



2015-16 Winter Athletic Opportunities - Girls

North Cross School strives to “provide students with 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 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, October 23, 2015.**

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

MS STRENGTH & CONDITIONING- Coach: Jim Schaefer (JSchaefer@northcross.org)

Boys and girls in grades six through 8 who are interested in a strength and conditioning program that would meet Monday- Friday from 2:25pm-3:30pm should meet in the Carter Athletic Center dressed and ready to work out on **Monday, November 16th at 2:25pm. Class will be limited to the first 12 students registered.**

SWIMMING- Coach: Greg Lake (glake@northcross.org)

Boys and girls in grades six through 12 who are interested in swimming should meet in the Carter Athletic Center, dressed and ready to swim, on **Monday, November 16th- dependent on size of team, coach will communicate practice schedule(s).**

GIRLS MIDDLE SCHOOL BASKETBALL-

Coach: Mary Semler (msemler@northcross.org)

Girls in grades six through eight who are interested in playing middle school basketball should meet in the Carter Athletic Center, dressed and ready to practice, on **Monday, November 16th at 2:30pm.**

GIRLS JV and VARSITY BASKETBALL-

Varsity Coach: Shannon Taylor (staylor@northcross.org)

Varsity: Girls in grades eight through 12 are eligible to try out for Varsity basketball and will be placed on teams accordingly. Players should meet in the Carter Athletic Center- Game Gym, dressed and ready to practice, on **Monday, November 16th at 4pm.**

JV Coach: Sarah Williams/ Shannon Taylor (staylor@northcross.org) will field JV basketball emails

Junior Varsity: Girls in grades seven through ten are eligible to try out for jv basketball and will be placed on teams accordingly. Players should meet in the Carter Athletic Center- Game Gym, dressed and ready to practice, on **Monday, November 16th at 4pm.**

** The preseason dinner for Winter Middle School, JV and Varsity athletes, parents & families will be held on **Monday, Nov 16th 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.*