



# 2017-2018 LANGLEY SAXONS SPORTS INFORMATION



## ELIGIBILITY REQUIREMENTS

- 1. All athletes must have a physical done **after May 1, 2017** and it must be on the [VHSL Athletic Participation/Parental Consent/Physical Examination Form \(REVISED FEBRUARY 2017\)](#). Only one physical form is required for EACH school year. Providing false information will result in ineligibility for one year. Make a copy to keep for your records. The form will be available to download under files and links at [www.langleysports.org](http://www.langleysports.org) or [www.vhsl.org](http://www.vhsl.org). Review all eligibility requirements of the form.
- 2. **ALSO REQUIRED: MANDATED CONCUSSION PROGRAM** must be completed by the **student-athlete** and **one parent** in order to tryout. Visit [www.fcps.edu/sports](http://www.fcps.edu/sports) to complete. **(COMPLETE AFTER JUNE 1, 2017)**
- 3. **Emergency Care form** completed and turned in to the coach's mailbox in the Activities office.

**ALL ELIGIBILITY REQUIREMENTS MUST BE COMPLETE TO BE ELIGIBLE TO TRYOUT. DO NOT GIVE YOUR VHSL FORM TO YOUR COACH. THE FORM MUST BE TURNED IN TO THE ACTIVITIES OFFICE PRIOR TO TRYOUTS. YOU CAN EMAIL COMPLETED FORM TO [NCAYOUB@FCPS.EDU](mailto:NCAYOUB@FCPS.EDU).**

<b>LANGLEY SAXONS STUDENT ACTIVITIES OFFICE</b>	
Director of Student Activities – Geoff Noto	<a href="mailto:gjnoto@fcps.edu">gjnoto@fcps.edu</a>
Asst. Director of Student Activities – Susan Shifflett	<a href="mailto:sshifflett@fcps.edu">sshifflett@fcps.edu</a>
Asst. Director of Student Activities – Brian Lamb	<a href="mailto:bclamb@fcps.edu">bclamb@fcps.edu</a>
Administrative Assistant – Nancy Ayoub	<a href="mailto:ncayoub@fcps.edu">ncayoub@fcps.edu</a>
Head Athletic Trainer – Jessica Hunter	<a href="mailto:jkhunter@fcps.edu">jkhunter@fcps.edu</a>
Assistant Athletic Trainer – Hannah Stone	<a href="mailto:hgstone@fcps.edu">hgstone@fcps.edu</a>
<b>ACTIVITIES OFFICE: 703-287-2750</b>	
<b>FALL TRYOUTS BEGIN AUGUST 1, 2017</b>	
Cheer – Marc Brooks Varsity, JV, Freshman	<a href="mailto:drbrooks@fcps.edu">drbrooks@fcps.edu</a>
Cross Country – Gifford Krivak - Boys & Girls	<a href="mailto:Gifford.Krivak@fcps.edu">Gifford.Krivak@fcps.edu</a>
Dance Team – Joanie Vasiliadis	<a href="mailto:langleydance@gmail.com">langleydance@gmail.com</a>
Field Hockey – Katie Robinson - Varsity, JV,	<a href="mailto:kerobinson1@fcps.edu">kerobinson1@fcps.edu</a>
Football – Brian Lamb Varsity, JV, Freshman	<a href="mailto:bclamb@fcps.edu">bclamb@fcps.edu</a>
Golf – Boys – Al Berg	<a href="mailto:Papabrg@aol.com">Papabrg@aol.com</a>
Golf – Girls – Bob Hayne	<a href="mailto:Bhayne10@yahoo.com">Bhayne10@yahoo.com</a>
Volleyball – Susan Shifflett- Varsity, JV, Freshman	<a href="mailto:sshifflett@fcps.edu">sshifflett@fcps.edu</a>
<b>WINTER TRYOUTS BEGIN NOVEMBER 6, 2017</b>	
Basketball – Boys – Scott Newman - Varsity, JV, Freshman	<a href="mailto:newmanjscott@gmail.com">newmanjscott@gmail.com</a>
Basketball – Girls – Amanda Baker - Varsity, JV, Freshman	<a href="mailto:amandabatesbaker25@gmail.com">amandabatesbaker25@gmail.com</a>
Gymnastics – Tara Rosenberg	<a href="mailto:tararos23@gmail.com">tararos23@gmail.com</a>
Swim/Dive – Ben Hilt Boys & Girls	<a href="mailto:bwhilt@fcps.edu">bwhilt@fcps.edu</a>
Track/Field – Indoors – Andrew Diller Boys & Girls	<a href="mailto:apdiller@fcps.edu">apdiller@fcps.edu</a>
Wrestling – Jeff Mye - Varsity, JV	<a href="mailto:jrmye@fcps.edu">jrmye@fcps.edu</a>
<b>SPRING TRYOUTS BEGIN FEBRUARY 19, 2018</b>	
Baseball – Kevin Healy - Varsity, JV	<a href="mailto:kmhealy@fcps.edu">kmhealy@fcps.edu</a>
Crew – Josh Baum, Julie Sutliff ( <a href="mailto:jul1687@aol.com">jul1687@aol.com</a> )	<a href="mailto:jlbaum09@gmail.com">jlbaum09@gmail.com</a>
Lacrosse – Boys – Jamie Parrott - Varsity, JV	<a href="mailto:jgparrott@fcps.edu">jgparrott@fcps.edu</a>
Lacrosse – Girls – Bucky Morris- Varsity, JV	<a href="mailto:buckymorris@gmail.com">buckymorris@gmail.com</a>
Soccer – Boys – Bo Amato – Varsity, JV	<a href="mailto:Bo_amato@hotmail.com">Bo_amato@hotmail.com</a>
Soccer – Girls – Richard Spencer – Varsity, JV	<a href="mailto:rlspencer@fcps.edu">rlspencer@fcps.edu</a>
Softball – Mike Sharkey – Varsity, JV	<a href="mailto:gfsharks@gmail.com">gfsharks@gmail.com</a>
Tennis – Girls – Jan Dabroski	<a href="mailto:jldabroski@fcps.edu">jldabroski@fcps.edu</a>
Tennis – Boys – Jack Porter	<a href="mailto:jackportercpa@gmail.com">jackportercpa@gmail.com</a>
Track/Field – Outdoor – Andrew Diller Boys & Girls	<a href="mailto:apdiller@fcps.edu">apdiller@fcps.edu</a>

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[www.langleysports.org](http://www.langleysports.org)

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