

Oakton High School Spring Activities Newsletter 2018 – updated 2-5-18

Registration for Spring Sports – Tuesday, February 13

There will be a mandatory walk-in registration for all athletes who plan to try out for a spring sport on **Tues., Feb. 13, 3:00-4:00** in the cafeteria for lacrosse, soccer, baseball, softball, tennis, crew and track/field. Coaches will check to make sure athletes have a **physical on file**, have turned in an **emergency care form** to the spring coach, and have completed the **on-line concussion components**. This registration is for the athletes only.

Spring Sports Tryouts: Monday, February 19

See below for specific sports information. Each student must have a **physical** done on the official 4-page VHSL Physical Form (2017 version) and it should be submitted to the Activities Office by Feb. 9. This form may be picked up from the Activities Office or you may get it on-line at oaktonathletics.org. Click on Files and Links for the form. If you played in a fall or winter sport this year, your physical is already on-file. All physicals must be dated after May 1, 2017. You must also give a new FCPS emergency care information form to the coach before trying out. All athletes must have health insurance in order to attend tryouts or participate on a team. Also, **every athlete and one parent must view an on-line power point** about **concussions** before tryouts. Go to www.oaktonathletics.org and click on Links to link to the concussion website. The athlete and one parent must take it every year.

SPRING SPORTS TRYOUTS UPDATES – Go to Announcements tab on the website for updates

BASEBALL:

Varsity tryout: Monday, February 19 through Friday, February 23. On the first day of tryouts, February 19, varsity will practice from 10:30 am until 2 pm. The rest of the week varsity will be 3:30 to 6:15 pm at the baseball field. The varsity tryout will be for all seniors and juniors, and all sophomores returning to the program.
JV tryouts Monday, February 20 through Friday, February 24. On the first day of tryouts, February 20, JV will practice from 1:45 until 4:15 pm. The rest of the week will be from 4:30 to 7 pm at the baseball field, The JV tryout will be for all freshmen and sophomores new to the program.
After each day the coaches will evaluate players and that could send some sophomores to the JV tryout or bring up any freshmen or sophomores from the JV tryout to the varsity tryout.
There will be a Saturday practice. That time will depend on the weather.

Please be prepared for indoor and outdoor tryouts. This includes plenty of layers for cold days outside and athletic shoes for indoors. During the day, players can keep equipment with Coach Janis or Coach Kaplan in room 219 or 249. Email Coach Janis to get on a preseason distribution list: justin.janis@fcps.edu Follow Twitter @OHSCougarsBSB

CREW: Training on the water on Monday. Land training at Oakton on Tuesday. W-F TBD.
Coach Stefan Koch: Stefan.a.koch@gmail.com Follow Twitter @oaktoncrew_

BOYS LACROSSE: Feb. 19: The running and weight lifting tests 10:00am – 12:00pm. Field tryouts on the 19th will be on the far turf field from and 2-4:30pm. The rest of the week tryouts will be from 5:30-7:30pm. Always be prepared for indoor/outdoor practices. Regular season practices for JV and Varsity will be 5:30-7:30 with some adjustments during the season. Coach Jake Bullock jebullock@fcps.edu Follow Twitter @OaktonLacrosse

GIRLS LACROSSE: Tryouts for both JV and Varsity will begin on Feb. 19. Tryouts will be 5:30-7:30 on the Stadium field. The rest of the week will also be 5:30-7:30 for both teams. Always be prepared for indoor/outdoor practices. Regular season practices for varsity will usually be 5:30-7:30 with some adjustments during the season. JV practice in the regular season will be right after school. The coach will let you know by the 23rd.
Coach Craig Oliver ctoliver@cox.net Follow Twitter @OHSGGLAX2017

BOYS SOCCER: Tryouts for both JV and Varsity on Feb. 20: meet in gym lobby at 2:00. Tryouts will be over by 5:30. Tryouts for the rest of the week will be 3:30-5:30. Always be prepared for indoor/outdoor practices. Regular season practices will be daily at 3:30 for both JV and Varsity.
Coach Ralph Perkins ralphperkins@farrishcars.com

GIRLS SOCCER: Everyone meet on the track at 11:00 a.m. on Feb. 19th. Tryouts till 1:00pm. The rest of week tryouts for JV and Varsity will be from 3:30-5:30. Always be prepared for indoor/outdoor practices.
Coach Kasey Davenport KLReagan@fcps.edu Follow Twitter @oakton_gsoc

