



August 8, 2023

# TuesNews

Weekly Newsletter of the South Carolina High School League  
Romanda Noble-Watson, Editor

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## Upcoming Events

**Executive Committee Meeting:  
Aug 10-11, 2023**

**Preseason: Volleyball, Tennis, and  
Cross Country: Aug 11, 2023**

**First Contests: Golf, Swim: Aug 14, 2023**

**Appellate Panel Meeting:  
Aug 16, 2023**

**Fall Captains Course:  
Aug 17, 2023: Via Zoom**

**JOBS**

**For job openings around the  
SCHSL, visit [www.schsl.org/jobs](http://www.schsl.org/jobs)**

# COMMISSIONER'S NOTES

## DR. JEROME SINGLETON



Greetings,

I hope these notes greet you with a great start to your football season. This correspondence comes to you as information.

Severe weather around the state has forced many member schools to reschedule their scrimmages, creating an issue because they have another scrimmage\jamboree scheduled within the next three days. Several member schools have requested a waiver to the three-day recovery timeframe. While this is desirable, a possible solution to consider is moving the date of the second scrimmage\jamboree to a day later.

Moving the football scrimmage\jamboree date to maintain three days between scrimmages\jamboree is essential to safeguard the health and safety of our athletes for several reasons.

Firstly, football is a physically demanding sport that places significant stress on the body. Allowing three days between scrimmages\jamboree provides crucial recovery time, reducing the risk of overuse injuries and fatigue-related accidents. Proper rest is essential for the body to heal and rejuvenate after intense physical activity.

Secondly, the muscle recovery period is vital for football players. During scrimmages, players engage in strenuous activities that lead to muscle tissue breakdown. Having three days between scrimmages\jamboree allows muscles to recover fully, decreasing the likelihood of strains, sprains, and muscle-related injuries.

Furthermore, maintaining this gap provides mental refreshment. Physical well-being is intrinsically linked to mental well-being. Having three days between scrimmages\jamboree allows athletes to mentally recharge and regroup. This leads to improved focus, decision-making, and overall performance during subsequent competitions.

The additional time between scrimmages\jamboree also allows coaches to monitor and assess their players' performances. It provides an opportunity to address any concerns or areas for improvement. Coaches can offer proper feedback, make necessary adjustments, and develop game plans for the next scrimmage\jamboree.

Lastly, maintaining three days between scrimmages\jamboree allows athletes to prioritize proper sleep and nutrition, both of which are crucial for optimal athletic performance and recovery. Restful sleep and a balanced diet contribute significantly to the health and vitality of our athletes.

In conclusion, moving the football scrimmage\jamboree date to maintain three days between scrimmages\jamboree is in the best interest of our athletes' health and safety. This decision will help reduce the risk of injuries, enhance performance, and ensure our athletes are mentally and physically prepared for each scrimmage and subsequent competition. By prioritizing their well-being, we create a safer and more supportive environment for their athletic endeavors.

While, if requested, I will yield to the decision of the school if they chose not to allow the three-day recovery timeframe between football scrimmages\jamboree, I ask that you consider the above reasons.

Thank you for your attention to this matter.

**~Dr. Jerome Singleton  
SCHSL- Commissioner**

# ANNOUNCEMENTS

## SANCTIONING INFORMATION

As we approach the kick-off for fall sports season, please be reminded that any event outside of regular season play, must be sanctioned by the League. Sanctioning requests must be submitted online using the following link:

<https://schsldirectory.knack.com/sanctioning#sanctioning-requests/>

This link can also be found on the League website.

Also remember that if your school hosts a jamboree for any sport, a jamboree financial statement must be completed and sent to the League within 15 days of the event. All financial forms are located on the SCHSL website by sports season. A link to the jamboree financial form can be found here: <https://schsl.org/archives/3284>

Please direct all questions/concerns to Cindi C. Drakeford, Director of Finance at [cindi@schsl.org](mailto:cindi@schsl.org).

## DEADLINE EXTENDED



The SCHSL Dick's Sporting Goods Sales Weekend has been extended and the special discount is available through this **Wednesday, August 9, 2023**. Visit the SCHSL website To download the 20% off Coupon. Coupon is valid at South Carolina locations only!

# ANNOUNCEMENTS

## Fall Sports Captains Workshop



The South Carolina High School League (SCHSL) will host a virtual Fall Sports Captains Workshop, sponsored by South Carolina Farm Bureau Insurance, next Thursday, Aug.17, 2023, at 10:00 am. An invitation to register was sent to the Principals and Athletics Directors last week. The registration link can also be found in the Tools for Success Section on page 6. The deadline to register is next Wednesday, August 16, 2023. Additional information can also be found in the Tools for Success Section.

