



2015 Fall Athletic Opportunities for Girls

North Cross School strives to “provide students a wide variety of activities so that they will discover the full range of their talents and interests.” To meet this goal, the athletic department offers the teams listed below for participation by middle and upper school students. **A Virginia High School League Athletic Participation/Parental Consent/Physical/Examination Form (VHSL) must be on file with the athletic office before an athlete can practice with a team.** The VHSL, which is included in **The 4 Steps to Athletic Participation**, must **ALL** be completed on-line prior to participation on any team and can be found on the school website at www.northcross.org/athletics. Tentative game schedules are available on the individual team links via Google calendars at www.northcross.org under the drop-down Athletics tab.

Please contact Eric Lawrence at x317 or elawrence@northcross.org for more information.

To sign up for a sport and to be included in all future sport-related communications, register as soon as possible via email to the coach for each sport. Sign-ups are due by 7/31/15.

Upon registration, your Coach will notify you of the 1st day of practice!
The email addresses are provided below:

Please note: Practices may begin as early as 2-3 weeks before school starts. Attendance at summer practice is very important since games begin shortly after the opening of school. Notify your coach if you will not be able to attend some of these practices.

CROSS- COUNTRY- Coach: Ed Dickenson (edickenson@northcross.org)
Boys and girls in grades six through 12.

VOLLEYBALL-

Varsity Coach: Amy Croy will field all volleyball emails (acroy@northcross.org)

Varsity: Girls in grades eight through 12.

Junior Varsity: Girls in grades seven through 12.

Middle School: Girls in grades six through eight.

FIELD HOCKEY-

Varsity Coach: Candice Fisher (cfisher@northcross.org) **Varsity:** Girls in grades eight through 12.
JV Coach: Mary Semler (msemmler@northcross.org) **Junior Varsity:** Girls in grades six through ten.

GIRLS VARSITY TENNIS- Coach: Mariana Herмосilla (mhermosilla@northcross.org)
Girls in grades eight through 12.

CO-ED MIDDLE SCHOOL TENNIS- Coach: Tracy Schaefer (tschaefer@northcross.org)
Boys and girls in grades six through eight.

**There will be a preseason dinner for all Fall Middle School, JV & Varsity athletes, parents & families.*

DATE: Aug 24 at 6pm. This will be a POTLUCK dinner. Please bring a dish or dessert to serve eight. This event will be held in the Lemon Dining Hall. Coaches will be distributing schedules and talking about expectations for the season. All families must be represented by a parent or guardian.