

2020-2021 OHS SPORTS PROGRAMS

Eligibility:

All incoming freshmen are academically eligible for 2020-2021 fall and winter sports. Sophomores, juniors, and seniors must have taken and been given a passing letter grade in five subjects the previous semester. Spring sports eligibility for all grades is based on the February semester grades.

In order to try out, all students will need the following forms completed:

- A completed VHSL Physical dated **after May 1, 2020 AND** it must be completed on the official VHSL Athletic Physical Examination Form updated in 2017 in order to be valid for the 2019-2020 school year. <https://www.vhsl.org/vhsl-physical-form/>
- This year the concussion ed must be printed out and the last page should be signed by the parent and student-athlete. https://oaktonathletics.org/library/files/oaktonathletics_20/files/FCPS%20Sports-Concussion%20Education%20Program.pdf
- Emergency Care Card, http://www.fcps.edu/sites/default/files/media/forms/se3_0.pdf
- **MAKE A COPY OF THE PHYSICAL FOR YOUR RECORDS BEFORE HANDING IT IN.** You may also mail it to OHS, Activities Dept. 2900 Sutton Road, Vienna, VA 22181.

All Freshmen should check out the team pages on www.oaktonathletics.org for information about pre-season conditioning and tryouts. Email the coaches and ask to be put on their email distribution lists.

Fall Coaches

Cheerleading – Freshmen, JV and Varsity

Cross Country

Dance Team

Field Hockey - Freshmen, JV and Varsity

Football – Freshmen, JV and Varsity

Golf

Volleyball – Girls - Freshmen, JV and Varsity

Rachelle Aiken

Matthew Kroetch

Karen Rowley

Erin Keenan

Mel Morgan

Nancy Evans

Terran Barger

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Winter Coaches

Basketball – Boys – Freshmen, JV and Varsity

Basketball – Girls – Freshmen, JV and Varsity

Gymnastics – Girls

Swim

Dive

Track/Field (Indoor)

Wrestling – JV/Varsity

David Brooks

Fred Priester

Christie McCormick

Parker Ramsdell

Cheryl Meltz-Kroopnick

Ray Decker

Geoff McLaughlin

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Spring Coaches

Baseball – JV and Varsity

Crew (www.oaktoncrew.com)

Lacrosse/Boys - JV and Varsity

Lacrosse/Girls - JV and Varsity

Soccer – Boys - JV and Varsity

Soccer – Girls - JV and Varsity

Softball – JV and Varsity

Tennis – Girls

Tennis – Boys

Track/Field (Outdoor)

Justin Janis

John Meehan

Jake Bullock

Craig Oliver

Ralph Perkins

Kasey Davenport

Brandon McCulla

Mary Ellen Giuseppe

Betsy Tyskowski

Ray Decker

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Krista Jay, Asst. Director

703-319-2762

Justin Janis, Asst. Director

703-319-2811

Melissa Weber, Admin. Asst.

703-319-2760

Paul Rupp (Athletic Trainer ATC)

703-319-2833

Activities Office Fax

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