

PATRIOT ATHLETICS 2022-2023

FALL SPORTS	TRYOUTS BEGIN	HEAD COACH	CONTACT INFO
Sideline Cheerleading (Freshmen/JV/Varsity)	May 23 4pm	E. Pullin	pullinee@pwcs.edu
Competition Cheer	July 28- 9:00am-11:00am	D. Wright	wrightdj@pwcs.edu
Cross Country	August 1- 8:00am-10:00am	J. DeMarco	demarcjb@pwcs.edu
Field Hockey	August 1 – 8:00am-10:30am	E. Ortiz	ortizem@pwcs.edu
Football (Varsity)	July 28 -8:00am-2:00pm	S. Finnerty	Finnersp1@pwcs.edu
Football (JV/Freshmen)	July 28 -8:00am-11:00am	S. Finnerty	Finnersp1@pwcs.edu
Golf	August 1 -12:00pm Prince William Golf Course	D. Snoots	snootsdw@pwcs.edu
Volleyball	August 1 – 9:00am-12:00pm	K. Moore	mooreke@pwcs.edu
WINTER SPORTS			
Boys Basketball	November 7	S. Rivers	riverssm@pwcs.edu
Girls Basketball	November 7	A.Wadsworth	amtwadsworth@gmail.com
Gymnastics	November 7	A. Dignan	dignanam@pwcs.edu
Indoor Track	November 7	J. DeMarco	demarcjb@pwcs.edu
Sideline Cheer	November 7	E. Pullin	pullinee@pwcs.edu
Swimming	November 7	R. Seymour	seymourf@pwcs.edu
Wrestling	November 7	R. Edwards	edwardrj@pwcs.edu
SPRING SPORTS			
Baseball	February 21	N. Grove	grovens@pwcs.edu
Boys Lacrosse	February 20	D. Puhlick	puhlickd@pwcs.edu
Girls Lacrosse	February 20	J. Violet	violetjm@pwcs.edu
Boys Soccer	February 21	S. Cureton	curetosp@pwcs.edu
Girls Soccer	February 20	K. Beauchamp-Payne	beauchkm@pwcs.edu
Softball	February 21	F. Wolf	phscoachwolf@gmail.com
Boys Tennis	February 21	M. Grimsland	grimslmj@pwcs.edu
Girls Tennis	February 21	M. Grimsland	grimslmj@pwcs.edu
Track	March 2	J. DeMarco	demarcjb@pwcs.edu

All students are allowed to participate in the sports program provided they meet the following requirements:

- The student shall have passed, at the end of the semester, at least five credits with the minimum of 2 C's and 3 D's.
- Before participation in in-season or out of season activities can take place, the student shall have submitted to Patriot HS, Athletic Participation Parental Consent/ Physician's Form completely filled in and properly signed by both parent/guardian and physician. The physical must be dated after May 1, 2022 and is good for the entire 2022-2023 school year. You may get a copy of this for from Patriot High School or the following website: www.patriotpioneers.org under the files section.
- Student must attend or take the online Concussion Education training course presented by a Prince William County Schools Certified Athletic Trainer or the Prince William County Schools website with a parent or guardian prior to participating in in-season or out of season workouts.
- The student and parent must sign an Emergency Care Card(s) and turn in to the Patriot High School activities office.
- The student has to be born on or after August 1, 2003.

If you have any questions visit our athletic website at www.patriotpioneers.org or contact the Activities Office at (703) 594-3520.

Concussion Education Offerings for 2022-2023

Concussion training will be available after July 9th to all 9-12 grade students online at: <https://online-concussion.pwcs.edu/>