

EXECUTIVE DIRECTOR'S UPDATE



MONTH IN REVIEW

OCTOBER 2019



West Virginia Secondary School Activities Commission
2875 Staunton Turnpike
Parkersburg, WV 26104

Phone: 304-485-5494

Fax: 304-428-5431

Website: <http://www.wvssac.org>

BOARD OF DIRECTORS



The Board of Directors will meet **October 23-24, 2019** at the WVSSAC office in Parkersburg. All Petition Material/Forms for Appeal Process due to the WVSSAC by **noon, October 10th**.

BOARD OF REVIEW

No Board of Review in October
Next Meeting - November 12th

REMINDER

Academic Achievement Awards Application due - Oct. 4th
EAP's must be completed and submitted for winter sports before 1st day of practice.

CHEER

Regional Cheer Director's Meeting, WVSSAC Office - 10/17, 10:00 am.

WRESTLING

For complete listing of weight classes, see the Coaches Packet online or the NFHS Wrestling Rule Book, Rule 4.4-1, page 18.

CONTESTS

	Sectional	Regional	State
Golf			
		9/30	10/8-9
Soccer			
	10/21-26	10/29 (A/AA) 10/31 (AAA)	11/8-9
Cross Country			
		10/24-26	11/02

FORMS DUE

Cheer Outline (C2 A&B) - 10/7
Entry Forms (C4 & Music Form (C5) - 10/7
Regional Cross Country - 10/18

SEASON BEGINS

Swimming MS/HS - 10/28

SEASON ENDS

MS Cross Country - 10/22

NEW MEMBER SCHOOL

Please welcome our new member school:
Wood County Christian

RULES CLINICS

Interpreters Clinic (Basketball & Wrestling) will be held October 13, 2019 at 9:00 am and 10 clinics for coaches and officials will be held around the state during the month of October.

Four Rules Clinics (Swim) for coaches and officials will begin October 15th

For specific dates and locations refer to the website and click on "RULES CLINICS".

SPORTS MEDICINE (NFHS Courses)

- * 1) Concussion in Sports - free (**required annually for all coaches**)
 - * 2) Sudden Cardiac Arrest- free (**required for all coaches annually**)
 - * 3) Heat Illness Prevention - free (**required for all coaches - one time**)
 - * 4) Bullying-Hazing and Inappropriate Behaviors - free (**strongly recommended**)
 - 5) NCAA - Eligibility Center - free
 - 6) Sportsmanship Course - free
 - 7) The Role of the Parent in Sports - free
 - 8) Understanding Copyright and Compliance - free
- * Link available on WVSSAC Website

GIRLS' GOLF INVITATIONAL CHAMPIONSHIP

The WVSSAC and Mingo Bottom Golf Course Girls' Golf Invitational was a huge success. Congratulations to all 52 girls who participated.

Winner: Taylor Sargent, Cabell Midland HS
Runner Up: Mary Denny, Woodrow Wilson HS

Watch Out For Little
Goblins and Have a Happy
and Safe **HALLOWEEN**



Did You Know: "To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don't isolate." ~Michael Jordan