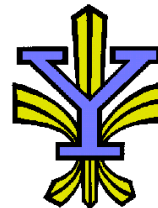


Yorktown High School Sports Information For Rising 8th and 9th Graders



Are you interested in playing a sport in high school? Did you know...?

- Eighth Graders may play on a high school sub-varsity team if their middle school does not offer that sport – specifically: Cross Country, Field Hockey, Football, Volleyball, Baseball, Softball, and Lacrosse
- The Virginia High School League (VHSL) sets the rules for participation in a high school sport
- A "current" physical exam in high school is not based on the calendar year, it is based on the school year - May 1st of this year through June 30th of next year.
- You must complete the **Virginia High School League Athletic Participation/ Parental Consent/ Physical Examination Form** to play a high school sport
- You can find information, forms and schedules online at www.yorktownsports.org under FILES

Sports Available

- **Fall Season** (begins early August):
Grades 8 & 9 – Cross Country, Field Hockey, Football, Girls Volleyball, Crew Learn-To-Row Program
Grade 9 – Competition Cheerleading (Coed), Golf (Coed)
- **Winter Season** (begins early November):
Grade 9 – Basketball, Sideline Cheerleading (Coed), Girls Gymnastics, Track, Rifle Team, Swim & Dive, Wrestling
- **Spring Season** (begins mid-February):
Grades 8 & 9 – Crew, Baseball, Softball, Lacrosse
Grade 9 – Soccer, Tennis, Track

Sports Physicals

- Participants must get a new physical exam every year **AFTER MAY 1st** for the upcoming school year. Use the required **VHSL Athletic Participation/ Parental Consent/ Physical Examination Form** found in the Activities Office or online at www.yorktownsports.org under FILES. (*Note: the most current form was revised APRIL 2016*). Bring the form with you to your exam for the doctor to complete, sign, and stamp Part III.
- The completed VHSL physical form must be turned into the high school Student Activities Office before try-outs begin. *Make sure ALL the blanks are filled in/signed and write in the exact tDap date (mm/dd/yyyy) where required.*
- Kaiser Permanente requires at least one week to complete the form. "Verification of Treatment" documents are not acceptable, so plan ahead.
- **Keep a copy for your own files.**

Insurance

- All participants must be adequately covered by a health/accident insurance policy.
- Student Accident Insurance Coverage is available for students who do not have insurance or want additional coverage. Information is available in the Student Activities Office and in the school Clinic. Students may purchase coverage online at www.k12studentinsurance.com

Questions? Contact the Yorktown Student Activities Office at 703-228-5389 or 5388.