## SCHSL Mobile App

A new partnership forged between the SCHSL and Lucas Sports, a company with roots in the Palmetto State, has resulted in an SCHSL App for smartphone users.

The SCHSL App allows users to perform tasks more easily such as accessing the League's website, purchasing tickets for championships, shopping the online store for championship merchandise, and receiving communication via Push Notifications. Additionally, it allows users to receive timely information for those events, like time changes, weather delays, and parking information.

Please share this information with your entire staff. We encourage all coaches and administrators to download the SCHSL App. The SCHSL App is available for iPhone and Android users in the respective App Stores. Schools interested in exploring the potential for its own app can contact Lucas Sports at (423) 381-7374 or email [support@lucassports.net](mailto:support@lucassports.net).

# ANNOUNCEMENTS

## 2023-24 League Pass

The South Carolina High School League is switching from DragonFly to Home Town for its League Passes. An email has been sent to Principals and Superintendents.

The pass must be shown to enter the pass gate. The pass will have a QR code, but it is **not required** to scan it for entry. The QR code will be scanned at SCHSL hosted events. The pass is good for the pass owner and 1 guest.

The rules will remain the same for the number of passes that are available to each school. Please see Article VII in the SCHSL By-Laws for details.

### ***High School League passes will be issued as follows:***

**DISTRICT OFFICE:** 2 Passes: one each for the Superintendent and/or district athletic director.

**MIDDLE SCHOOLS:** (4 Passes Total)

**HIGH SCHOOLS:** will receive one (1) each for the principal, athletic director, and each varsity sport offered.

There will be a \$25 charge for all passes requested after the allotted number.

### **Superintendents and Principals, an overview how the process will work is below.**

1. Home Town will email each superintendent and principal a link to an online form. Only the superintendent and principal will receive this link.
2. The superintendent/principal or the their designee will enter the name, email address, cell phone number into the form and upload a photo for each recipient. It is important that you don't distribute this link to anyone not authorized to request passes for the school or district. When this form is submitted, you are authorizing Home Town to generate a pass.
3. Each pass recipient will need to download the Hometown Fan app and create an account using the same information entered into the form.
4. Each recipient will receive the pass in the Tickets area under My Passes.

# FOR YOUR INFORMATION

## The Health Spot

The American Heart Association recommends that effective AED programs deliver a shock within 3-5 minutes after the collapse of the individual. Given this recommendation, South Carolina high school and middle school athletic programs should reflect on a few questions in case one of these events should happen:

- Do you have a written, reviewed, and practiced Emergency Action Plan (EAP)?
- Do you have an AED on-site, where is it located, and is it easily and readily accessible?
- Are all of your coaches, both paid and volunteer, CPR/AED trained and ready to deliver high-quality CPR?

Keeping your student-athletes safe during activities should be the highest priority for all athletic programs, and coaches should always be prepared with the proper knowledge and equipment to respond to a medical emergency immediately.

Direct all additional questions to Tim Kinney, Director of Health, Safety, and Wellness, at [Tim@schsl.org](mailto:Tim@schsl.org).

## Officials' Whistle

We are in an officials' shortage. Bad behavior at contests is one of the main reasons for officials leaving the profession. We are in scrimmage season, use scrimmages as a way to practice and model your spectator procedures/expectations for positive behavior at home contests. Remember...what you allow, is what you promote.

Reminder, you will receive the Bench Bad Behavior Toolkit with resources to help promote positive behavior at your home contests Monday, August 14, 2023.

Direct all additional questions to Associate Commissioner Sarah Hayes at [Sarah@schsl.org](mailto:Sarah@schsl.org).



**#BenchBadBehavior**

## Tools for Success

The SCHSL is intentional about giving our members the tools to be leaders in sportsmanship. Having student-athletes who can be respectful to their opponents, use social media to empower others, and can lose and win gracefully can greatly enhance the world of sports. We want to support and celebrate all of our members for having a five pillar year. The five pillars are:

- Sportsmanship,
- Coaches, Parents, and Athletes education,
- Health and Wellness,
- Service of Community
- Leadership

In order to meet the criteria for the Sportsmanship Award, attendance in all the captains workshops are a major key. The Fall Sports Captains Workshop, hosted by South Carolina Farm Bureau Insurance, will be Thursday, August 17th at 10am. Please make sure to register. We look forward to a great hour and half with three dynamic speakers. They will give your athletes strategies and tools to be great student leaders. Equipping our students to lead will only enhance sportsmanship across the board. Join us!

Direct all additional questions to Dr. Curtrell Rhodan, Director of Educational Services at [Curtrell@schsl.org](mailto:Curtrell@schsl.org).

**[CAPTAINS WORKSHOP LINK](#)**