

## HIGH SCHOOL SPORTS TRY OUT INFORMATION 2017-1018

### **Fall (August 1st)**

Co-Ed Cheerleading  
Boys/Girls Cross Country  
Girls Dance  
Field Hockey  
Football  
Boys/Girls Golf  
Girls Volleyball

### **Winter (November 6<sup>th</sup>)**

Boys/Girls Basketball  
Girls Dance  
Girls Gymnastics  
Co-ed Rifle (Club)  
Boys/Girls Swim & Dive  
Boys/Girls Indoor Track  
Wrestling

### **Spring (February 19th)**

Baseball  
Boys/Girls Crew (Club)  
Boys/Girls Lacrosse  
Boys/Girls Soccer  
Softball  
Boys/Girls Tennis  
Boys/Girls Outdoor Track



NEW!

In order to try out, you need a **TRY OUT CARD** to turn in to the head coach each season. This card is turned in on the first day of try outs, along with your completed Emergency Care Card.

**TRY OUT CARDS** are handed out in the Activities Office and Athletic Training Room when you have completed the requirements:

- **Current VHSL Sports Physical Form** (<http://www.vhsl.org/doc/upload/smac-ppe-2017-181.pdf>) The VHSL form has been updated and any that say "revised March 2013" in the top right corner will not be excepted. The form must be filled out by a doctor, with the physical completed May 1, 2017 or LATER for this school year. This must be turned in *once per year* to the Activities Office – it is good for any season or green days that school year.
- **Concussion Education Program** ([http://www.fcps.edu/supt/activities/atp/health/concussion/ceov\\_program.shtml](http://www.fcps.edu/supt/activities/atp/health/concussion/ceov_program.shtml)) The athlete AND one parent/guardian must complete the online Concussion Training Course. This must be completed *once per year*.

Stop by the Activities Office or Athletic Training Room each season to get your TRY OUT CARD to turn in to the coach on the first day of tryouts. You can stop by at any point once you have the requirements met, and there will also be 2 dedicated turn-in days in the cafeteria leading up to tryouts to get your TRYOUT CARD - check the LB Sports website/Morning Bru for those dates. If you lose your TRY OUT CARD, come by the Training Room to receive a replacement before try-outs.

Emergency Care Cards can be found here <http://www.fcps.edu/it/forms/se3.pdf> , and must be turned in to the head coach *each season*.

Please note that fall sports traditionally have try-outs/cuts the first week of AUGUST. Look for information on the LB Sports website, [www.lakebraddocksports.org](http://www.lakebraddocksports.org), or contact the coach directly. Head coach contact information for each sport can be found on the main Lake Braddock SS website, [www.fcps.edu/LakeBraddockSS/](http://www.fcps.edu/LakeBraddockSS/) on the “Activities Office” page under the “Students” tab.

All freshmen are academically eligible for sports in the fall and winter. High School students must pass no less than five credits the previous semester to remain eligible each season.

If you have any questions – Contact the Student Activities Office at 703.426.1001

**GOOD LUCK!**