

## Athletics/Activities - Fall - 2009

With the 2009-2010 school year about to start, it is time to not only begin thinking about your classes, but also to consider taking part in one or more of the activities offered during the fall season. Listed below is the information pertaining to each sport/activity that starts before school opens.

Remember that you MUST have a VHSL physical, dated after May 1, 2009, on file in order to play a sport. If you have questions or need additional information, please contact Tay Ellis, ATC at 703-932-1940 or [tamar.ellis@fcps.edu](mailto:tamar.ellis@fcps.edu) Emergency Care Forms and VHSL Physical Forms can be found at: <http://www.hawksathletics.org>  
<http://www.fcps.edu/HayfieldSS/activities/index.htm>

**CROSS COUNTRY:** Varsity (Boys and Girls) - Grades 9-12, [CoachHolsclaw@comcast.net](mailto:CoachHolsclaw@comcast.net) or [Mathew.doyle@gmail.com](mailto:Mathew.doyle@gmail.com)  
Practice starts Tuesday, August 11th from 7:30 am until 9:30 am. Meet in the football bleachers home side stadium, dressed to run with water and running watch. Check above website for possible changes. Web site has summer running program under files. All practices after August 11<sup>th</sup> are mandatory.

**FOOTBALL:** JV and Varsity (Boys) - Grades 9-12  
Pre-season testing will be Monday, August 10<sup>th</sup> at 3:00 pm. All JV and Varsity candidates need to attend. Conditioning will be held on Tuesdays and Thursdays at 9:00 am and 7:00 pm throughout the summer. The weight room is open all summer every Monday, Tuesday, and Wednesday from 9:00 am to 11:00 am or 6:00 pm – 8:00 pm.  
The first practice will be on Tuesday, August 11th at 1:30 pm.  
There will be a mandatory JV/Varsity parent meeting at 7:00 pm on Monday, August 3<sup>rd</sup> in the MS Lecture Room (1604). Please enter the main office entrance. All football candidates must have completed VHSL physical and a signed Emergency Care Card by August 10, 2009. Questions - call Coach Pugh at 703 924-7575 or [pughwm@aol.com](mailto:pughwm@aol.com) or [William.Pugh@fcps.edu](mailto:William.Pugh@fcps.edu).

**FROSH FOOTBALL:** (Boys) - Grade 9  
The 1<sup>st</sup> practice will be held on Tuesday, August 11th at 4:30 pm until 8:45 pm. Must have a valid VHSL physical on file. Report to the back gym lobby. Mandatory parent meeting at 7:30 pm on 8/20/09 at 7:00 PM in the MS Lecture Room (1604)

**FIELD HOCKEY:** Freshmen, JV and Varsity (Girls) - Grades 9-12  
Tryouts for all teams will begin Tuesday, August 11<sup>th</sup> from 7:30 am – 10:30 am. All players must have a molded mouth guard, cleats, running shoes, shin guards, and water. Contact Coach White at [lauren.white1@fcps.edu](mailto:lauren.white1@fcps.edu) for more information

**GOLF:** Varsity (Boys and Girls) - Grades 9-12  
Tryouts will begin on Monday, August 3<sup>rd</sup> 10:30 am at Pohick Bay Regional Golf Course. There will be an administrative meeting at 10:30 am in the Pro-Shop to collect Physical forms and Emergency Care Cards. On-course play will begin at 1:30pm that same day. Email Coach Purdham at [james.purdham@fcps.edu](mailto:james.purdham@fcps.edu) if you have further questions.

**VOLLEYBALL:** Freshman, JV and Varsity (Girls) - Grade 9-12 Tryouts will be from August 11<sup>th</sup> – August 14<sup>h</sup> from 8:00 am until 10:00 am and 10:30 am - 12:00 pm. Make sure you have your physical form and Emergency Care Card on file in the Activities Office before you come to tryouts. Start working out now, for the tryouts. Run at least one mile several times a week and do any exercise to build strength in your arms, legs, and abdomen. For more information, contact Coach Berggren at [Jeffrey.Berggren@fcps.edu](mailto:Jeffrey.Berggren@fcps.edu)

**CHEERLEADING:** (Boys & Girls) - Grade 9-12  
Tryouts for ALL cheerleading squads (Varsity, JV, and Frosh) will be held at Hayfield from August 11th through August 14<sup>th</sup> from 4 pm to 7 pm. For information about tryouts, contact Coach Hendricks at [lynn.hendricks@fcps.edu](mailto:lynn.hendricks@fcps.edu). Athletes must attend all four days of tryouts. To be considered for the Varsity team, athletes must have at least a back handspring (standing or round-off).

**DANCE TEAM:** Tryouts were held in June. Students that missed tryouts and would still like to tryout should contact Coach Wayland at [LacieWayland@gmail.com](mailto:LacieWayland@gmail.com)