

Athletic News & Updates

Cheer State Rules Clinics

Saturday, August 1 SCISA Office - 10:00 AM

The final Cheer Rules Clinic will be held in the SCISA Conference Center in Orangeburg. SCISA cheerleading policies as well as National Federation rules will be reviewed and discussed. SCISA requires that every school shall be represented at a State Rules Clinic. Failure to attend will result in a \$100 Fine and the school cannot field a team in that sport.

SCISA Football Practice Schedule

The Athletic Committee has approved the following football practice schedule. This schedule is designed to assist in an overall athletic plan to address player safety especially in regards to heat and humidity.

The first week will be a five (5) day acclimatization period.

- First two days - helmets only.
- 3rd & 4th days - helmet & shoulder pads only.
- 5th Day - Full Pads/Full contact
- 3 days of full pads/full contact required before conducting a scrimmage.

2-1-2 Practice Plan

- A school may not conduct multiple on-field practice sessions on consecutive days.
- A coach/team cannot have more than five (5) hours of total contact time on multi-practice days. This includes: on-field practice & weight room/conditioning.
- A coach/team cannot have more than three (3) hours of total contact time on single-practice days. This includes: on-field practice & weight room/conditioning.
- *During the school year, a coach is limited to three (3) hours of total contact time which includes: film sessions, weight training, and on-field practice.*

Volleyball Schedules

Volleyball schedules must be filed with: SCISA, District Director, opponents, and media outlets as soon as possible.

SCISA Athletic Committee Meeting

The first meeting of SCISA Athletic Committee for the 2009-10 school year will be Tuesday, August 18th. Information for this meeting must be received by August 11th.

Monday, August 3rd

First Day of Organized Practice

The season officially begins on Monday, August 3rd. A reminder that a school must have a completed: physical, Agreement for Participation, and Warning of Inherent Risk on every athlete **before** he/she is allowed to practice.

Date Change: 2009 State Swim Meet Saturday, October 3, 2009

The 2009 State Swim Meet has been moved up one week, to Saturday, October 3rd. The meet will still be held at the Augusta Aquatics Center. The change was made necessary to address the SAT will be held on October 10th.

Additional swim notes: State Swim Meet Qualifying Times for each event, both male and female, will be released next week. In order for a swimmer to qualify for the State Meet, he or she must meet the qualifying standard at a meet this season.

If your school is planning to host a meet, SCISA recommends the following:

1. Schools should use Meet Manager software. Ordering information will be provided next week.
2. File results with Billy Culbertson at Sportstiming.

Football Schedules & Notes...

Please mail a copy of your football schedule (Varsity, JV, B-Team) to: SCISA, District Director, Opponents, and local media outlets. Include game times.

Please forward SCISA a copy of your varsity schedule immediately. Be sure to include game time. Many schools move starting times back for the first few weeks to address heat issues. Also, some school have added a *Week 0* game.

The two-year schedule had many changes this year with the dropping of 11-Man football by Beaufort Academy & The King's and by Coastal Christian playing the second year of their schedule.

If an "open" date exists on your schedule & you still wish to have a game, please note that on your information to SCISA.

Also, schools must be securing dressing rooms for officials that are: Private, lockable, air conditioned or ventilated, clean, and has hot water.

Contact Directors with scrimmage information ASAP.

If you planning to provide an ECO, they are Required to meet with the officials 30 minutes prior to the start of the game.