



**SPORTS  
TEAM  
TRYOUTS**

# LOUDOUN COUNTY PUBLIC SCHOOLS HIGH SCHOOL ATHLETICS INFORMATION

**Assistant Director of Student Activities  
Derek Farrey**

[Briar Woods High School Athletic Website](#)  
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[Broad Run High School Athletic Website](#)  
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[John Champe High School Athletic Website](#)  
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[Riverside High School Athletic Website](#)  
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[Rock Ridge High School Athletic Website](#)  
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[Tuscarora High School Athletic Website](#)  
Athletic Director: [Tony Tallent](#)  
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[Woodgrove High School Athletic Website](#)  
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## SPORTS TEAM TRYOUTS

SCHOOL YEAR	FALL SPORTS	WINTER SPORTS	SPRING SPORTS
2023-2024	JULY 31 <sup>ST</sup>	NOVEMBER 6 <sup>TH</sup>	FEBRUARY 19 <sup>TH</sup>
2024-2025	AUGUST 5 <sup>TH</sup>	NOVEMBER 11 <sup>TH</sup>	FEBRUARY 24 <sup>TH</sup>

## STUDENT PARTICIPATION IN ATHLETICS

Eighth graders may participate in VHSL Athletics at the sub-varsity level if they turn 14 on or before August 1, of the current school year. If the eighth-grade student is not 14 on or before August 1, of the current school year, they may not participate in any high school athletic program, including weight training and conditioning. Students may only participate in one sport per season, which includes tryouts.

## VHSL PHYSICAL FORMS

Students interested in participating in a high school sport must have a VHSL physical on file with their school's athletic department before participating in tryouts, practices, weight training and conditioning. The VHSL Physical Form must be completed after May 1, of the upcoming school year.

## SIGNING UP FOR PARTICIPATION IN ATHLETICS

After June 8, eighth graders that meet the age criteria or rising ninth graders upon completion of eighth grade may register for athletic programs at their high school by visiting their school's athletic website. Parents and students must complete the online registration process and submit their VHSL Physical Form to their school's athletic department.

## ACADEMIC REQUIREMENTS TO BE ELIGIBLE FOR HIGH SCHOOL SPORTS

Students must be enrolled in at least five subjects and pass five subjects offered for credit and graduation requirements.