



Woodgrove High School

A non-profit 501 © 3 organization

Mission Statement

The purpose of the WWABC is to exist as an organization of parents and community persons that is dedicated to:

- a) supporting, encouraging and advancing the athletic program and related activities of Woodgrove High School, thereby generating school spirit, promoting good sportsmanship, establishing good character amongst its athletes and students and fostering camaraderie within the school community;
- b) promoting programs and projects to provide a strong, healthy and competitive athletic program for the school, and;
- c) financially supporting the athletic department, its programs and goals, including, but not limited to, the awarding of scholarships to those athletes that participate in a Virginia High School League sport at Woodgrove High School.

Fundraising Efforts:

1. Sponsorships-annual
2. Concessions-seasonal
3. Mulch Sale-Spring
4. Golf Tournament-Spring
5. Spirit Wear-annual

Introduction to Woodgrove Athletics



Est. 2010

VHSL State Champions:

Softball-2012, 2014, 2016, 2017, 2018
 Girls Soccer-2012, 2013, 2019
 Girls Lacrosse-2014, 2015, 2016
 Football-2018

VHSL State Runner Up:

Softball-2011, 2013, 2015, 2019
 Golf-2018
 Baseball-2021

2022-2023 Sponsorship Banners

Premier Sponsor:	Price- \$1,000
Includes:	
4 BANNERS:	Contact: Lisa Cammarota
3'x5' stadium (Fall, Winter, Spring)	at 703 598-4298
2'x4' gym (Fall, Winter)	or
2'x4' softball field (Spring)	Rusty Lowery
2'x4' baseball field (Spring)	at 540 751-2610
2 corporate transferable season event passes	

Woodgrove High School
36811 Allder School Road
Purcellville, VA 20132
2019-2020

Classification	5
District	Potomac (Briar Woods, Independence, Potomac Falls, Riverside, Stone Bridge, Woodgrove)
Region	D (Albemarle, Harrisonburg, Patrick Henry, William Fleming, Brooke Point, Massaponax, Mountain View, North Stafford, Briar Woods, Independence, Potomac Falls, Riverside, Stone Bridge, Woodgrove)
School Web Site	https://www.lcps.org/Woodgrove
Athletic Web Site	https://woodgroveathletics.org/
Principal	540 751 2610
Dr. William S. Shipp	William.shipp@lcps.org
Athletic Director	540 751 2610
Rusty Lowery	Theodore.lowery@lcps.org
Assistant Athletic Director	540 751 2610
Vernon Mathews	Vernon.mathews@lcps.org
Certified Athletic Trainer	540 751 2610
Paul Peterson	Paul.peterson@lcps.org
Mark Wagner	Mark.wagner@lcps.org

Required Forms for Participation

-Forms are good from May 1-June 30 of the current school year

The following five forms are required to be turned in to the athletic office prior to participation in any off-season or in-season practices:

1. VHSL Physical
2. LCPS Training Rules
3. Parental Consent and Insurance Notification
4. Concussion Awareness
5. Emergency Card
6. LCPS Athletics Electrical Modalities Protocol and Parental Consent
7. LCPS Supplemental Oxygen Protocol and Parental Consent

[Woodgrove High School Required Forms for Participation \(woodgroveathletics.org\)](https://www.lcps.org/Woodgroveathletics.org/woodgroveathletics.org)

General LCPS & VHSL Rules and Regulations

- Must attend all practices and games
-ONLY 3 UNEXCUSED ABSENCES
- Practices/ games may be held on Saturdays/ Holidays excluding LCPS non-practice/ non-game days
- 8th graders 14 years old on or before September 1 are eligible
- Can attend off-season practices after finishing 8th grade school year
- 8th graders need to have paperwork turned in
- FRESHMAN YEAR—Day 1 establishes VHSL eligibility
- SPECIAL PERMISSION FROM LCPS vs. VHSL ELIGIBILITY:
-Contact LCPS Pupil Services with special permission questions
- LCPS ATHLETIC FEE
-\$75 per athlete per sport per season
-Revenue for LCPS operating budget, NOT Woodgrove H.S.
-Fee waived for free and reduced lunch students (Please communicate with the athletic office)
- VHSL Dead Period-July 3 – July 9, 2022-the best week for vacations
- SCHOLARSHIP RULE—Take 5, Pass 5 courses for credit
- SEMESTER RULE—8 Consecutive Semesters
- VHSL INDEPENDENT TEAM RULE
-We cannot restrict non-school athletic participation
-First priority is Woodgrove H.S. team
- Club/Travel/Rec teams are secondary if a conflict arises
-Communication is key; up front and consistent; at times choices will need to be made

FALL SPORTS 2022-2023

Practices begin prior to school starting. Contact Coach for information.

