



ATHLETICS

North Cross School strives to “provide students a wide variety of activities so 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.

2022 Fall Athletic Opportunities- DEADLINE to register: FRIDAY, July 22, 2022

Practice START DATES (in parentheses)

Girls:

Varsity Volleyball- Coach Emily Gaston

egaston@northcross.org

girls in grades 8-12 are eligible (8/1/22)

There will also be a **JV volleyball team** for players in grades 8-11, if warranted.

Middle School Volleyball- Coach Kendra Wert

kwert@northcross.org

girls in grades 6-8 are eligible (8/8/22)

Varsity / JV Field Hockey- Coach Mary Semler

msemler@northcross.org

girls in grades 6-12 are eligible (8/8/22)

Girls Varsity Tennis- Coach Amy Bagliani

abagliani@northcross.org

girls in grades 8-12 are eligible (8/15/22)

Boys:

Varsity Football- Coach Stephen Alexander

salexander@northcross.org

boys in grades 8-12 are eligible (8/1/22)

Boys Varsity Soccer- Coach James Brown

jbrown@northcross.org

boys in grades 8-12 are eligible (8/3/22)

Boys Middle School Soccer- Coach Ryan Cook

rbcook@northcross.org

boys in grades 6-8 are eligible (8/22/22)

Co-Ed:

Varsity & MS Cross Country- Coach Ed Dickenson

edickenson@northcross.org

boys & girls in grades 6-12 are eligible (8/2/22)

MS/ JV Tennis- Coach Tracy Schaefer

tschaefer@northcross.org

boys & girls in grades 6-8 are eligible (8/15/22)

Steps to Participation

There are **THREE steps** you MUST complete for athletic participation on a North Cross team:

1) A VHSL Sports Physical must be completed and on file with the athletic department before a student may practice with a team.

2) Complete all four NCS Required Athletic Forms that can be found on our athletics website <https://www.northcross.org/forms.html>

3) Email the coach directly associated with the sport to be added to the team roster!

Questions? Email the appropriate coach or contact Blair Trail, Athletic Director (btrail@northcross.org) or Chris Pollock, Assistant AD (cpollock@northcross.org).

GO RAIDERS!!