



NORTH CROSS 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.

2026 Spring Athletic Opportunities

REGISTRATION DEADLINE- ASAP or by Friday, 2/6.

MS practices start Monday, 2/16. Many Varsity practices start Monday, 2/16 as well.

Girls

Varsity Soccer- Coach James Brown

jbrown@northcross.org

Girls in grades 8-12 are eligible

Middle School Soccer- Coach Ryan Cook

rbcook@northcross.org

Girls in grades 6-8 are eligible.

Varsity Lacrosse- Coach Stephen Belderer

sbelderer@northcross.org

Girls in grades 8-12 are eligible

Middle School Lacrosse- Coach Thomas Bass

tbass1@citgo.com

Girls in grades 6-8 are eligible.

Co-Ed

Varsity Golf - Coach TBA

Boys & girls in grades 8-12 are eligible

Email Eric Lawrence to register:

elawrence@northcross.org

Track & Field - Coach Ed Dickenson

edickenson@northcross.org

Boys & girls in grades 6-12 are eligible

Questions? Email the appropriate coach or contact Eric Lawrence, Athletic Director, (elawrence@northcross.org) or Chris Pollock, Assistant Athletic Director, (cpollock@northcross.org).

Boys

Varsity Lacrosse - Coach Chris Pollock

cpollock@northcross.org

Boys in grades 8-12 are eligible

Middle School Lax - Coach TBA... Email Coach

Pollock to register: cpollock@northcross.org

Boys in grades 6-8 are eligible

Varsity Baseball - Coach Rodney Spradlin

Rspradlin44@aol.com

Boys in grades 8-12 are eligible

Middle School Baseball - Coach Jonathan

Minnick jonminnick3@gmail.com

Boys in grades 6-8 are eligible

Varsity Tennis - Coach Jim Schaefer

jschaefer@northcross.org

Boys in grades 9-12 are eligible

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 five NCS Required Athletic Forms that can be found on our athletics website

<https://www.northcross.org/registration--forms.html>

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