



2015 Spring Athletic Opportunities - Girls

North Cross School strives to “provide students with a 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 students can practice with a team.** The VHSL, plus the other three on-line forms from **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.

**** Sign up for sports via email directly with the coach for each sport. The email addresses are provided below.**

Please sign up by Friday, February 6, 2015.

Please note that attendance at practice is very important since games may begin in early March. Notify your coach if you will not be able to attend some of these practices.

MIDDLE SCHOOL SOCCER-

Coach: Ryan Cook (rbcook@northcross.org)

Girls in grades six through eight who are interested in middle school soccer should meet by the girls' PE locker room in the Carter Athletic Center, dressed and ready for practice, on **Monday, February 16th at 2:25pm.**

GIRLS LACROSSE (U15, JV, VARSITY)-

Coach: Rich McGimsey (rich@rgmproperties.com) or 540-520-4803

Girls in grades six through 12 are eligible to play U15 LAX (some exceptions can be made), JV LAX and Varsity LAX. Interested girls should meet by the girls' PE locker room in the Carter Athletic Center, dressed and ready to practice, on **Monday, Feb 16th at 3:20pm.**

GIRLS VARSITY SOCCER-

Coach: James Brown (jbrown@northcross.org)

Girls in grades nine through 12 who are interested in varsity soccer should meet on the south field, dressed and ready for practice, on **Monday, Feb 16th at 3:20pm.**

GIRLS VARSITY TENNIS-

Coach: Mariana Herмосilla de Casco (mhermosilla@northcross.org)

Girls in grades eight through 12 who are interested in varsity tennis should meet at the tennis courts, dressed and ready for practice, on **Monday, Feb 16th at 3:20pm.**

VARSITY GOLF-

Coach: Richard Cook (rcook@northcross.org)

Girls in grades eight through 12 who are interested in varsity golf should meet in Room 5, Willis Hall, dressed and ready for practice, on **Monday, Feb 16th at 3:30pm.**

** The preseason dinner for Spring Middle School, JV and Varsity athletes, parents & families will be held on*

Monday, Feb 23rd at 6pm in the Lemon Dining Hall. This will be a **POTLUCK dinner.** **Please bring a dish or dessert to serve eight.**

Coaches will be meeting with players and parents to discuss schedules and expectations of the season.

All families must be represented by a parent or guardian.