mist NATIONALS

THE HONOR OF HUMILITY

DISCOVERING DIGNITY IN CHALLENGING PRIDE

JULY • 26-28 • 2019

BALTIMORE CONVENTION CENTER

WELCOME
TO MIST NATIONALS

,THE ANNUAL EVENT WHERE THE YOUTH OF THE GREATER NATION SHOWCASES EXCEPTIONAL TALENT, AND EVEN MORE EXCEPTIONAL CHARACTER.

IN THE AGE OF SOCIAL MEDIA, FLAUNTING OUR LIVES ONLINE CAN BE A SOURCE OF SUCCESS. EVEN WHEN WE INTEND TO SPREAD POSITIVITY THROUGH GAINING POPULARITY, WE MAY SEE HUMILITY AS AN OBSTACLE TO THAT GOAL. HOW DO WE INCULCATE THE VIRTUE OF HUMILITY WHEN IT SEEMINGLY BRINGS US DOWN? IF WE'VE LEARNED THAT HUMILITY IS A WEAKNESS, THEN THIS SHORTSIGHTED UNDERSTANDING VEILS US FROM ITS POSSIBLE HIDDEN STRENGTH. PROPHET MUHAMMAD, PEACE BE UPON HIM, ONCE SAID, "...NO ONE HUMBLES THEMSELVES FOR THE SAKE OF GOD EXCEPT THAT GOD RAISES THEIR STATUS" (MUSLIM).

WE CHALLENGE YOU TO TAKE A DEEPER LOOK AND ANALYZE THE VARIOUS CONCEPTS SURROUNDING THIS THEME. THERE WILL BE A COLLECTION OF THE FINEST SUBMISSIONS IN A VARIETY OF COMPETITIONS AS PARTICIPANTS ENCAPSULATE THIS YEAR'S THEME, THE HONOR OF HUMILITY: DISCOVERING DIGNITY IN CHALLENGING PRIDE.

WE LOOK FORWARD TO SEEING WHAT THE COMPETITORS HAVE TO OFFER AND WE HOPE THAT YOU ENJOY YOUR WEEKENDS AS MUCH AS WE WILL!

A SPECIAL THANKS TO OUR

SPONSORS

EL-HIBRI FOUNDATION

MUSLIMS FOR HUMANITY

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MIST NATIONALS TOURNAMENT

ORGANIZERS

ADVISORS	FAISAL CHAUDHRY ZAHIN HASAN
DIRECTORS	ABDIAZIZ AHMED AMMAR AKHTER
COMPETITIONS	HAJUR EL-HAGGAN SAULEHA HUSSAIN AFNAN ABDELLA SARAH TAYEL RABBE ISLAM ALVI RAHMAN AMINA THOMAS
BASKETBALL	WALEE KHAN RAJA KHAN HAMZA CHOUDHURY
FINANCE	AMINA QUADRI NAZIA RAHMAN
HOSPITALITY	SAJIDAH AREFIAN HASSAN AHMAD SUHA MEHMOOD
LOGISTICS	ADAM BUTT
MARKETING	YOUSAF SALIM JAFFER SHAREEF SAHAR AHMED
PROGRAMS	JANIS MAHNURE DANA LOBAD MUHAYMIN ALI MARIAMA BADJIE
REGISTRATION	ZAHRA SALHAN ABEERA NAEEM

TOURNAMENT CONDUCT

Attendance at any MIST competition, workshop (MISTalk), or activity is a privilege. The policies apply to all students, adults, and authorized persons attending the tournament. Participants shall respect all rules and practices at all times. Participants violating any of the conduct rules may jeopardize their ability to participate, and may be disqualified. Students may be sent home immediately at their own expense. Participants and other authorized individuals attending the MIST Nationals Tournament automatically accept terms and conditions outlined in the MIST Code of Conduct.

All MIST competitors must stay in the venue from 8:00 am to the ending of each day. The only times allowed to leave is during lunch and dinner times with a coach. All competitors must always travel in groups.

Tournament Authority: Staff members of MIST Nationals are organizers and volunteers (distinguished by a red or blue sash, accordingly). Any questions/comments/concerns may be directed to a volunteer. Any matters requiring escalated involvement may be directed to the organizers.

General Conduct: Participants must wear the supplied tournament ID badge at all times from arrival at the tournament until departure from the tournament. Participants should be prompt and prepared for all activities. Participants are required to attend all general sessions and activities assigned, including workshops (MISTalks), competitive events, etc., for which they are registered.

