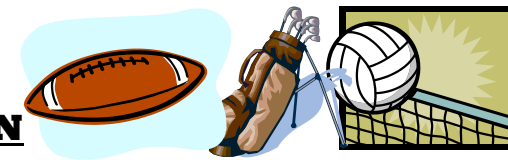
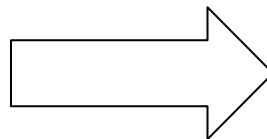


## **FALLS CHURCH HIGH SCHOOL'S** **2016 FALL SPORTS TRY-OUT INFORMATION**



<p style="text-align: center;"><b><u>CHEERLEADING: (co-ed)</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Tryouts start on August 1 @ 4pm in the small gym of FCHS.</p> <p><b>Head Coach:</b> Jessica Brown <b>E-mail:</b> <a href="mailto:inbrown1@fcps.edu">inbrown1@fcps.edu</a></p>	<p style="text-align: center;"><b><u>CROSS COUNTRY (boys/girls)</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Tryouts start on August 5<sup>th</sup> @ 8am on the Track (Football Stadium)</p> <p><b>Head Coach:</b> Bobby Krause <b>E-mail:</b> <a href="mailto:rikrause@fcps.edu">rikrause@fcps.edu</a></p>	<p style="text-align: center;"><b><u>FIELD HOCKEY (girls only)</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Tryouts start August 1 @ 9:30am in the gym lobby</p> <p><b>Head Coach:</b> Brooke Nicholas <b>E-mail:</b> <a href="mailto:brookeal@gmail.com">brookeal@gmail.com</a></p>
<p style="text-align: center;"><b><u>FOOTBALL</u></b> <b><u>Junior Varsity/Varsity</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Tryouts start Aug. 1<sup>st</sup> @ 7:00am in the Main Gym.</p> <p style="text-align: center;"><b><u>Freshmen:</u></b> Tryouts start Aug. 10<sup>th</sup> @ 3:30pm in the Boys Locker Room.</p> <p><b>Head Coach:</b> Said Aziz <b>E-mail:</b> <a href="mailto:seaziz@fcps.edu">seaziz@fcps.edu</a> <b>Twitter:</b> @fcjagsfootball</p>	<p style="text-align: center;"><b><u>GOLF (co-ed):</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Tryouts start on Aug. 1<sup>st</sup> @ Jefferson Golf Course @ 3pm.</p> <p><b>Head Coach:</b> Seth Richardson <b>E-mail:</b> <a href="mailto:serichardso1@fcps.edu">serichardso1@fcps.edu</a></p>	<p style="text-align: center;"><b><u>VOLLEYBALL (girls only)</u></b> <b><u>ALL</u></b> paperwork needs to be turned in by <b><u>August 1<sup>st</sup></u></b></p> <p>Conditioning August 2, 3, and 4 @ 3pm in the Main Gym.</p> <p>Tryouts start on Aug. 8<sup>th</sup> @ 4:30pm in the Main Gym at FCFS. Be there @ 4pm.</p> <p><b>Head Coach:</b> Belinda Kim <b>E-mail:</b> <a href="mailto:blkim@fcps.edu">blkim@fcps.edu</a></p>

**For more information about the paperwork needed for tryouts please look on the back!!!**



**\*For information about summer workouts please email the head coach.**

**\*Weight Room is open to every student on Mondays, Tuesdays, and Thursdays from 9am-11am**



Falls Church High School  
SPORTS TRYOUT REQUIREMENTS –Fall 2016

**ALL PAPERWORK NEEDS TO BE TURNED IN BY AUGUST 1<sup>ST</sup>**

BEFORE TRYING OUT FOR A SPORT, EACH STUDENT MUST HAVE THE FOLLOWING:



A completed Virginia High School League physical form (the physical exam must have taken place after May 1, 2016). The form can be down-loaded from [www.fallschurchsports.org](http://www.fallschurchsports.org) and found under the “files and links” tab or can be picked up in the FCHS Student Activities Office.

A completed FCPS Emergency Care form. The form can be down-loaded from [www.fallschurchsports.org](http://www.fallschurchsports.org) and found under the “files and links” tab or can be picked up in the FCHS Student Activities Office.

A completed on -line Concussion Education program for student athletes (a new one is required each school year). Go to [www.fcps.edu/sports](http://www.fcps.edu/sports), and then click the link “Concussion Education for Parents and Students”. Click on the “Student Athlete” link and follow instructions from there.

A completed on –line Concussion Education program for parents/guardians (a new one is required each school year). Go to [www.fcps.edu/sports](http://www.fcps.edu/sports), and then click the link “Concussion Education for Parents and Students”. Click on the “Parent” link and follow instructions from there.

**PAPER WORK TURN IN DAYS:**

There will be two “Paper Work Turn In Days” set up so that students can get the required paper work processed before try outs:  
Wednesday, July 20: 5-7:00pm in the FCHS Student Activities Office or  
Monday, August 1 : 7:30am-5pm in the FCHS Student Activities Office

For more information about sports try outs at Falls Church High School please contact the Student Activities Office at 703-207-4025 or contact Jeanne Kelly, Director of Student Activities- [jeanne.kelly@fcps.edu](mailto:jeanne.kelly@fcps.edu).



All paperwork needs to be turned in by **AUGUST 1ST!!!** If you turn in paperwork after August 1<sup>st</sup> you are not eligible to tryout until the next day!!