



Fall Sports (August to November)

Tryouts August 3rd - Golf / Cross Country Tryouts August 10 - All other sports

Sport	Coach	Email Address
Cheerleading Freshmen, JV and Varsity	Becky Slaight	slcheerleading@gmail.com
Cross Country Coed Varsity	Kevin Donovan	Kevin.Donovan@fcps.edu
Dance Team Coed JV and Varsity	TBA	Linda.jones@fcps.edu
Field Hockey Girls' JV and Varsity	Jennifer Diana	Jennifer.Diana@fcps.edu
Football Freshmen, JV and Varsity	Andy Hill	southlakesfootball@gmail.com
Golf Coed Varsity	Bob Gardiner	Robert.Gardiner@fcps.edu
Volleyball Girls' Freshmen, JV and Varsity	Cheri Hostetler	Cheri.hostetler@fcps.edu

Winter Sports (November to March)

Tryouts November 15

Sport	Coach	Email Address
Basketball Boys' Freshmen, JV and Varsity	Andrew Duggan	Andrew.duggan@fcps.edu
Basketball Girls' Freshmen, JV and Varsity	Christy Winters Scott	cdoubleus51@yahoo.com
Cheerleading Freshmen, JV and Varsity	Becky Slaight	slcheerleading@gmail.com
Dance Team Coed Varsity	TBA	Linda.jones@fcps.edu
Gymnastics	Becky Slaight	slcheerleading@gmail.com
Indoor Track and Field Coed Varsity	Scott Raczko	scottraczko@yahoo.com
Swim and Dive Coed Varsity	Scott Brown	Scott.Brown@fcps.edu
Wrestling JV and Varsity	Bruce Hall	Tickets@BruceHallSports.com

Spring Sports (February to May)

Tryouts February 21

Sport	Coach	Email Address
Baseball Boys' JV and Varsity	Galvin Morris	Galvin.Morris@fcps.edu
Lacrosse Boys' JV and Varsity	Craig Lunde	craiglunde@gmail.com
Lacrosse Girls' JV and Varsity	Jennifer Diana	jcdiana@fcps.edu
Outdoor Track and Field Coed Varsity	Scott Raczko	scottraczko@yahoo.com
Soccer Boys' JV and Varsity	Marty Pfister	Martin.g.pfister@xo.com
Soccer Girls' JV and Varsity	Joann Murphy	Joann.Murphy@fcps.edu
Softball Girls' JV and Varsity	Mark Severin	Mkseverin01@gmail.com
Tennis Boys' Varsity	Fred Kyle	Fred.Kyle@fcps.edu
Tennis Girls' Varsity	Gabriel Kotto	Gabrielkotto@yahoo.com



Major Eligibility Requirements

In order to compete in high school sports, a student athlete must:

1. Have completed a physical exam after May 1, 2010
2. Be enrolled at South Lakes High School
3. Live in the South Lakes School District
4. Have passed 5 credits the previous semester / year
5. Be currently taking 5 or more credits
6. Not have reached his / her 19th birthday on or before the 1st day of August of the participating school year
7. Not have been enrolled in high school for more than 8 consecutive semester
8. Have been cleared through the Seahawk Clearinghouse

Seahawk Clearinghouse

All students must have the following forms completed to tryout for any team. All forms are available in the South Lakes Activities Office or online at www.SeahawkBoosters.com.

Bring all forms to the Activities Office anytime after May 1, 2010 to be cleared for the 2010 – 2011 School Year. Summer is the best time to come and get cleared. Avoid the lines and get cleared early!!!

1. Physical Form – Dated after May 1, 2010
2. South Lakes Player Contract – Signed by Player and Parent
3. Medical Release Form
4. South Lakes Volunteer Form

Questions?

For answers to questions regarding any aspect of the South Lakes Athletic Program, please call Ms. Linda Jones at (703) 715-4518.

Websites

South Lakes High School	www.fcps.edu/SouthLakesHS
South Lakes Sports Scores and Schedules	www.southlakesathletics.org
Seahawk Sports Scores and Schedules	www.HighSchoolSports.net
South Lakes Athletic Booster Club	www.SeahawkBoosters.com
Seahawk Baseball	www.freewebs.com/seahawkbaseball
Seahawk Boys' Lacrosse	www.southlakeslacrosse.com
Seahawk Cross Country	www.southlakesptsa.org/run/xc.htm
Seahawk Track and Field	www.southlakesptsa.org/run/indoor.htm
Seahawk Swim and Dive	www.southlakesptsa.org/swimdive.htm