



OAKCREST SCHOOL

Athletic Department Overview 2022-2023

All Oakcrest students in grades 6-12 who want to participate in a school sport must send in a completed copy of the enclosed VISAA Health Form to the Athletic Department. Physicals and forms are required to try out for any sport and **must be completed after May 1, 2022** in order to be valid for the coming school year. This form is on the resource page of [OakcrestConnect](#) and can also be found [here](#).

All Middle School athletes MANDATORY meeting: August 22 from 10:00 - 11:30 am
All Upper School athletes MANDATORY meeting: August 22 from 11:00 am - 1:00 pm

Season	Sport	6	7	8	9	10	11	12
Fall	Middle School Cross Country	✓	✓	✓				
	Varsity Cross Country			✓	✓	✓	✓	✓
	Fitness Class (TBD)				✓	✓	✓	✓
	Middle School Tennis	✓	✓	✓				
	Varsity Tennis			✓	✓	✓	✓	✓
	6 th Grade Volleyball	✓						
	Middle School Volleyball	✓	✓	✓				
	Freshman Volleyball				✓			
	JV Volleyball				✓	✓		
	Varsity Volleyball			✓	✓	✓	✓	✓
Season	Sport	6	7	8	9	10	11	12
Winter	6 th Grade Basketball	✓						
	Middle School Basketball	✓	✓	✓				
	JV Basketball				✓	✓		

Season	Sport	6	7	8	9	10	11	12
Winter	JV Basketball				✓	✓		
	Varsity Basketball			✓	✓	✓	✓	✓
	Strength and Conditioning				✓	✓	✓	✓
	Rock Climbing Club			✓	✓	✓	✓	✓
	Middle School Swimming	✓	✓	✓				
	Varsity Swimming			✓	✓	✓	✓	✓
	Indoor Track & Field	✓	✓	✓	✓	✓	✓	✓

Season	Sport	6	7	8	9	10	11	12
Spring	Fitness and Flexibility (Spring)				✓	✓	✓	✓
	Varsity Golf			✓	✓	✓	✓	✓
	Middle School Lacrosse	✓	✓	✓				
	Varsity Lacrosse			✓	✓	✓	✓	✓
	Middle School Soccer	✓	✓	✓				
	JV Soccer				✓	✓	✓	✓
	Varsity Soccer			✓	✓	✓	✓	✓
	Middle School Softball	✓	✓	✓				
	Varsity Softball			✓	✓	✓	✓	✓
	Middle School Track & Field	✓	✓	✓				
	Varsity Track & Field			✓	✓	✓	✓	✓