

Are you planning to try-out for a sports team at West Springfield?

- **Season Start Dates:**

- **Fall Sports: Try-outs begin Monday, July 31, 2023**

*Cross Country, Cheerleading, Dance, Field Hockey, Football,
Girls Volleyball, Golf*

- **Winter Sports: Try-outs begin Monday, November 6, 2023**

*Boys/Girls Basketball, Gymnastics, Indoor Track, Rifle, Swim &
Dive,
Wrestling*

- **Spring Sports: Monday, February 19, 2024**

Baseball, Crew, Girls/Boys Lacrosse, Outdoor Track, Girls/Boys Soccer, Softball, Girls/Boys Tennis

- If you have sport specific questions, please contact the coach directly. Please find coaches contact information [HERE](#)



Each athlete **MUST** complete the 2 items below prior to any off season workout or try-outs:

- VHSL physical is required for participation. It must be dated after May 1, 2023. The VHSL Physical Form can be found [HERE](#)
 - Please make sure that the insurance information is included, and all parent/student signatures are on the form.
 - Please turn your Physical into the Activities Office. Mail to: Attn: Chris Worrell ATC West Springfield HS, 6100 Rolling Road, Springfield VA, 22152 or email to: cworrell@fcps.edu
- Families & student-athletes must complete the online Athletic Registration each school year after **May 1st** for the following school year. You can find this link [HERE](#). The information on the registration must be updated each year for the student-athlete to be eligible. Please update any emergency contact information, complete the concussion education, and check the sport(s) that they wish to try-out for.
 - Instructions for how to complete Athletic Registration can be found [HERE](#)

Athletics Website: <https://westspringfield.rschooteams.com/>