

2022-2023 McLEAN HIGHLANDERS SPORTS INFORMATION

ELIGIBILITY REQUIREMENTS & COACHES CONTACT INFORMATION

1. **Physical**- All athletes must have a completed **VHSL Revised January 2021 Physical Examination Form** done after May 1, 2022

Only one physical form is required for EACH school year. Providing false information will result in ineligibility for one year. The Physical must be done on the official VHSL form and can be found at <https://www.vhsl.org/sports-medicine/physical-examination/> click on "resources" and in the Student Activities Office.

2. **Registering for Sports** - <https://mclean-ar.schooltoday.com/> Must be completed by parent and the student-athlete in order to tryout. Complete instructions on the back side.

3. **Student Accident Insurance** - <https://www.kandkinsurance.com/sites/K12Voluntary/Pages/Home.aspx> (Only needed if you don't have coverage through parent)

NOTE: STUDENTS WILL NOT BE ABLE TO TRYOUT WITHOUT A COMPLETED VHSL FORM ON FILE IN THE ACTIVITIES OFFICE. DO NOT GIVE YOUR VHSL FORM TO YOUR COACH. THE FORM MUST BE TURNED IN TO THE ACTIVITIES OFFICE PRIOR TO TRYOUTS!

McLEAN HIGHLANDERS STUDENT ACTIVITIES OFFICE	
Director of Student Activities – Greg Miller	gmmiller@fcps.edu
Asst. Director of Student Activities – Tzeitel Barcus	tabarcus@fcps.edu
Asst. Director of Student Activities – Jeremy Hayes	jlhays@fcps.edu
Administrative Assistant – Stefanie Evers	severs2@fcps.edu
Head Athletic Trainer – Michael Tierney	mstierney@fcps.edu
Assistant Athletic Trainer –	
FALL SPORTS AUGUST 1, 2022	
Cheer – Eliza Kirchner Varsity, JV	GEKirchner@fcps.edu
Cross Country – Kyle Jemison - Boys & Girls	kbjemison@fcps.edu
Dance Team – Victoria Diez	vjdiez@fcps.edu
Field Hockey – Varsity, JV, Freshman Shamsiya Shervani	sfshervani@fcps.edu
Football – Joe Cockerham Varsity, JV, Freshman	jcockerham@fcps.edu
Golf – Boys & Girls – Ryan Abrams	rpabrams@fcps.edu
Volleyball – Samantha Stewart - Varsity, JV, Freshman	smstewart3@fcps.edu
WINTER SPORTS November 7, 2022	
Basketball – Boys – Mike O'Brien - Varsity, JV, Freshman	mpobrien@fcps.edu
Basketball – Girls – Jen Sobota- Varsity, JV, Freshman	jmsobota@fcps.edu
Gymnastics – Courtney Molle	cemolle@fcps.edu
Swim/Dive – Boys & Girls Phil Caslavka	pwcaslavka@fcps.edu
Track/Field – Indoor – Kyle Jemison - Boys & Girls	kbjemison@fcps.edu
Wrestling – Ken Jackson - Varsity, JV	kejackson@fcps.edu
SPRING SPORTS February 20, 2023	
Baseball – John Dowling - Varsity, JV	jmdowling@fcps.edu
Boys Crew – Jack Connors	jconnors@fcps.edu
Girls Crew- Carol Dinion	cdinion@fcps.edu
Lacrosse – Boys – Brian Simmons- Varsity, JV	bwsimmons@fcps.edu
Lacrosse – Girls – Emily Geary Varsity JV, Freshman	emgeary@fcps.edu
Soccer – Boys – William Gaitan - Varsity & JV	wngaitan@fcps.edu
Soccer – Girls – Rob Bouchard Varsity & JV	rabouchard1@fcps.edu
Softball – Maurice Tawil - Varsity & JV	MTawil@fcps.edu
Tennis – Girls – Natalina Koludrovic	nmkoludrovic@fcps.edu
Tennis – Boys – Ryan Abrams	rpabrams@fcps.edu
Track/Field – Outdoor – Kyle Jemison - Boys & Girls	kbjemison@fcps.edu

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