

NORTH STAFFORD HIGH SCHOOL

EXTRACURRICULAR ACTIVITIES

North Stafford High School offers extracurricular activities in music, dance, athletics and school clubs. Many of these groups meet during the summer. Athletic teams, including cheerleading, attend team camps. Our Dance teams also attend summer camps. The Big Blue Marching Band will meet during the summer with a heavy concentration in August.

ATHLETIC TEAM PARTICIPATION:

North Stafford High School sponsors 40 sports teams which include varsity, junior varsity teams and some have freshman teams. In order to participate on a team, the athlete must:

- 1) Complete a Virginia High School League Physical Form. This requires health information as well as parental and physician authorization to participate. Students participating on teams during the 2020-21 school year must have had a physical form completed **after May 1, 2020**
The forms can be picked up in the NSHS main office or can be found on our website: <http://stafford.northhigh.schoolfiision.us/>. Go to “Athletics” then to “VHSL Sports Physical Form”.
- 2) Meet academic requirements as outlined below.
- 3) Must reside in the North Stafford High School area of Stafford County unless written approval has been given by the superintendent.
- 4) Must meet all other eligibility rules listed on the VHSL physical form.

ACADEMIC GUIDELINES FOR STUDENTS PARTICIPATING IN VHSL ACTIVITIES

Athletics, Academic/Scholastic Bowl, Forensics, Debate, Theatre Festival (One-Act Play)

- A. Must pass 3 out of 4 block courses for credit towards graduation at the end of second semester in order to be eligible for **Fall** activities. Summer school courses will count towards the minimum number of required courses for second semester.
Must pass 3 out of 4 block courses for credit towards graduation at the end of first semester in order to be eligible for **Spring** activities.
Winter activities require eligibility both semesters.
(These 3 courses cannot be courses audited for no credit or independent studies)
- B. Must be enrolled in at least 3 blocks of classes for credit towards graduation
(These 3 block classes cannot be courses audited for no credit or independent studies)
- C. Must meet the SOL requirements for graduation in order to be eligible.

ATHLETIC PROGRAMS AT NORTH STAFFORD HIGH SCHOOL:

FALL:	SPORTS	COACH	BEGIN August 3, 2020
	Competition Cheer	Andrea Marra	
	Sideline Cheer	Andrea Marra	
	Cross-country	Brian Maynard/Nick Wolf	
	Field Hockey	Joanne Szymanski	
	Football	Neil Sullivan	
	Golf	Steven Hibberd	
	Volleyball	Nicole Burkhart	

WINTER:	Beginning date:	November 9, 2020
	Boys Basketball	Matt Darnell
	Girls Basketball	Clinton Lloyd
	Gymnastics	Annie Barr/Jennifer Kaleta
	Indoor Track & Field	Marquez Hall
	Swimming	Traci Abramson/Chris Lawson
	Wrestling	Mick Letcher

SPRING:	Beginning date:	February 22, 2021
	Baseball	Jim Labrusciano
	Boys Lacrosse	Brian Becton
	Girls Lacrosse	Clinton Lloyd
	Boys Soccer	Stephen Oliver
	Girls Soccer	Joanne Szymanski
	Softball	Kathryn Barbarczuk
	Boys Tennis	Josh Grein
	Girls Tennis	TBD
	Outdoor Track & Field	Marquez Hall

VHSL TEAM ACTIVITIES

Debate* (Joan Darby)
 Forensics* (Alicia Synan-Terpstra)
 Scholastic Bowl* (Leigh Stoffel)
 Theatre*(Tyler Shores)

OTHER COMPETITION GROUPS

Sideline Cheer (tryouts in spring for V & JV)
 Dance Team (Kate Smith) (try-outs in spring)
 Marching Band (Chris Mallory) (Begins in Aug)
 STEP Team (Z Yassin) (try-outs in Fall)

* These teams will be organized
 in the Fall for competition.

ASSISTANT PRINCIPAL FOR ACTIVITIES:

Mark Coleman
 540-658-6150, ext. 1118