

## PATRIOT ATHLETICS 2023-2024

FALL SPORTS	TRYOUTS BEGIN	HEAD COACH	CONTACT INFO
Sideline Cheerleading (Freshmen/JV/Varsity)	May 8-11 4pm-6pm	E. Pullin	pullinee@pwcs.edu
Competition Cheer	August 7 - TBD	TBD	quallsbj@pwcs.edu
Cross Country	July 31- 8:00am-11:00am	J. DeMarco	demarcjb@pwcs.edu
Field Hockey	July 31 -8:00am-10:30am	E. Ortiz	ortizem@pwcs.edu
Football (JV/Varsity)	July 27 -7:00am-2:00pm	S. Finnerty	Finnersp1@pwcs.edu
Football (Freshmen)	July 27 -7:00am-11:00am	S. Finnerty	Finnersp1@pwcs.edu
Golf	July 25 -12:00pm Prince William Golf Course	D. Snoots	snootsdw@pwcs.edu
Volleyball	July 31 9am-12pm	K. Moore	mooreke@pwcs.edu
WINTER SPORTS			
Boys Basketball	November 6	S. Rivers	riverssm@pwcs.edu
Girls Basketball	November 6	A. Wadsworth	amtwadsworth@gmail.com
Gymnastics	November 6	A. Dignan	dignanam@pwcs.edu
Indoor Track	November 6	J. DeMarco	demarcjb@pwcs.edu
Sideline Cheer	November 6	E. Pullin	pullinee@pwcs.edu
Swimming	November 6	R. Seymour	seymourf@pwcs.edu
Wrestling	November 6	R. Edwards	edwardrj@pwcs.edu
SPRING SPORTS			
Baseball	February 20	N. Grove	grovens@pwcs.edu
Boys Lacrosse	February 19	D. Puhlick	puhlickd@pwcs.edu
Girls Lacrosse	February 19	J. Violet	violetjm@pwcs.edu
Boys Soccer	February 20	S. Cureton	curetosp@pwcs.edu
Girls Soccer	February 19	K. Beauchamp-Payne	beauchkm@pwcs.edu
Softball	February 20	TBA	quallsbj@pwcs.edu
Boys Tennis	February 20	T. Demharter	demhartf@pwcs.edu
Girls Tennis	February 20	T. Demharter	demhartf@pwcs.edu
Track	February 20	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 an in-season or out of season activity, the student shall have submitted to Patriot HS the Athletic Participation Parental Consent/ Physician's Form completely and properly signed by both parent/guardian and physician. The physical must be dated after May 1, 2023 and is good for the entire 2023-2024 school year. You may get a copy of this form from Patriot High School or [www.patriotpioneers.org](http://www.patriotpioneers.org) or <https://www.vhsl.org/forms/>

-Students must take the online Concussion Education training course via the Prince William County Schools website with a parent or guardian after July 17th and prior to tryouts. The student and parent/guardian 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, 2004.

If you have any questions please contact the Activities Office at (703) 594-3520 or at [quallsbj@pwcs.edu](mailto:quallsbj@pwcs.edu) or visit [www.patriotpioneers.org](http://www.patriotpioneers.org)

Concussion training will be available after July 17th to all 9-12 grade students online at:

<https://online-concussion.pwcs.edu/>