

FOR YOUR INFORMATION

Officials' Whistle

Spring Sports Officials' Appreciation

Spring Sports Officials' Appreciation is next week, April 6-11, 2026. Participation can be as simple or as extravagant as you want it to be. You can get your teams and student groups on campus to get involved. It is a great community project for school student councils, spirit groups, or other groups who are ambassadors of your school and community.

A few ideas that you can use for Spring Sports Officials' Appreciation Week are:

- Special appreciation signage
- Gifts cards/cookies/donuts/other items presented to the crew by both the home and visiting team
- Read a PSA at the start of the game, thanking the crew for working the contest
- "Thank you" cards, signed by the team and coaching staff

[Click here](#) to submit your Spring Sports Officials' Appreciation Week Photos.

Direct all questions for this section to Associate Commissioner, Sarah Hayes, at Sarah@schsl.org.

Future Five Stars

Dedicated to Middle Schools in the SCHSL

Middle School Leadership Summit

The South Carolina High School League will host a Middle School Leadership Summit, April 16, 2026, from 9 am-12:30 pm at the SCHSL office. Drop off time is 8:30 am and pickup is between 12:15 and 12:30 pm. All students **must** be picked up no later than 12:30 pm. Lunch will be provided.

To register for the event and additional information, see the Middle School Leadership Summit announcement on page 2.

Below is a partial agenda for the Leadership Summit.

- Registration: 8:30 am
- SAAC Introductions: 9:00 am
- Breakout #1: Participants Introductions: 9:15 am
- Stations: 9:30-10:35 am
- Breakout #2: Themes and Hashtags for school: 10:40 am
- Stations: 11:00 am-12:00 pm
- Closing/Conclusion: 12:05-12:15 pm
- Dismissal: 12:30 pm

All questions related to the information contained in this section, should be directed to Assistant Commissioner for Middle School Athletics, Dr. Lenard Hudnal, Jr., at Lenard@schsl.org.