



2018-2019 LANGLEY SAXONS SPORTS INFORMATION



ELIGIBILITY REQUIREMENTS

- 1. All athletes must have a physical done **after May 1, 2018** 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 or 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 to complete.
- 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.

LANGLEY SAXONS STUDENT ACTIVITIES OFFICE	
Director of Student Activities – Geoff Noto	gjnoto@fcps.edu
Asst. Director of Student Activities – Susan Shifflett	sshifflett@fcps.edu
Asst. Director of Student Activities – Brian Lamb	bclamb@fcps.edu
Administrative Assistant – Nancy Ayoub	ncayoub@fcps.edu
Head Athletic Trainer – Jessica Hunter	jkhunter@fcps.edu
Assistant Athletic Trainer – Madison Polk	mppolk@fcps.edu
ACTIVITIES OFFICE: 703-287-2750	
FALL TRYOUTS BEGIN JULY 30, 2018	
Cheer – Jessica Harmon Varsity, JV	jharmon1@fcps.edu
Cross Country – Gifford Krivak - Boys & Girls	Gifford.Krivak@fcps.edu
Dance Team – Janet Hobson	koralee@yahoo.com
Field Hockey – Katie Robinson - Varsity, JV	kerobinson1@fcps.edu
Football – Brian Lamb Varsity, JV, Freshman	bclamb@fcps.edu
Golf – Boys – Al Berg	Papabrg@aol.com
Golf – Girls – Bob Hayne	Bhayne10@yahoo.com
Volleyball – Susan Shifflett- Varsity, JV, Freshman	sshifflett@fcps.edu
WINTER TRYOUTS BEGIN NOVEMBER 5, 2018	
Basketball – Boys – Scott Newman - Varsity, JV, Freshman	newmanjscott@gmail.com
Basketball – Girls – Amanda Baker - Varsity, JV, Freshman	amandabatesbaker25@gmail.com
Gymnastics – Tara Rosenberg	tararos23@gmail.com
Swim/Dive – Ben Hilt Boys & Girls	bwhilt@fcps.edu
Track/Field – Indoors – Andrew Diller Boys & Girls	apdiller@fcps.edu
Wrestling – Jeff Mye - Varsity, JV	jrmye@fcps.edu
SPRING TRYOUTS BEGIN FEBRUARY 18, 2019	
Baseball – Jared Sronce - Varsity, JV	JWSronce@fcps.edu
Crew – Josh Baum, Julie Sutliff (jul1687@aol.com)	Jlbaum09@gmail.com
Lacrosse – Boys – Jamie Parrott - Varsity, JV	jgparrott@fcps.edu
Lacrosse – Girls – Bucky Morris- Varsity, JV	buckymorris@gmail.com
Soccer – Boys – Bo Amato – Varsity, JV	Bo_amato@hotmail.com
Soccer – Girls – TBA – Varsity, JV	
Softball – Mike Sharkey – Varsity, JV	gfsharks@gmail.com
Tennis – Girls – Jan Dabroski	jldabroski@fcps.edu
Tennis – Boys – Jack Porter	jackportercpa@gmail.com
Track/Field – Outdoor – Andrew Diller Boys & Girls	apdiller@fcps.edu

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