



Class of 2028

Introduction to the TJHSST Athletics & Activities Office

Director of Student Activities- Dylan Forshay
Head Athletic Trainer-Heather Murphy
8th Period Coordinator-Laura Slonina
Colonial Athletic Boosters





Student Activities and Athletics

- TJ offers 26 highly competitive Sports and Activities, during the Fall, Winter and Spring Season
- TJ is a part of the (VHSL) Virginia High School League along with the other 24 other FCPS high schools
- TJ is a member of the National District-Competing schools include Annandale, Hayfield, John Lewis, Justice, Falls Church, Edison, and Mt Vernon High Schools.
- The TJ Athletic Programs has been very successful winning District, Region and State titles, most recently in Tennis, Swim/Dive, Cross-Country, Wrestling, Debate and Scholastic Bowl
- TJ also has an outstanding Fine Arts Program: Marching Band, Orchestra and Theater programs have received many awards at the local, State and National levels.



2023-2024 National District Champions

Boys Cross Country	Boys Swim & Dive
Girls Cross Country	Girls Swim & Dive
Gymnastics	Scholastic Bowl



Do you want to play a Sport at TJ?

Girls

www.tjsports.org #WeCameForTheSports

Boys

Requirements:

1. VHSL physical

January 2021 Version

Dated May 1, 2024 or after

2. Register on rSchool

<https://tjhsst-ar.rschoolday.com/>

Must be completed for each sport
every school year

Follow us on Social Media



@TJHSST_Sports

Fall: Starts August 5th

Golf
Cheer
Field Hockey
Cross Country
Volleyball
Dance

Winter: Starts Nov 11

Basketball
Gymnastics
Swim & Dive
Track & Field
Wrestling
Dance
Cheerleading

Spring: Starts Feb 24

Soccer
Lacrosse
Softball
Tennis
Track & Field
Crew

Fall: Starts August 5th

Golf
Cross Country
Cheer
Football
Volleyball

Winter: Starts Nov 11

Basketball
Track & Field
Swim & Dive
Wrestling
Cheerleading

Spring: Starts Feb 24

Baseball
Lacrosse
Soccer
Tennis
Track & Field
Crew



Important Dates

- TJ Sports Physical Event & Freshmen Sports Preview Night **May 29th**
 - Come to TJ to get your physical done for 2024-2025
 - Meet the TJ Coaches!! 6:30-8:00pm in Gym 1
- Sports starting dates
 - Fall **August 5**
 - Winter **November 11**
 - Spring **February 24**
- **Back to School Bash – Thursday August 29th**
- **Homecoming- Friday, September 27th**



Student Activities Contact Information



Dylan Forshay	Director of Student Activities	<u>DTForshay@fcps.edu</u>
David Gardziel	Assistant Director of Student Activities	<u>DSGardziel@fcps.edu</u>
David Arthur	Assistant Director of Student Activities	<u>DRArthur@fcps.edu</u>
Heather Murphy	Head Athletic Trainer	<u>HRMurphy@fcps.edu</u>
Laura Slonina	8th Period Coordinator	<u>Lslonina@fcps.edu</u>
Jennifer Zary	Colonial Athletic Booster President	<u>TJSportsCAB@gmail.com</u>

Athletic Training Program



- Heather Murphy, EdD, LAT, ATC and Caroline Taylor, MS, LAT, ATC
 - hrmurphy@fcps.edu, bctaylor1@fcps.edu,
 - Instagram @TJ_AthleticTrainers Twitter @tjhsst_AT



- What do Athletic Trainers do?
 - Prevention of injuries resulting from physical activity.
 - Recognition, evaluation, and assessment of injuries and conditions resulting from physical activity.
 - Immediate care of injuries resulting from physical activity.
 - Rehabilitation and reconditioning of injuries resulting from physical activity.
 - Organization and administration.
 - Professional development and responsibility.

Ensure eligibility of students trying out for TJ athletics

Requirements to play a sport

- **VHSL Physical Form-Must be the January 2021 version**
 - Must be dated on or after **May 1, 2024**
 - New **every school year**
 - Form is on our website under [FORMS](#)
 - **MAIL** forms to: Heather Murphy, ATC, 6560 Braddock Road, Alexandria, VA 22312
 - **DO NOT EMAIL FORMS**
 - **During the school year, forms can be brought to the Activities Office**
- **Athletic Registration-ONLINE**
 - Must be completed **every school year** (please wait until after July 1, 2024)
 - **ONLINE**: website "[Athletic Registration](#)"
 - Indicate all sports for the 2024-2025 school year
 - Complete concussion education
 - Complete emergency care card
 - Complete weight room permission, field trip driver's information, & insurance

To do summer Out of Season Conditioning, bring your physical to the coach.

How to get tryout information & Stay up to date on TJ Athletics



- **Sign up for *News You Choose* emails**
 - Got to www.tjhsst.fcps.edu and scroll down until *News You Choose* registration
- **Go to our website www.tjsports.org**
 - Coach contact information, start dates, schedules, forms, etc
- **Follow us on social media**
 - Instagram @TJHSST_Sports
 - Follow your team's social media accounts, join their groups, and interest lists

TJ Sports Social Media



Fall

@TJHSST.Cheer

@TJHSST_Football

@TJVball

@TJFieldHockey

@TJHSSTDanceTeam

@TJHSSTXCTF

@TJHSST_Golf

Winter

@TJGirlsBBall

@TJMensBBall

@TJHSSTflips

@TJSDisLove

@TJHSSTWrestling_

@TJHSSTDanceTeam

@TJHSSTXCTF

Spring

@TJGirlsLax

@TJBoysLax

@TJGirlsSoccer

@TJHSSTSoccer

@TJGirlsTennis

@TJBoysTennis

@TJHSSTXCTF

@TJHSSTSB

@TJHSSTBaseball



@TJHSST_Sports

www.tjsports.org

TJ Colonial Athletic Boosters (CAB) Parents and Students

- Each athletic program has Parent Liaisons that connects families with coaches, Colonial Athletic Booster Club, and the Student Activities Office
- CAB encourages student involvement
- CAB has Student Representatives on the Board
 - Leadership positions to advocate for fellow student athletes, connect with school administration, and an opportunity to build-out your ideas



8th Period



- **8th period is 2 - 40 minute activity blocks, “A block” and “B block”,** which are scheduled on Red days (generally Wednesday and Friday). Teachers’ sponsor clubs, special interest groups, tutoring and other activities during this time.
- 8th period is a **required part of the school day**, the school must account for the whereabouts of each student during this time. **Attendance is recorded for each activity block.**
- **We offer over 100 activities EACH BLOCK!!** You are encouraged to try many different activities during the first quarter!!
- Visit <https://tjhsst.fcps.edu/student-life-and-activities/8th-period-activities> to see the full list of clubs offered at TJ
- Any Questions???, Visit the 8th pd office (rm 106 between Gyms 1 and 2)
Email Laura Slonina - at lslonina@fcps.edu



Ion (Student Intranet)

- **Students select their 8th pd activities electronically** using Ion (aka the student intranet)
- **Ion is the *student designed (and maintained)* intranet** at TJ that allows students and staff to view lots of important information in one place.
- **Students use Ion to:**
 - sign up for and view 8th period activities
 - check their 8th period attendance
 - see the bell schedule
 - search activity schedules
 - see birthdays and announcements/news
 - access many other useful links