Personal Conduct: Participants are expected to conduct themselves in a mature, Islamic manner. Any acts that can be deemed reckless, irresponsible, or immoral will result in disciplinary action. Causing bodily harm and/or having possession of weapons, defacing/stealing property, and violating the sanctity of the tournament are strictly prohibited. All interactions with fellow participants should be conducted in a professional manner.

Prohibited Actions: Engaging in any lewd, indecent, sexual or obscene acts, verbal, physical, or sexual harassment is completely unacceptable. Participants must not loiter in restricted zones, regardless of the presence of a coach/chaperone. A student engaging in the use of slurs against any person on the basis of race, color, creed, national origin, ancestry, age, gender, sexual orientation, or disability is strictly prohibited.

Lost or Stolen Items: Any items that are lost or stolen at a MIST event are the sole responsibility of the participant. Retrieved items are to be reported to the Information Booth.

Dress Code: Participants must dress in modest, professional, prayer appropriate and competition appropriate clothing throughout the tournament weekend.

Media Release: By participating in MIST Nationals activities and competitions, you consent to the release of any photographs, video footage, and names for promotional and media purposes.

FRIDAY PROGRAM

11:00 am	Registration Lunch (Bring Your Own)	*Charles St. Lobby*
1:30 pm	Jumu'ah	*Rooms 314-317*
2:30 pm	Competitor Orientation Coaches Orientation	*Rooms 307-308* *Room 301*
3:30 pm	Hotel Check-In Depart to Brothers Basketball Venue	*Charles St. Lobby*
5:00 pm	Opening Recitation Roll Call	*Rooms 307-308*
5:20 pm	Depart to Sisters Basketball Venue	*Charles St. Lobby*
5:25 pm	Keynote *Omar Shareef*	*Rooms 307-308*
6:30 pm	Asr Prayer	*Rooms 314-317*
7:00 pm	Dinner (Bring Your Own)	
8:30 pm	Maghrib Prayer	*Rooms 314-317*
9:00 pm	MIST Got Talent Minute to Win It Games	*Rooms 307-308*

NOTE: HOTEL CURFEW IS 12:00 AM

FOLLOW US @GETMISTIFIED
USE #GETMISTIFIED TO EARN SPIRIT POINTS

SATURDAY PROGRAM

5:00 am

Fajr Congregation & Reflection lead by Br. Naeem Baig — *Hotel Meeting Space*

7:00 am

Breakfast (Bring Your Own)

8:00 am

Rooms 307-308 **Career & College Panel**

KNOWLEDGE & QURAN

Brothers Quran	*Waiting Room 302*
Level 1	*Room 322*
Level 2	*Room 323*
Level 3	*Room 324*
Level 4	*Room 313*
Sisters Quran	*Waiting Room 301*
Level 1	*Room 306*
Level 2	*Room 319*
Level 3	*Room 320*
Level 4	*Room 321*
Knowledge Tests 1,2,3,4	*Room 318*

10:00 am

Room 307 **Chasing Your Dreams**
Dina Kesbeh

Room 308 **Humility or Humblebrag: When Stunting on the 'Gram Goes Wrong**
Malika Bilal

BRACKETS

Debate	
Orientation	*Room 301*
Preliminary Round	*Rooms 301, 302, 303, 313, 318, 319, 320*
MIST Bowl	
Orientation	*Room 304*
Preliminary Round	*Rooms 304, 305, 321, 322, 323, 324*
Math Olympics	
Pre-Test	*Room 306*
Brothers Improv	
Preliminary Round	*Room 310*
Sisters Improv	
Preliminary Round	*Room 309*

SATURDAY PROGRAM

Room 308	**11:15 am**	**The Self and Service** *Ibn Ali Miller*
Room 307	**12:15 pm**	**Sit Down, Be Humble: Handling Success with Humility** *Ammar al Shukry*
	1:30 pm	Lunch (Bring Your Own)
	2:30 pm	Dhuhr Prayer — *Rooms 314-317*
Room 309	**3:00 pm**	**Spoken Word** *Spectating*

WRITING & ORATORY

Spoken Word	*Room 309*
Original Oratory	*Room 310*
Extemp Essay	*Room 320*
Extemp Speaking	*Waiting Room 318*
Competition	*Room 319*

