

The word "SPARTANS" is written in large, bold, blue capital letters with an orange outline. Each letter contains a white silhouette of a different sport: 'S' shows a soccer player, 'P' shows a basketball player, 'A' shows a basketball player, 'R' shows a basketball player, 'T' shows two basketball players, 'A' shows a basketball player, 'N' shows a basketball player, and 'S' shows a basketball player.

SPARTANS

WINTER SPORTS

Parent Info Night

Activities Office Staff:

Tami Czajkowski:(AA)

Office phone: 703-913-3860

Email: tlczajkowski@fcps.edu

Leah Conte (DSA)

Office phone: 703-913-3860

Email: LMConte@fcps.edu

Rosie Donaldson (ADSA)

Office phone: 703-913-3861

Email: rmdonaldson@fcps.edu

Chris Worrell (ATC)

Office phone: 703-913-3871

Email: cworrell@fcps.edu

Our Office is located inside Door 5 and to the left!

Meet Your Athletic Training Staff

Chris Worrell

Office: 703-913-3871

Email: cworrell@fcps.edu

Daniel Koehl

Email: dvkoehl@fcps.edu

TRYOUT REQUIREMENTS

TRYOUTS BEGIN NOVEMBER 6, 2023

Exception: Indoor Track will begin November 13th

Register in Activity Registration Database :

www.Spartansports.net

Activity Registration (AR) = Concussion Education & Emergency Care Form

Turn in a Sports Physical

Newest version of the sports physical is posted on the website.



VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

REVISED JANUARY 2021
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ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION FORM
Separate signed form is required for each school year MAY 1 of the current year through JUNE 30 of the succeeding year.

For school year _____

PRINT CLEARLY

Name _____ (Last) (First) (Middle Initial)

Student ID# _____

PART I- ATHLETIC PARTICIPATION
(To be filled in and signed by the student)

Male _____
Female _____



Eligibility

An athlete's eligibility is based on the previous semester grades

- Must pass 5 classes previous semester
- Must be taking a minimum of 5 classes
- We check eligibility twice for Winter Sports
 - beginning of the season & Semester break in January.



Must live in the WS boundary

- There are exceptions to this- please let the Activities office know if you have questions.



PATRIOT DISTRICT

Robinson

West Potomac

Lake Braddock

Fairfax

Woodson

Alexandria City

South County

West Springfield

 **CCOQUAN**

6C REGION

**Robinson, West Potomac, Lake Braddock
Fairfax, Woodson, Alexandria City, South County,
West Springfield, Edison, Lewis, Annandale, Justice, TJ,
Mount Vernon, Falls Church, Hayfield**

SPORTSMANSHIP

- **This is a TEAM effort –it is all inclusive - Parents, coaches, athletes, students, and fans are expected to always conduct themselves appropriately**
- **We ALL represent West Springfield**
- **Do not condone improper language or behavior**
- **Treat all opponents, teammates, coaches and officials with respect**

Student-Athlete Expectations

- **Academics:**

- School comes first
- Coaches will monitor grades
- If help is needed, please ask!

- **Commitment:**

- All athletes should be in total support of the program
- Communicate conflicts well in advance
- Review schedules and note any foreseeable conflicts

- **Sportsmanship:**

- #1 focus ALWAYS
- Our athletes represent West Springfield and we expect them to conduct themselves in a manner that will make our school and community proud.

FCPS SR&R Policy

Violations of the SR&R include:

Drug, Tobacco and/or alcohol use

-Breaking school rules

-Bullying/Hazing

Any SR&R violations could result in suspension from the team.



Locker Room Guidelines

- Lock up your belongings
- Get in, change and get out to practice/games

Communication:

Playing time is not a parent/coach discussion point. Ultimately the student-athlete should be receiving timely feedback from coaches about their team standing and when questions arise, students are expected to arrange communication with coaches to resolve these concerns.



Tips to Consider...

Your role as the parent:

- Provide positive encouragement
- Make a Commitment to the program/team
- Take a deep breath when concerns arise.
 - Parking lot conversations and long emails rarely lead to an effective solution
 - Utilize the 24-hour rule then arrange a meeting that should always include the parent, athlete and coach.