SOFTBALL: Feb. 19 - Both JV and Varsity: Tryouts will be from 1:00-3:00pm on the softball field. The rest of the week will probably be 3:30-5:30 for both teams, however, this is dependent on field conditions. If it's necessary to practice in a gym, the times will change. Always be prepared for indoor/outdoor practices. Regular season practices will be 3:15 – 5:15 for Varsity and 5:15-6:30 for JV.
Coach Brandon McCulla bmmcculla@fcps.edu Follow Twitter @OaktonSoftball

BOYS TENNIS: Tryouts will begin on Feb. 19 and run through the week. 3:30pm-5:30pm. All tryouts will be at Nottoway Park. Please check the Boys Tennis Team tab on the website for any changes to tryout times.
Coach Betsy Tyskowski: ejtyskowski@fcps.edu Follow Twitter @oaktonBTennis

GIRLS TENNIS: Tryouts will begin on Feb. 19 4:00pm-5:30pm and run through the week. All tryouts will be at Nottoway Park
Coach Mary Ellen Giuseppe anmathq2@aol.com

TRACK/FIELD: Tryouts begin on Monday, Feb. 26. Meet in the cafeteria at 3:15 pm. Please check our oaktonathletics.org team page in early February for paperwork and time requirement details listed under the Team Files tab. Time trials will be held Mon-Th during the week with make-ups on Friday. All should follow Twitter @oaktontrack. Coach Ray Decker RLDecker@fcps.edu

Spring Sports Parents AND Athletes Meeting – Wednesday, Feb. 28

The spring parents meeting will be **Wednesday, Feb. 28 at 7:00 in the Cafeteria.** Individual team meetings will follow the general session. The booster club and Cougar Store will be set up in the cafeteria starting at 6:00. **At least one parent of every spring athlete must attend these meetings for a student to participate in the spring season. Athletes will also need to attend that night to meet with Activities Office staff and the Athletic Trainer.**

Spring Sports Pictures – Tuesday, March 6

Please see the document with the team times on the Athletics website. Click on files.

School Attendance for Athletes

All athletes should be in all classes on time every day during their sport's season. We are aware that, at times, appointments must take precedence to school. Oakton High School does require that all athletes be in at least half of their classes on practice days and all of their classes on game days. **If a special circumstance arises, the parent must contact the Activities Office 24 hours in advance.**

OHS Athletic Boosters

Check the OHS Athletic Boosters page at www.oaktonathletics.org for membership, sponsorship and Cougar Store info. All OHS parents are strongly encouraged to consider becoming involved in Oakton Athletic Boosters for next school year. Athletic Boosters is a non-profit organization dedicated to supporting Oakton Athletics. The Athletic Boosters meeting schedule is posted on the Booster page on www.oaktonathletics.org Please consider attending a meeting. If you are interested in becoming more involved, please contact Joe Fagan jfagan66@yahoo.com or jfagan@daypitney.com.

2018 FALL SPORTS

Tryouts for Fall Sports are Wednesday, August 1 (subject to change) for Golf, cheerleading, cross country, field hockey, football, and volleyball. All athletes must be there for the tryouts. Please plan your family vacations accordingly. Physicals must be on the official VHSL form (available in the Activities Office or at oaktonathletics.org) and must be dated *after* May 1st, 2017. Physicals should be mailed to the Activities Office by July 20. MAKE A COPY FOR YOUR RECORDS BEFORE HANDING IT IN. Per VHSL rules, every athlete and one parent must re-watch the concussion power point every year. The database will be cleared out by July 1st. All fall athletes and a parent should watch the concussion power point in July. They will not be able to try out on Aug. 1 if they have not done that.

Dance Team tryouts are in May (check the Dance team page on the website in April for details).

PHYSICALS will be held in May at Oakton. Please check the website in the future for the exact date. The cost will be \$50 if you preregister and \$60 at the door. Registration information will be available at oaktonathletics.org in April. There will be a **Fall Sports walk-in registration** on Thursday, July 26 5:00-6:00 in the cafeteria where athletes will check with coaches to make sure they have all the requirements satisfied for trying out.

Phone Numbers

Activities Office	703-319-2760	Main Office	703-319-2700
DSA Pat Full	703-319-2763	Attendance	703-319-2727
ADSA Krista Jay	703-319-2762	Guidance	703-319-2800
Activities Off. Admin Melissa Weber	703-319-2760		
Twitter @OaktonAthletics	FB: Oakton Atheltics	Instagram: Oakton Athletics	