

# EXECUTIVE DIRECTOR'S UPDATE

## AUGUST 2022

West Virginia Secondary School Activities Commission  
2875 Staunton Turnpike, Parkersburg, WV 26104  
Website: [www.wvssac.org](http://www.wvssac.org)

### UPCOMING INFORMATION

#### REMINDERS

##### Beginning Dates/Contests

Sport	1 <sup>st</sup> Practice	1 <sup>st</sup> Contest
	High School	
Football	8/1	8/22
Soccer	8/1	8/17
Cheer	8/1	
Cross Country	8/1	8/20
Golf	8/1	8/2
Volleyball	8/8	8/24
	Middle School	
Football	8/8	8/29
Soccer	8/8	8/29
Cheer	8/8	
Volleyball	8/15	8/31
Cross Country	8/1	8/17

##### Coaches

All coaches are required to take the free course "Concussion in Sports" and "Sudden Cardiac Arrest" annually. "Heat Illness Prevention" is a one time requirement for new coaches. Links to the courses are on the WVSSAC home page.

##### Football Scores

Scores must be posted online by noon Monday of the following week. Failure to do so will result in a \$50 fine.

##### Eligibility

Eligibility must be online before first contest for fall sports. Failure to submit will result in a \$25 fine and forfeit of contests won.

##### Sanctioning

Be sure to submit forms that require sanctioning by rule 30 days prior to the event.



#### MEETINGS

**Board of Directors**-August 17, 2022

**Board of Review**-August 16, 2022

##### Regional Principal Meetings and Rules Clinics

The schedules for the Regional Principals meetings and the Rules Clinics are posted on the WVSSAC website under the Clinics tab.

##### Administrators Workshop

The Administrator Workshop will be held at the WVSSAC office on September 15 at 9 am.

##### Cheer Judge/Choreographer Training

Training will be held at East Fairmont High School on August 6 at 1 pm.

#### INFORMATION

##### Sports Medicine

The Sports Medicine link on the website is filled with information concerning concussions, sudden cardiac arrest, MRSA, heat acclimation, sports physicals, and dealing with sprains and strains. The Sports Medicine Advisory Committee encourages all administrators, coaches, and parents to review the link in the hope of maintaining a safe and healthy experience relating to interscholastic activities. Refer to the Football Coaches Packet online to see **required** Football Practice Guidelines.

##### EAP

All coaches are required to submit an Emergency Action Plan to WVSSAC, County BOE and your local Emergency Response Agency for all practice and game facilities prior to the first day of practice.

##### AED/CPR

A reminder that an AED is required to be accessible for all practices and contests. Also, coaches must be trained in AED/CPR as per law.

