

By Heather Lewis,
Seneca Valley Athletics & Activities Director

PACKING EACH OTHER'S PARACHUTE

Prior to the start of each season, I have the opportunity to meet with our coaches in preparation for their upcoming season. We review departmental protocols, District policies and WPIAL/PIAA rules. Most of the time, however, is spent in conversation about coaching youth sport in its current environment.

One of our conversations this summer centered on a video of Navy SEALs and what makes them such a high-performing team. As we discussed what makes a great team, one of our coaches shared a story of their grandfather who had passed earlier in the year. He was a Green Beret, and our coach was the blessed recipient of many life lessons from him. They shared one of his stories that resonated around the room. In short, "Grandpap" shared his Green Beret unit was so successful because each of them was trusted enough to "pack each other's parachute." Think about that. I certainly have, and now I have the honor of sharing his powerful message with young people on the journey of discovering what it means to be a teammate.

My annual message to our student-athletes this year centers around that very phrase, "Packing Each Other's Parachute." We discuss the level of trust necessary for a team to reach greatness; we talk of the responsibility our #SVRaiderNation student-athletes have to be great teammates. I have challenged and will challenge each of our student-athletes to meet the standard of being that teammate who is trusted to "pack the parachute."

It is a privilege for our student-athletes to put on the SV uniform. When it comes to "Wearing the SV" the expectations are:

1. Be a relentless competitor whose effort is never questioned.
2. Be humble and always conduct ourselves with class.
3. Be tireless in our preparation and develop good habits.
4. Be kind and lead with empathy.
5. Be a team that never abandons one another.

As we enter the 2025-26 year in Raider Athletics, I hope each of us "Wearing the SV" can represent the words of "Packing Each Other's Parachute" and model to our young people the level of trust and responsibility required for greatness. What greater lesson can sport teach us?

2025-26 ANNUAL ATHLETICS PASS

In collaboration with the Student-Athlete Leadership Team (S.A.L.T.), the Seneca Valley Athletics Department is pleased to offer a year-long annual athletic pass for all Raider sports home contests on our campus for the 2025-26 school year. Reminder: the pass is available to students and adults!

The pass will be $50 and will entitle the name holder - who presents the Athletics pass along with valid ID (SV ID, License) - to free entry for our regular season home contests.

Any Seneca Valley community member is eligible to purchase a 2025-26 annual student athletic pass.

Passes may be purchased in the Athletic Office located in the lobby of the Senior High School. Passes are available for sale between the hours of 8:30 a.m. – 3 p.m. and may be purchased with a check made payable to S.V.S.D. or with cash. No credit cards accepted.



Terms of Use for Annual Student Athletics Pass

1. The pass entitles bearer for one student paid admission to any regular season SV home athletic contest.
2. Must be presented with SV Student ID or license.
3. Only valid for regular season SV home games.
4. Pass does not allow for reentry into venue.
5. Lost passes will not be replaced.
6. Passes are non-transferable.
7. Pass is not accepted at any WPIAL and/or PIAA playoff contest hosted on our campus.

SPECIAL EVENT NIGHTS

- Aug. 29: Senior Night, Home Football vs. North Hills
- Sept. 12: Veterans Recognition Night, Home Football vs. Norwin
- Sept. 25: Homecoming Carnival & Parade, Secondary Campus
- Sept. 26: Homecoming Night, Home Football vs. Mt. Lebanon, WPNT-22 TV Game
- Oct. 16: Hall of Fame Induction Ceremony, Senior High School
- Oct. 17: Hall of Fame Recognition & Youth Night, Home Football vs. Central Catholic
- Oct. 24: Pink Night & Shoulder Check Game, Home Football vs. North Allegheny