FINANCES

Senior Night and Team Dinners should all be coordinated through the coach.

Please do not purchase anything on your own and without approval and expect to be reimbursed.

When in doubt, please ask!!

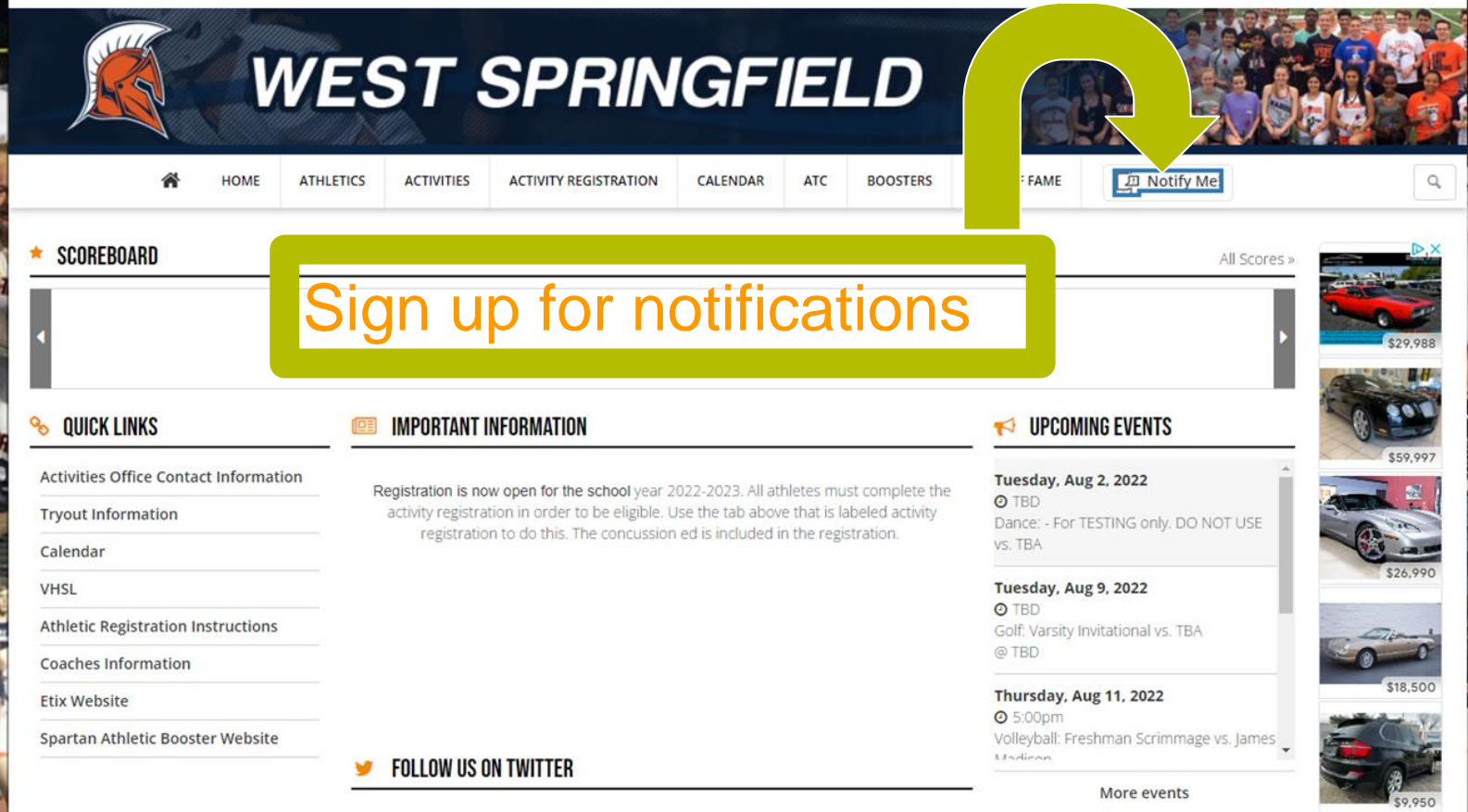
There is a purchase order process that all coaches must follow.

