Preparing for 2019-20 – Physical, drug & concussion test dates

The athletic department has announced its summer physical, drug testing and ImPACT concussion testing dates for 2019-20.

Reminders for 2019-20:

- **ALL** paperwork is due in the athletic office no later than Thursday, July 25, by 3 p.m. Coaches will not accept paperwork at the first day of tryouts.
- Physicals are first come, first served on dates noted – see schedule below. We do not take reservations in advance.
- The PIAA mandates the CIPPE form as the only permissible form for doctor's signature.
- All required paperwork for athletic participation in 2019-20 will be available on SV Portal starting June 1.
- All student-athletes must be registered in the SV Portal under "Sports Registration" before competing. Registration **begins** June 1.
- Complete information available on the District's Athletics website under "Participation and TRYOUT information" starting June 1.
- Concussion ImPACT testing only needs to be done every other year.

Physicals, Drug Testing and ImPACT Baseline Concussion Testing Dates – Senior High School

- **July 17, 2019** from 3 – 7 p.m. – Physicals, drug testing & ImPACT baseline concussion testing offered this session. **Note:** Physicals limited to 30 total between hours of 3 – 5 p.m.
- **July 18, 2019** from 8 a.m. – Noon - Physicals, drug testing & ImPACT baseline concussion testing offered this session. **Note:** Physicals limited to 60 total between hours of 8 a.m. – Noon.
- **July 18, 2019** from 1 – 3 p.m. - Drug testing & ImPACT baseline concussion testing offered – **NO** physicals this session.
- **July 24, 2019** from 3 – 7 p.m. – Physicals, drug testing & ImPACT baseline concussion testing offered this session. **Note:** Physicals limited to 60 total between hours of 3 – 7 p.m.
- **July 25, 2019** from 8 a.m. – Noon – Drug testing & ImPACT baseline concus sion testing offered – **NO** physicals this session
- **July 25, 2019** from 1 – 3 p.m. – Physicals, drug testing & ImPACT baseline concussion testing offered this session. **Note:** Physicals limited to 30 total between hours of 1 – 3 p.m.

Save the date

The Seneca Valley School District Veteran Recognition Day will be held during a Raider Football home game (vs. Central Catholic) on Friday, Aug. 30, 2019.



TRI-STATE ORTHOPAEDICS – Athletes of the Month, May 2019

TRI-STATE ORTHOPAEDICS & Sports Medicine, Inc.

Seneca Valley Athletics is pleased to partner with Tri-State Orthopaedics to sponsor a male and female Raider Athlete of the Month. This year marks the third year of a three-year partnership with Tri-State Orthopaedics and the Athletics Department is pleased to announce the Athletes of the Month for May were seniors Karli Hacker and Sam Owori.





The Female Athlete of the Month is senior softball catcher Karli Hacker. Karli was impressive on the field and at the plate for the Raiders as they recorded a 5-1 record during the month and reached the WPIAL 6A semifinal game falling to Hempfield 3-0 in 9 innings. She led the Raiders in batting average (.600), on-base percentage (.636), extra base hits (4), and RBI's (12) during this time. In the WPIAL quarterfinal matchup against Canon-McMillan, Karli was 3-4 at the plate with two singles and a two-run home run contributing for four RBI's in the Raiders 8-4 victory over the Big Macs. For an outstanding month, we recognize Karli as the May Athlete of the Month. Congratulations and best of luck in your future endeavors!

The Male Athlete of the Month is senior track and field runner Sam Owori. Sam played an important role in assisting the Raiders to a second place finish in the section and a third place finish at the WPIAL 3A team championships. At the WPIAL individual championships, Sam finished with three medals. He finished third in the 800M (1:55.71), third in the 1600M (4:18.51), and third as a member of the 4x400M relay (3:25.37). At the PIAA state championships, Sam had a personal best in the 1600M with a time of 4:14.41 placing fifth and earning a medal. Sam will continue his academic and athletic career in the fall at Penn State University where he will run cross country and track and field for the Nittany Lions. For an outstanding month, we recognize Sam as the May Athlete of the Month. Congratulations and best of luck at PSU!