5:00 pm

BRACKETS

Debate Quarterfinals	*Rooms 301, 302, 303, 313*
MIST Bowl Quarterfinals	*Rooms 320, 321, 322, 324,*
Math Olympics Round 1	*Room 323*
Brothers Improv Semifinals	*Room 305*
Sisters Improv Semifinals	*Room 306*

SATURDAY PROGRAM

Room 308	**Creating with Honesty** *Ridwan Adhami*	**5:30 PM**		
		6:30 pm	Asr Prayer	*Rooms 314–317*
		7:00 pm	Dinner (Bring Your Own) Field Trip	

NOTE: HOTEL CURFEW IS 12:00 AM

SUNDAY PROGRAM

5:00 am

Fajr Congregation & Reflection lead by Br. Delwar Khan — *Hotel Meeting Space*

7:00 am

Breakfast (Bring Your Own)

8:00 am

Room 308 — **Short Film Fest** — *Spectating*

ARTS — *Waiting Room 325*

- **2D Art & Photography** — *Room 314-317*
- **3D Art** — *Room 320*
- **Graphic Design** — *Room 322*
- **Fashion Design** — *Waiting Room 323*

GROUP PROJECTS

- **Short Film (Viewing)** — *Room 308*

9:00 am

Room 308 — **"But Aren't I Better?"** — *Wisam Sharieff*

BRACKETS

- **Debate** Semifinals — *Rooms 321, 324*
- **MIST Bowl** Semifinals — *Rooms 318, 319*
- **Brothers Improv** Finals — *Room 309*
- **Sisters Improv** Finals — *Room 310*

10:30 am

Room 307 — **Mental Health: What Do I Do About It?** — *Taaha Muhammad*

Rooms 309 or 310 — **Nasheeds** — *Spectating*

GROUP PROJECTS

- **Brothers Nasheed** — *Room 309*
- **Sisters Nasheed** — *Rooms 310*
- **Short Film (Interviews)** — *Room 318*
- **Humanitarian Service** — *Room 319*
- **Science Fair** — *Room 320*
- **Business Venture** — *Room 321*
- **Social Media** — *Room 322*

SUNDAY PROGRAM

Rooms 307-308	**Removing the Self from Selfie: Challenging the Ego in the Age of Individualism** *Suzy Ismail*	**12:00 pm**	BRACKETS **Debate** Finals — *Room 323* **MIST Bowl** Finals — *Room 308* **Math Olympics** Finals — *Room 324*
		1:30 pm	Lunch (Bring Your Own)
		2:30 pm	Dhuhr Prayer — *Rooms 314-317*
		3:00 pm	THE AWARDS CEREMONY **4th Floor Ballroom**

DESCRIPTIONS OF

MISTALKS

FRIDAY PROGRAM

Success in Failure, Beauty in Brokenness, Richness in loss

5:25 pm

Rooms 307-308

Omar Shareef

All of us have experienced the crushing feeling of failure, the pain of losing, the sting of defeat, the demoralization of rejection. Our fear of this humiliation leads us to craft caricatures of ourselves to hide our insecurities. But what if we shed that veneer and embraced our lowest moments? Our failures would then become the strongest catalysts for our growth. Join us as we find the courage to fail forward.

SATURDAY PROGRAM

College and Career Panel

8:00 am

Moderator: Mariama Badjie

Room 307-308

Meet the organizers who were once in your seats, but have now gone beyond high school and college. You will learn about the colleges they've attended, how they stepped into their fields and have an opportunity to ask questions.

Panelists Include:

Ehson Kashfipour | National/ University of Maryland, Wharton School of Business, UPenn Law/ Law

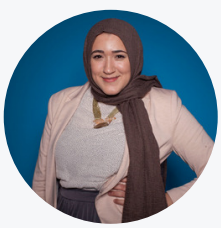
Mustafa Haddara | Toronto/McCaster University/Senior Software Developer

Hajur El-Haggan | DC/ Teacher

Samina Sattar | Atlanta/ Georgia State University, University of West Georgia/ Speech Language Pathology

Omar Shareef | NY/Stony Brook University and St. George's University School of Medicine/Physician, Resident in Psychology

Ateeb Jamal | NJ/Rutgers/ Interning at United Healthcare



Chasing Your Dreams

10:00 am

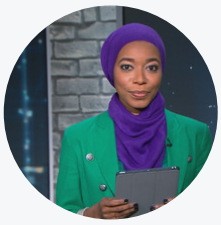
Dina Kesbeh

Room 307

What do you do when family expectations contradict your dreams and ambitions? What if your vision for your future differs significantly from your family's vision? Join Dina Kesbeh, a trailblazing journalist and storyteller, who shares with us her advice about pursuing non-traditional careers and life goals.

