



Yorktown High School Sports Information For rising 8th and 9th graders



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

- Eighth Graders may play on a high school sub-varsity team if their middle school does not offer that sport (i.e. 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 <http://apsva.us/yhs/> ?

Sports Available

- **Fall Season** (begins August): Cross Country, Golf, Field Hockey, Football, Competition Cheerleading, Girls Volleyball
- **Winter Season** (begins November): Basketball, Sideline Cheerleading, Girls Gymnastics, Track, Rifle Team, Swim & Dive, Wrestling
- **Spring Season** (begins February): Baseball, Softball, Lacrosse, Soccer, Track, Crew, and Tennis

Sports Physicals

- You must have a new physical exam every year, **AFTER MAY 1st**, for the upcoming school year. You may get the required **VHSL Athletic Participation/ Parental Consent/ Physical Examination Form** from the Activities Office or online at <http://apsva.us/yhs/> (*Note: You must use the most current form which was revised April 2007*). Bring the form with you to your exam for the doctor to complete Part III.
- Your completed VHSL physical form must be turned into the high school Activities Office before you can try out. *Make sure ALL the blanks are filled in/signed.*
- **Keep a copy for your files.**

Insurance

- Students must have health/accident insurance to participate in a high school sport. There are no exceptions to this rule.
- Student Accident Insurance is available for students who do not have insurance or want additional insurance. Forms are available in the Student Activities Office and in the Clinic.

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