HOW TO STAY INFORMED

- Athletics Website
- Social Media
- Athletics News You Choose
- rSchool App
- Coaches - weekly emails

Athletics Website

www.spartansports.net



The screenshot shows the West Springfield Athletics website. A large green arrow points from the 'Notify Me' button in the top navigation bar to a yellow box containing the text 'Sign up for notifications'. The website features a dark blue header with the 'WEST SPRINGFIELD' logo and a navigation menu with links: HOME, ATHLETICS, ACTIVITIES, ACTIVITY REGISTRATION, CALENDAR, ATC, BOOSTERS, and FAME. Below the header, there is a 'SCOREBOARD' section, a 'QUICK LINKS' sidebar, an 'IMPORTANT INFORMATION' section, and an 'UPCOMING EVENTS' section. A vertical sidebar on the right displays car listings with images and prices.

WEST SPRINGFIELD

HOME ATHLETICS ACTIVITIES ACTIVITY REGISTRATION CALENDAR ATC BOOSTERS FAME [Notify Me](#)

★ **SCOREBOARD** All Scores »

QUICK LINKS

- Activities Office Contact Information
- Tryout Information
- Calendar
- VHSL
- Athletic Registration Instructions
- Coaches Information
- Etix Website
- Spartan Athletic Booster Website

IMPORTANT INFORMATION

Registration is now open for the school year 2022-2023. All athletes must complete the activity registration in order to be eligible. Use the tab above that is labeled activity registration to do this. The concussion ed is included in the registration.

UPCOMING EVENTS

Tuesday, Aug 2, 2022
⓪ TBD
Dance: - For TESTING only. DO NOT USE vs. TBA

Tuesday, Aug 9, 2022
⓪ TBD
Golf: Varsity Invitational vs. TBA
@ TBD

Thursday, Aug 11, 2022
⓪ 5:00pm
Volleyball: Freshman Scrimmage vs. James Madison

[More events](#)

[FOLLOW US ON TWITTER](#)

Car Listings:

- Red sports car: \$29,988
- Black sports car: \$59,997
- Silver sports car: \$26,990
- Gold sports car: \$18,500
- Black SUV: \$9,950

★ SCOREBOARD

All Scores x

QUICK LINKS

Activities Office Contact Information

Tryout Information

Calendar

VHSL

Athletic Registration Instructions

Coaches Information

Etix Website

Spartan Athletic Booster Website

IMPORTANT INFORMATION

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Fall Team Pictures 2022-2023

Aug 15th Volleyball & Cheerleading 3:15 Main Gym
Aug 16th Football & Field Hockey 3:15 Stadium
Aug 23rd Golf & Cross Country 3:15 Stadium

UPCOMING EVENTS

Tuesday, Aug 9, 2022

⌚ TBD
Golf: Varsity Invitational vs. TBA
@ TBD

Thursday, Aug 11, 2022

⌚ 5:00pm
Volleyball: Freshman
Scrimmage vs. James Madison
@ West Springfield High School

Thursday, Aug 11, 2022

⌚ 6:00pm
Field Hockey / Scrimmage vs.

[More events](#)

CALENDAR

August 2022						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FOLLOW US ON TWITTER

Tweets by @wshssports

national origin, sex, sexual orientation, gender identity, religion, disability, or age in its programs and activities and provides equal access to all clubs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies as they relate to student activities and athletics: Bill Curran, Director Activities and Athletics, Poudre County Public Schools billcurran@poudre.k12.co.us



Use the Calendar on the front of our Website to view our Schedule

COLLAPSE MENU

[GO](#)

AUGUST 2022						
SU	MO	TU	WE	TH	FR	SA
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

[VIEW SCHEDULES](#)

[GET THE MOBILE APP](#)

[NOTIFY ME](#)