DESCRIPTIONS OF

MISTALKS



Humility or Humblebrag: When Stunting on the 'Gram Goes Wrong

10:00 am

Room 308

Malika Bilal

There is a grey area between promoting yourself and promoting your work in the professional world. This grey area affects our imaan, our faith, in ways we may not understand. Join journalist and TV host Malika Bilal as she explores the delicate balancing act dovetailing humility and purifying intentions.

The Self and Service

11:15 am

Ibn Ali Miller

Room 308

When Ibn Ali Miller happened to come upon two kids from his neighborhood fighting, he could have just walked by. He didn't need to speak up. But he did.

Millions of views later, Ibn Ali tells his story about going viral and the challenges that come with it. Now an activist, educator, and role model for youth around the country, he shares with us what he has learned about centering humility in the search for justice.

Sit Down, Be Humble: Handling Success with Humility

12:15 pm

Room 307

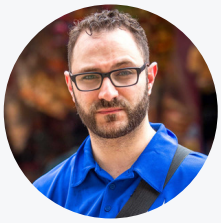
Ammar al Shukry

When we're winning at life, it's tempting to want to flaunt our success. When we are helping out in the community, it's hard to avoid sharing with everyone else - we might even want to do it so that we can inspire them to get involved, too, right?

Yet the Prophet Muhammad (peace be upon him), who Muslims consider to be the best of creation, was uniquely humble despite his excellence. Learn about some of the ways he embodied humility in his life, peace be upon him.

DESCRIPTIONS OF

MISTALKS



Creating with Honesty — 5:30 pm

Ridwan Adhami — *Room 308*

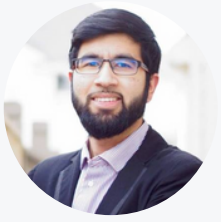
Join Ridwan Adhami, founder of RizDesign, in an interactive two part session on photography and pursuing our passions. Why do we do what we do? Who do we do it for? How do our influences affect, help, and hinder our creative and humane process? Bring your cameras, phones and imagination. Pre-registration required for Inner Harbor Photo Walk.

SUNDAY PROGRAM

"But Aren't I Better?" — 9:00 am

Wisam Sharieff — *Room 308*

The highest level of ascension is at our lowest position on the ground: in prostration to God. Join Ustaadh Wisam Shareiff as he goes over the phrases Muslims recite in prayer in this interactive session highlighting mindfulness and humility in daily prayer.



Mental Health: What Do I Do About It? — 10:30 am

Taaha Muhammad — *Room 307*

How can we break the stigmas around mental health and be real with each other about it? It all starts with realizing we all fall somewhere along the spectrum of mental wellness and illness. We all deserve a chance to unearth the shared human experience of pain and suffering and find ways to thrive despite it all. This engaging workshop aims to shed light on mental health in the context of the Muslim community, and use principles of Islam and positive psychology as the building blocks we can all use to build a healthier Ummah.

