

EXECUTIVE DIRECTOR'S UPDATE



MONTH IN REVIEW

OCTOBER 2018



West Virginia Secondary School Activities Commission

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Parkersburg, WV 26101

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

BOARD OF DIRECTORS



The Board of Directors will meet **October 17-18, 2018** at the WVSSAC office in Parkersburg. All Petition Material/Forms for Appeal Process due to the WVSSAC by **noon, October 4th**.

NFHS

NFHS Coaches Education Committee Meeting - Indianapolis 10/2-3

NFHS Sports Medicine Advisory Committee Meeting - Indianapolis 10/6-8

CHEER

Regional Cheer Director's Meeting, WVSSAC Office - 10/11, 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		9/24	10/2-3
Soccer	10/15-20	10/23 (A/AA) 10/25 (AAA)	11/2-3
Cross Country		10/18-20	10/27

FORMS DUE

Cheer Outline (C2 A&B) - 10/3
Entry Forms (C4 & Music Form (C5) - 10/3
Regional Cross Country - 10/12

SEASON BEGINS

Swimming MS/HS - 10/22

SEASON ENDS

MS Cross Country - 10/16

RULES CLINICS

Interpreters Clinic (Basketball & Wrestling) will be held October 7, 2018 at 9:00 am and ten 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 10th.

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, Senate Bill 336**)
- * 2) Heat Illness Prevention - free (**required for all coaches - one time**)
- * 3) Sudden Cardiac Arrest- 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: Olivia Hart, Hurricane

Runner Up: Dorothy Romanek, Wheeling Park



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



Did You Know: In golf as in life, it is the follow through that makes the difference. ~ Dr. Seuss