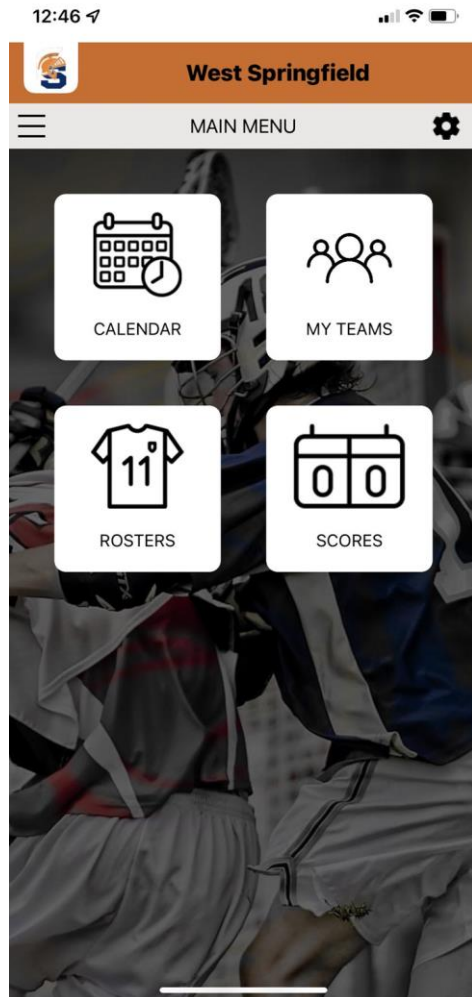
[LOGIN](#)

FOLLOW US ON SOCIAL MEDIA:

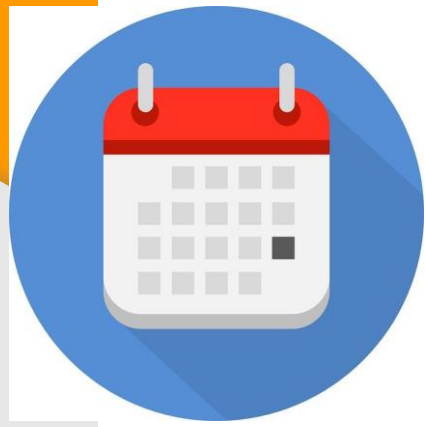
Instagram: @wshs_sports



rSchool Mobile App



Download the APP to your phone:
Parents, Students and Fans can access the daily calendar, view schedules, rosters and scores for our Spartan Teams.



IMPORTANT DATES

12/4/23: Winter Team Pictures

1/11/24: Gymnastics Senior Night

1/12/24: Swim/Dive Senior Night

1/17/24: Wrestling Senior Night

1/23/24: Boys Basketball Senior Night

1/26/24: Girls Basketball Senior Night

GAME DAY EXPECTATIONS

Gates will open 45 minutes before the scheduled start time.

Ticket prices for each regular season home event will be:

REGULAR SEASON: \$5.00 for students/Adults

POST SEASON: \$5 Students & \$7 Adults

Game Coverage: Admin, Game Manager and Ticket Takers



Spartan Sports Pass

**We are offering Athletic Memberships
through our online program eTIX.**

All memberships will need to be purchased
online and will be available to purchase
beginning in July!

Student Pass: \$60

Spartan Fan Pass: \$90

Spartan Duo Pass: \$160

Spartan Trio Pass: \$190

Spartan Family Pass: \$220 (4 passes)

SUPPORTS All PROGRAMS

Looking for Parent Volunteers to help with concessions, social media, special events, spiritwear etc.

The Spartan ABC meets Monthly and really wants to get more parents involved in our efforts.

Where to find Athletic Booster information...

Athletic Boosters Website: <https://spartan-booster-club.square.site/>

Email to: cworrell@fcps.edu

WEST SPRINGFIELD

HOME | ATHLETICS | ACTIVITIES | ACTIVITY REGISTRATION | CALENDAR | ATC | **ATHLETIC BOOSTERS** | HALL OF FAME

SPARTAN ATHLETIC PASS | GAME DAY ROSTERS

Notify Me! 🔍

★ **SCOREBOARD** All Scores »

Football Varsity	Volleyball Varsity	Volleyball Varsity	Football Varsity	Field Hockey Varsity
West Springfield 30 @ Fairfax 55 Nov 04	West Springfield 3 @ Thomas Edison 0 Nov 03	Fairfax 0 @ West Springfield 3 Nov 01	West Potomac 28 @ West Springfield 35 Oct 28	West Springfield 2 @ Robinson 3 Oct 25

Follow us on FACEBOOK:
Spartans Athletic Boosters



West Springfield High School
Spartans Athletic Boosters

Public group · 3 members

Join group

Athletic Training Services

- Athletic Training Room access/
services

- After school every afternoon and all home games.
- Injury Evaluation, Rehabilitation, Return to play, Help set up MD appts.