DESCRIPTIONS OF

MISTALKS

Removing the Self from Selfie: Challenging the Ego in the Age of Individualism

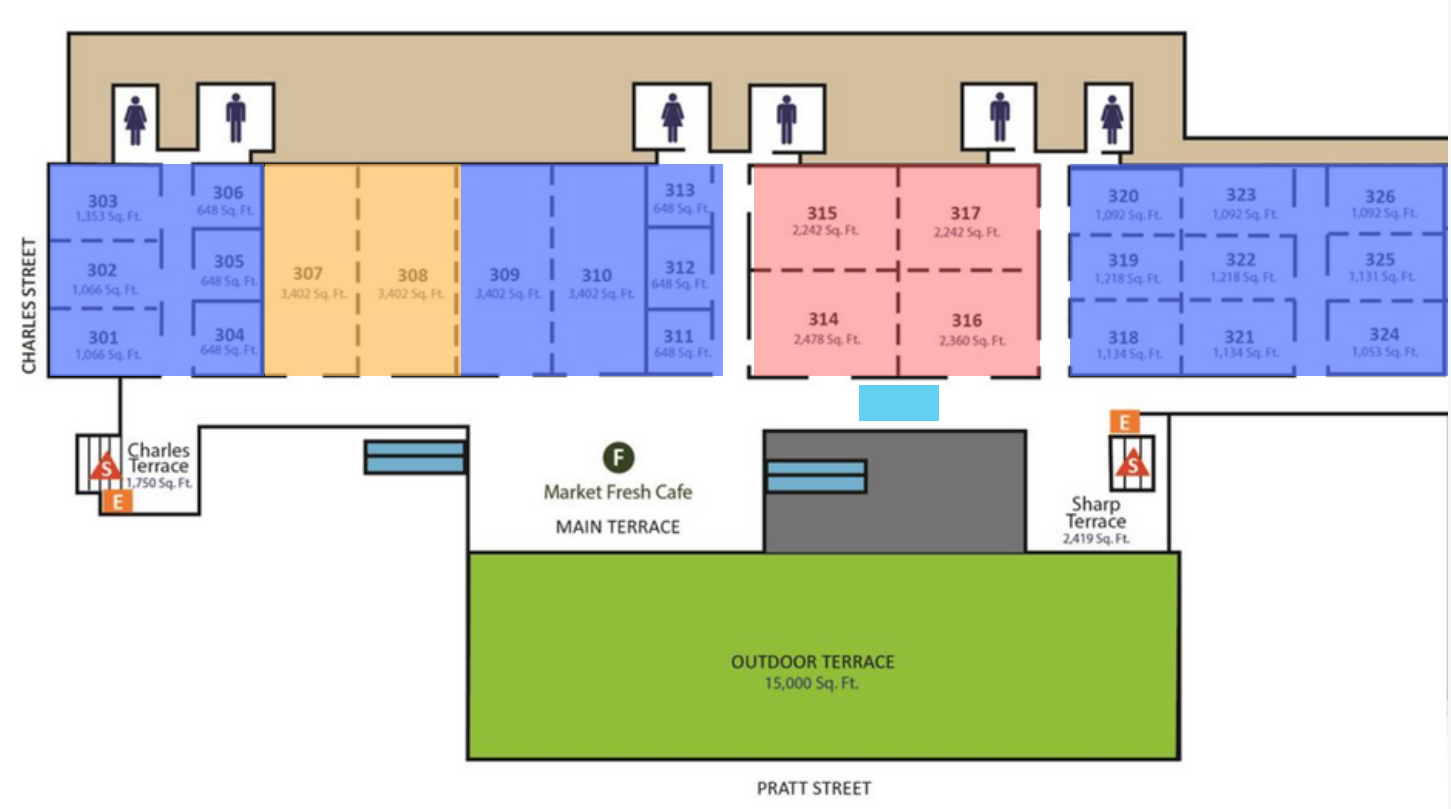
12:00 pm
Room 308

Suzy Ismail

What if the ego is embedded in something far worse than arrogance? What if the ego is hidden in the "I" that pervades our lives from our language to our thoughts to our devices to our outlook on the world? In this interactive workshop, we'll learn together how to work through our own worst enemy in the form of the ego and how to cultivate a strong sense of self without focusing on a false elevation of the self as we are so often encouraged to do today.

BALTIMORE CONVENTION CENTER

MAP



Ballroom/Main Sessions/MISTalks

Competitions

MIST Zone
Information Booth

Prayer Area
Note: Fajr will be in the Hotel Meeting Space

ALL MIST COMPETITORS MUST STAY IN THE VENUE FROM 8:00 AM TO THE ENDING OF EACH DAY. THE ONLY TIMES ALLOWED TO LEAVE IS DURING LUNCH AND DINNER TIMES WITH A COACH. ALL COMPETITORS MUST ALWAYS TRAVEL IN GROUPS.

VENUE FOOD

*ALL MEATS ARE HALAL (EXCEPT PEPPERONI)

FRIDAY

Starbucks
11:00 am - 6:00 pm

Pizza & General Concession
11:30 am - 8:30 pm
Papa John's Individual Pizza 10.50
Whole Fruit 2.50
Assorted Chips 2.50
Cookie 3.00
Full sized Candy Bar 2.50
Bottled Water 3.75
Soda 3.50

Desi
11:30 am - 8:30 pm
Spring Rolls(two per order) 6
Samosas(two per order) 6
Chicken Kathi Roll 10
Chicken curry 12.50

