



# 2020 - 2021 LANGLEY SAXONS SPORTS INFORMATION



## ELIGIBILITY REQUIREMENTS

- 1. All athletes must have a physical done after May 1, 2020 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 on the form. The forms must be turned in to the Activities Office or emailed to [langleyactivities@fcps.edu](mailto:langleyactivities@fcps.edu).
- 2. All athletes must register in the new online registration system. <https://langley-ar.schooltoday.com/>.

**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 **PRIOR** TO TRYOUTS.**

<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 – Beth Longo	<a href="mailto:eelongo@fcps.edu">eelongo@fcps.edu</a>
Head Athletic Trainer – Jessica Bigles	<a href="mailto:jkbigles@fcps.edu">jkbigles@fcps.edu</a>
<b>ACTIVITIES OFFICE: 703-287-2750</b>	
<b>FALL TRYOUTS BEGIN FEBRUARY, 15 2021 (Dance tryout date TBD)</b>	
Cheer – Jessica Harmon Varsity, JV	<a href="mailto:jharmon1@fcps.edu">jharmon1@fcps.edu</a>
Cross Country – Gifford Krivak - Boys & Girls	<a href="mailto:Gifford.Krivak@fcps.edu">Gifford.Krivak@fcps.edu</a>
Dance Team – Maggie Hutzal and Nina Hansirisawat	<a href="mailto:maggie.hutzal@gmail.com">maggie.hutzal@gmail.com</a> <a href="mailto:nhansirisawat@gmail.com">nhansirisawat@gmail.com</a>
Field Hockey – Katie Robinson - Varsity, JV	<a href="mailto:kerobinson1@fcps.edu">kerobinson1@fcps.edu</a>
Football – Dave Murray Varsity, JV, Freshman	<a href="mailto:DCMurray@fcps.edu">DCMurray@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 DECEMBER 14<sup>th</sup>, 2020 (Basketball December 7<sup>th</sup>, 2020)</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 APRIL 12, 2021</b>	
Baseball – Jared Sronce - Varsity, JV	<a href="mailto:JWSronce@fcps.edu">JWSronce@fcps.edu</a>
Crew – Kevin Bedell	<a href="mailto:kbedell@outlook.com">kbedell@outlook.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 – Scott Norberg – Varsity, JV	<a href="mailto:Scott.norberg@villarrealvirginia.com">Scott.norberg@villarrealvirginia.com</a>
Softball – Mike Sharkey – Varsity, JV	<a href="mailto:gfs sharks@gmail.com">gfs sharks@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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