- Hours of Operation

- After School, unless another time is scheduled with Mr. Worrell



When an Injury Occurs

- Athlete will be evaluated by AT and plan of care made
- Parents will be contacted via phone in event injury considered significant or in need of urgent further care (concussion, laceration needing stitches, fracture, etc)

If MD attention sought or recommended, written documentation from MD required for return to activity

- If AT feels injury requires further or specialized care, athlete may be referred to other health-care providers or specialists

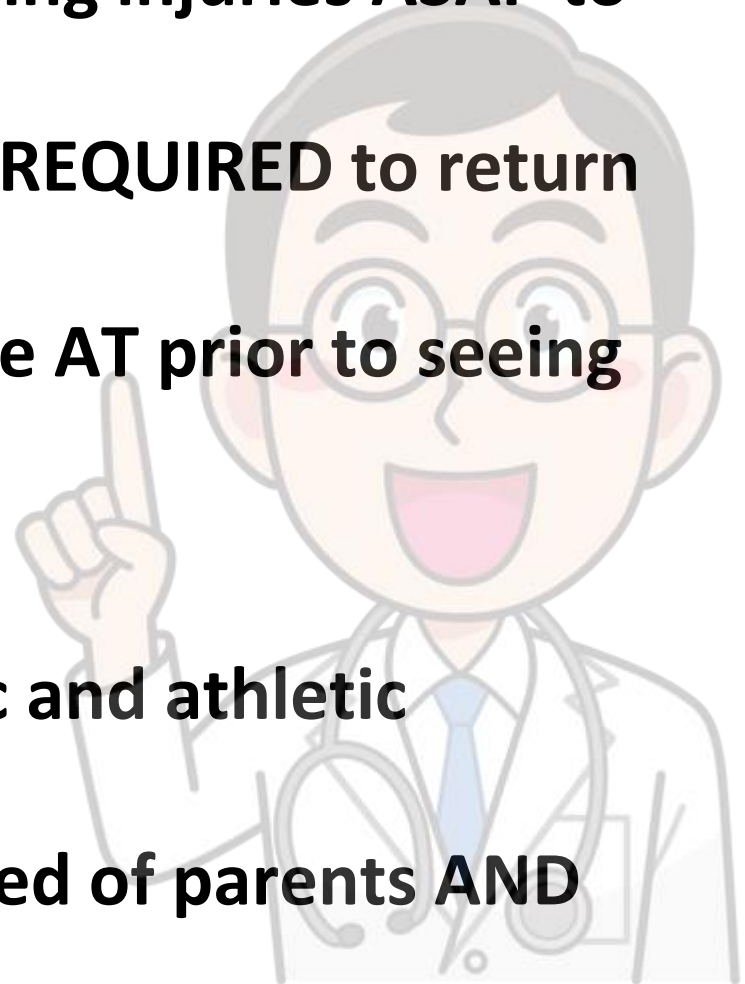
Points of Concern

→ Injury Reporting

- Athlete should be reporting injuries ASAP to AT Staff
- If athlete sees MD, note REQUIRED to return to play
- Advised for athlete to see AT prior to seeing MD

→ Concussions

- Managed from academic and athletic perspective
- Annual education required of parents AND students



Points of Concern

→ Specific Medical Conditions

- Health history
- Info from PPE
- Shared with coach
- ◆ Asthma (inhalers)
- ◆ Allergies (epi-pens)
- ◆ Diabetes
- ◆ Sickie Cell Trait



Return to Play

- Describes a **PROCESS**
- Not a **SINGULAR EVENT**
- Demonstrated ability to participate at 100% in practice



The Spartan Way

Be Kind

Have Patience

Have Grace



Breakout Rooms:

Cafeteria: Swim/Dive

Auditorium: Indoor Track

Room 2225: Girls Basketball

Room 2223: Boys Basketball

Spartan Hall: Wrestling

Room 2228: Gymnastics

Breakout Rooms
THANK YOU!