Market Fresh Cafe
11:30 am - 3:30 pm
Pulled Chicken Sandwich with housemade chips 12.50
Burger with housemade chips 9.75
Housemade Baltimore Chips 3.50
Yogurt Parfait 6.00 Whole Fruit 2.50 Seasonal Desserts & Pastries 3-5
Assorted Chips and Snacks 2.50-5
Granola Bars 2.50 Assorted Cold Beverages 3-5
12 oz LaVazza Coffee, Hot Tea or Hot Chocolate 3.00

Mediterranean
11:30 am - 8:30 pm
Gyro 10.50
Chicken Souvlaki 10.50
Tuna Salad 10.50
Chicken Salad 10.50
Greek Salad 7.50
Hummus & GF Pretzels 5.75
Baklava 4.75

SATURDAY

Starbucks
7:00 am - 6:00 pm

Charles Street Lobby Cafe
8:00 am - 3:30 pm
Seasonal Bakeries 3-5
Spring Rolls(two per order) 6
Samosas(two per order) 6
Chicken Kathi Roll 10
Housemade Kettle Chips 3
Housemade Yogurt Parfait 6
Whole Fruit 2.50
Assorted Chips, Snacks & Sweets 2.50-6
Granola Bars 2.50
Assorted Cold Beverages 3-5
12 oz LaVazza Coffee or Espresso 3-6
Hot Tea or Hot Chocolate 3

Pizza & General Concession
11:30 am - 8:00 pm
Papa John's Individual Pizza 10.50
Whole Fruit 2.50
Assorted Chips 2.50
Cookie 3.00
Full sized Candy Bar 2.50
Bottled Water 3.75
Soda 3.50

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Chicken curry 12.50

Market Fresh Cafe
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Pulled Chicken Sandwich with housemade chips 12.50
Burger with housemade chips 9.75
Housemade Baltimore Chips 3.50
Yogurt Parfait 6.00 Whole Fruit 2.50 Seasonal Desserts & Pastries 3-5
Assorted Chips and Snacks 2.50-5
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12 oz LaVazza Coffee, Hot Tea or Hot Chocolate 3.00

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Gyro 10.50
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Greek Salad 7.50
Hummus & GF Pretzels 5.75
Baklava 4.75

SUNDAY

Starbucks
7:00 am - 5:00 pm

Charles Street Lobby Cafe
7:30 am - 2:30 pm
Seasonal Bakeries 3-5
Spring Rolls(two per order) 6
Samosas(two per order) 6
Chicken Kathi Roll 10
Housemade Kettle Chips 3
Housemade Yogurt Parfait 6
Whole Fruit 2.50
Assorted Chips, Snacks & Sweets 2.50-6
Granola Bars 2.50
Assorted Cold Beverages 3-5
12 oz LaVazza Coffee or Espresso 3-6
Hot Tea or Hot Chocolate 3

Pizza & General Concession
11:30 am - 4:00 pm
Papa John's Individual Pizza 10.50
Whole Fruit 2.50
Assorted Chips 2.50
Cookie 3.00
Full sized Candy Bar 2.50
Bottled Water 3.75
Soda 3.50

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Greek Salad 7.50
Hummus & GF Pretzels 5.75
Baklava 4.75

OUTSIDE FOOD

Partially halal spots marked with *
Fully halal spots marked with **

MINUTES AWAY

VENUE DINING ($)

CHIPOTLE GRILL ($)
American Mexican chain on Pratt Street.

COSI ($)
Counter-serve chain known for sandwiches & pizzas made with hearth-fired flatbreads, plus salads. Across the street from the venue

SUBWAY ($)
Casual counter-serve chain for build-your-own sandwiches & salads, with health-conscious options. Across the street from the venue.

KONA GRILL ($$)
Sleek chain with a broad New American menu including low-calorie options, plus sushi. Across the street from the venue.

CHICK-FIL-A ($)
Fast-food chain serving chicken sandwiches, strips & nuggets along with salads & sides.

POTBELLY'S ($)

5-10 MINUTES

YOMNA'S HALAL CART ($)**

MAIWAND KABOB ($$)**
Low-key, counter-serve Afghani eatery specializing in kebabs & other Middle Eastern delicacies.

15-20 MINUTES

THE KABUL FRESH GRILL ($)**
Afghan Food. We buy fresh ingredients, local produce, high quality brand protein from local distributors, hormone free chicken, fresh and top quality lamb and beef, and create the tastiest and authentic dishes of the East for our guests.

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STAY UPDATED

MIST Hotline

Call/text
703-982-0523

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