



**Fall Sports (August to November)**

Tryouts August 3rd - Golf / Cross Country Tryouts August 10 - All other sports

Sport	Coach	Email Address
<b>Cheerleading</b> Freshmen, JV and Varsity	Becky Slaight	<a href="mailto:slcheerleading@gmail.com">slcheerleading@gmail.com</a>
<b>Cross Country</b> Coed Varsity	Kevin Donovan	<a href="mailto:Kevin.Donovan@fcps.edu">Kevin.Donovan@fcps.edu</a>
<b>Dance Team</b> Coed JV and Varsity	Robyn Spence	<a href="mailto:Robyn.spence@yahoo.com">Robyn.spence@yahoo.com</a>
<b>Field Hockey</b> Girls' JV and Varsity	Jennifer Diana	<a href="mailto:Jennifer.Diana@fcps.edu">Jennifer.Diana@fcps.edu</a>
<b>Football</b> Freshmen, JV and Varsity	Andy Hill	<a href="mailto:southlakesfootball@gmail.com">southlakesfootball@gmail.com</a>
<b>Golf</b> Coed Varsity	TBA	TBA
<b>Volleyball</b> Girls' Freshmen, JV and Varsity	Cheri Hostetler	<a href="mailto:Cheri.hostetler@fcps.edu">Cheri.hostetler@fcps.edu</a>

**Winter Sports (November to March)**

Tryouts November 15<sup>th</sup>

Sport	Coach	Email Address
<b>Basketball</b> Boys' Freshmen, JV and Varsity	Andrew Duggan	<a href="mailto:Andrew.duggan@fcps.edu">Andrew.duggan@fcps.edu</a>
<b>Basketball</b> Girls' Freshmen, JV and Varsity	Christy Winters Scott	<a href="mailto:cdoubleus51@yahoo.com">cdoubleus51@yahoo.com</a>
<b>Cheerleading</b> Freshmen, JV and Varsity	Becky Slaight	<a href="mailto:slcheerleading@gmail.com">slcheerleading@gmail.com</a>
<b>Dance Team</b> Coed Varsity	Robyn Spence	<a href="mailto:Robyn.spence@yahoo.com">Robyn.spence@yahoo.com</a>
<b>Gymnastics</b>	Becky Slaight	<a href="mailto:slcheerleading@gmail.com">slcheerleading@gmail.com</a>
<b>Indoor Track and Field</b> Coed Varsity	Scott Raczko	<a href="mailto:scottraczko@yahoo.com">scottraczko@yahoo.com</a>
<b>Swim and Dive</b> Coed Varsity	Scott Brown	<a href="mailto:Scott.Brown@fcps.edu">Scott.Brown@fcps.edu</a>
<b>Wrestling</b> JV and Varsity	Bruce Hall	<a href="mailto:Tickets@BruceHallSports.com">Tickets@BruceHallSports.com</a>

**Spring Sports (February to May)**

Tryouts February 22<sup>nd</sup>

Sport	Coach	Email Address
<b>Baseball</b> Boys' JV and Varsity	Galvin Morris	<a href="mailto:Galvin.Morris@fcps.edu">Galvin.Morris@fcps.edu</a>
<b>Lacrosse</b> Boys' JV and Varsity	Craig Lunde	<a href="mailto:craiglunde@gmail.com">craiglunde@gmail.com</a>
<b>Lacrosse</b> Girls' JV and Varsity	Jennifer Diana	<a href="mailto:jcdiana@fcps.edu">jcdiana@fcps.edu</a>
<b>Outdoor Track and Field</b> Coed Varsity	Scott Raczko	<a href="mailto:scottraczko@yahoo.com">scottraczko@yahoo.com</a>
<b>Soccer</b> Boys' JV and Varsity	Marty Pfister	<a href="mailto:Martin.g.pfister@xo.com">Martin.g.pfister@xo.com</a>
<b>Soccer</b> Girls' JV and Varsity	Joann Murphy	<a href="mailto:Joann.Murphy@fcps.edu">Joann.Murphy@fcps.edu</a>
<b>Softball</b> Girls' JV and Varsity	Mark Severin	<a href="mailto:Mkseverin01@gmail.com">Mkseverin01@gmail.com</a>
<b>Tennis</b> Boys' Varsity	Fred Kyle	<a href="mailto:Fred.Kyle@fcps.edu">Fred.Kyle@fcps.edu</a>
<b>Tennis</b> Girls' Varsity	Gabriel Kotto	<a href="mailto:Gabrielkotto@yahoo.com">Gabrielkotto@yahoo.com</a>



**Major Eligibility Requirements**

In order to compete in high school sports, a student athlete must:

1. Have completed a physical exam after May 1, 2010
2. Be enrolled at South Lakes High School
3. Live in the South Lakes School District
4. Have passed 5 credits the previous semester / year
5. Be currently taking 5 or more credits
6. Not have reached his / her 19<sup>th</sup> birthday on or before the 1<sup>st</sup> day of August of the participating school year
7. Not have been enrolled in high school for more than 8 consecutive semester
8. Have been cleared through the Seahawk Clearinghouse

**Seahawk Clearinghouse**

All students must have the following forms completed to tryout for any team. All forms are available in the South Lakes Activities Office or online at [www.SeahawkBoosters.com](http://www.SeahawkBoosters.com).

Bring all forms to the Activities Office anytime after May 1, 2010 to be cleared for the 2010 - 2011 School Year. Summer is the best time to come and get cleared. Avoid the lines and get cleared early!!!

1. Physical Form - Dated after May 1, 2010
2. South Lakes Player Contract - Signed by Player and Parent
3. Medical Release Form
4. South Lakes Volunteer Form

**Questions?**

For answers to questions regarding any aspect of the South Lakes Athletic Program, please call Ms. Linda Jones at (703) 715-4518.

**Websites**

<b>South Lakes High School</b>	<a href="http://www.fcps.edu/SouthLakesHS">www.fcps.edu/SouthLakesHS</a>
<b>South Lakes Sports Scores and Schedules</b>	<a href="http://www.southlakesathletics.org">www.southlakesathletics.org</a>
<b>Seahawk Sports Scores and Schedules</b>	<a href="http://www.HighSchoolSports.net">www.HighSchoolSports.net</a>
<b>South Lakes Athletic Booster Club</b>	<a href="http://www.SeahawkBoosters.com">www.SeahawkBoosters.com</a>

All team pages are located on [www.southlakesathletics.org](http://www.southlakesathletics.org)