

# Denbigh Patriots Athletics

## ABOUT DENBIGH ATHLETICS

Denbigh High School is a member of the Virginia High School League and sponsors 22 varsity level sports and 9 junior varsity level sports. Denbigh also sponsors the following VHSL activities: One-Act Play, Debate, Scholastic Bowl (Academic Challenge), and Forensics. In addition to VHSL sports and activities, Denbigh sponsors archery.

Denbigh was a charter member of the Peninsula District and has won various state, regional, and district titles. In recent years, Denbigh has won the Region 4A Championship in Boys Volleyball.

Notable Denbigh Patriots include Antoine Bethea (Pro-Bowl Safety and Superbowl Champion), Mike Tomlin (Head Coach of Super Bowl XLIII Champion Pittsburgh Steelers), as well as various NCAA athletes at Longwood, Norfolk State, Old Dominion, Christopher Newport, and more!

## Sports by season:

### Fall:

**Cheerleading\***  
**Football\***  
**Golf**  
**Boys Volleyball**  
**Girls Volleyball**  
**Cross Country**  
**Field Hockey\***

### Winter:

**Boys Basketball\***  
**Girls Basketball\***  
**Swimming**  
**Wrestling**  
**Indoor Track**

### Spring:

**Baseball\***  
**Softball\***  
**Boys Soccer\***  
**Girls Soccer\***  
**Outdoor Track & Field**  
**Boys Tennis**  
**Girls Tennis**

*\*Indicates  
Junior Varsity offered*

**For more information check our website:**

[www.denbighathletics.org](http://www.denbighathletics.org)



## VHSL Eligibility Requirements

All students participating in any Virginia High School League sponsored activity will have to meet certain physical and academic standards established by the school board.

1. Students participating in any VHSL sponsored activity must maintain a 2.0 grade point average (GPA) before participating in any VHSL sponsored activity. They may meet this requirement in two (2) ways:

A. Students may maintain a cumulative 2.0 GPA

*or*

B. Students may have a 2.0 for the previous semester average.

2. Students must submit a completed and signed VHSL physical form dated on or AFTER May 1 of the current year. Each student athlete must submit a new physical each school year. Physicals are held multiple times throughout the school year at all Newport News High Schools for a \$20 (cash) fee.

3. Students who are academically ineligible (based on GPA) have the option of taking a **one-time** waiver from the 2.0 requirement for one semester during their time in high school but still must meet all other VHSL standards. Forms can be obtained from the high school athletic director.

4. Students who lose their academic eligibility while participating in a VHSL activity in which the season or district competition extends beyond the semester will be allowed to continue participating until the particular season ends, but will not be able to participate in other extracurricular activities until academic eligibility is restored.