Cheer

Coach: Melanie Badillo

Email: melaniebadillo@gmail.com

Practice/ Tryout Start Date Aug. 1, 2022

Cross Country (Girls and Boys)

Coach: Scott Burns

Email: Scott.burns@lcps.org

Practice/ Tryout Start Date: Aug. 1, 2022

Field Hockey

Coach: Bonnie Moriarty

Email: Bonnie.Moriarty@lcps.org

Practice/ Tryout Start Date: Aug. 1, 2022

Football

Coach: Derek Barlow

Email: Derek.barlow@lcps.org

Practice/ Tryout Start Date: Aug. 1, 2022

Golf

Coach: Jason Lutman

Email: Jason.lutman@lcps.org

Practice/Tryout Start Date: Aug. 1, 2022

Volleyball

Coach: Tim Rockett

Email: trockett@comsearch.com

Practice/ Tryout Start Date: Aug. 1, 2022

WINTER SPORTS 2022-2023

Practices may be held during the holiday break. Contact Coach for information.

Girls Basketball

Coach: Derek Fisher

Email: derek.fisher@me.com

Practice/ Tryout Start Date Nov. 7, 2022

Boys Basketball

Coach: Konstantine Papastergiou

Email: Konstantine.Papastergiou@lcps.org

Practice/ Tryout Start Date Nov. 7, 2022

Winter Cheer

Coach: Melanie Badillo

Email: melaniebadillo@gmail.com

Practice/ Tryout Start Date Nov. 7, 2022

Gymnastics

Coach: Margie Barnes

Email: barnesam@aol.com

Practice/ Tryout Start Date Nov. 7, 2022

Swimming (Girls and Boys)

Coach: Tami Carlow

Email: tami.carlow@lcps.org

Practice/ Tryout Start Date Nov. 7, 2022

Indoor Track (Girls and Boys)

Coach: Robert Zach

Email: rfzach@aol.com

Practice/ Tryout Start Date Nov. 7, 2022

Wrestling

Coach: Mike Skinner

Email: michaelskinner844@gmail.com Nov. 7, 2022

SPRING SPORTS 2022-2023

Practices and games may be scheduled during Spring Break.
Contact Coach for information.

Baseball

Coach: Rusty Smith

Email: Russell.smith@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Softball

Coach: Joe Spicer

Email: joseph.spicer@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Boys Lacrosse

Coach: Jason Burke

Email: Jason.Burke@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Girls Lacrosse

Coach: Sarah Matarazzo

Email: sarah.matarazzo@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Boys Soccer

Coach: John Sharples

Email: John.sharples@lcps.org

Practice/Tryout Start Date: Feb. 20, 2023

Girls Soccer

Coach: Pat Manno

Email: patmanno6@gmail.com

Practice/ Tryout Start Date: Feb. 20, 2023

Boys Tennis

Coach: Lynda Bottos

Email: jetlagahp@gmail.com

Practice/ Tryout Start Date: Feb. 20, 2023

Girls Tennis

Coach: Lou Sharp

Email: Louis.sharp@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Track (Girls and Boys)

Coach: Kent Staneart

Email: Kent.staneart@lcps.org

Practice/ Tryout Start Date: Feb. 20, 2023

Frequently asked questions

- 1. How do I sign up for high school sports?** Visit the Woodgrove High School Athletic website and download all the required forms. Scan and email to theodore.lowery@lcps.org or drop the paperwork off at school. On the Emergency Card, list the sports that you plan to try out for (i.e. Cross Country, Basketball, Soccer).
- 2. What are green days?** Green days are out of season practices held by each program. They have no bearing on making the team and are not required. It provides an opportunity for those students who are not participating in a current sports season to practice.
- 3. Do I need to have all paperwork turned in for green days?** Yes.
- 4. How do I get in the loop with information about green days, tryouts and other off-season workouts?** See the above list of sports and email the coach of that sport.
- 5. If I do not make a team, can I go out for a different sport during the same sports season?** Yes, if there is another sport that is not making cuts or if times or distance are being used for qualifying standards (cross country and track), then you may join that team if the standards are met.
- 6. Is it okay to play on a club team during my school season?** Yes, see the Independent Team Rule in **General LCPS & VHSL Rules and Regulations**
- 7. Is it okay to play more than one sport over the course of the school year?** LCPS allows students to only play one sport during each sports season, however we absolutely encourage students to participate in multiple sports over the course of the school year.