



May 25, 2022

Dear Middle School Parents,

Welcome to our thriving middle school athletic program! A large majority of Oakcrest middle school students participate in at least one sport each year, with more than half of them participating in two or more sports teams. The athletic mission and philosophy, in line with the school's mission, is to provide students an opportunity to pursue their athletic interests while learning the value of commitment, teamwork, and hard work. It is the goal of the athletic department to help students learn the importance of an active lifestyle while pursuing their interests - whether a team sport, individual sport or other activity.

Twice weekly Physical Education (PE) classes are part of the middle school curriculum and will prepare students for an active life. In addition to the middle school PE curriculum, we offer a full range of middle school sports throughout the school year. We schedule a full calendar of games to allow our teams to play the best programs while respecting our school calendar. During their middle school years, we encourage students to explore all the offerings to find the sport or activity that they enjoy most.

We offer middle school teams in basketball, cross country, lacrosse, soccer, softball, swimming, tennis, track & field, and volleyball. New additions for the 2022-2023 school year are: 6th grade volleyball and a middle school tennis team (grades 6-8) in the fall; indoor track and field (6-12) and rock climbing club (8-12) during the winter. As a reminder, our soccer teams will now compete during the spring.

To participate in any athletic program, all students must complete a [VISAA Health Form](#) each school year, which requires a current **physical exam** performed by a doctor. The physical must be completed each calendar year. **Students will not be allowed to actively participate in try-outs, conditioning, or practices until a complete form is on file in the athletic department.**

Fall Sports—cross country, tennis and volleyball-- will begin with try-outs the week of August 22, 2022 from 10:00-11:30 am. At this time, each athlete will be cleared by the athletic

trainer, meet with her coach and participate in a conditioning session. Sport specific try-outs will begin on Tuesday August 23. Details will be sent in early August. Attendance at try-outs/pre-season is required to join any fall team.

If you did not register your interest in a fall sport during course registration but would like to be included on the sport specific emails this summer, please let me know! Please feel free to contact me through email (cheeter@oakcrest.org) or phone (703-790-5450 x112).

Go Chargers!

Caroline Heeter '97
Middle School Athletic Director
Oakcrest School