



May 25, 2022

Dear Upper School Parents,

I would like to take this opportunity to thank you for another great year for our Chargers. In the 2021-22 school year, we offered 24 teams in three seasons. As members of the Virginia Independent Schools Athletic Association (VISAA), Oakcrest athletes have qualified for State Championship events and received all-state recognition. For the third year in a row, our varsity basketball team qualified for the state tournament, and for the first time in Oakcrest history, the team won a state tournament game. We had eleven varsity swimmers qualify for the state championship meet. Our varsity golf team qualified for the state tournament for the second year in a row. The varsity track and field team had eighteen student-athletes who qualified for the state tournament. The team went on to place second in the championship.

We will keep this momentum going as we plan for the 2022-23 school year. As we announced earlier this year, Oakcrest has joined the Virginia Christian Athletic Conference (VCAC), a faith-based athletic conference in the VISAA that started in 2021. The VCAC will provide Oakcrest Chargers opportunities to compete in a wide variety of sports in the regular season and for conference championships. Member schools include John Paul the Great, Fairfax Christian, Fredericksburg Christian, Seton, and Trinity at Meadow View.

The **PE requirement** for Upper School students is **one credit per school year**. This can be earned by participating in an Oakcrest athletic team or fitness class or participating in an approved independent PE activity. By participating on an Oakcrest team, students not only earn the needed PE credit each year but create space for other electives during their high school career. An Independent PE credit is only granted to Upper School students for activities not offered at Oakcrest School. The opportunity for Independent PE is granted to Upper School students who are involved in an activity at an elite level. Attainment of an elite level is shown through dedication to a particular activity and the level of commitment to that activity. The Independent PE application is due on the first day of school and is available on the resource page of [OakcrestConnect](#) or by emailing [me](#).

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.**

If your daughter will be participating in a fall sport, she must attend a **mandatory athletics meeting and training session on Monday, August 22nd from 11am to 1pm**. At the meeting, each athlete will be cleared by the athletic trainer, meet with her coach, and participate in a conditioning session. Sport-specific tryouts will be held on Tuesday, August 23rd. More information will be sent in the beginning of August. Attendance is required to join any fall team.

If you would like to be included on a specific team's email list for fall sports, please email [me](#) and I will put you in contact with the appropriate coach. Coaches often send workouts and reminders over the summer for athletes to prepare for the upcoming season. Varsity athletes will have summer workouts and are expected to attend sport-specific summer camps to continue their development and prepare for the upcoming season. Please make sure your student-athlete is aware of these expectations.

If you have questions about Upper School athletics or the Independent PE program, please feel free to contact me through email ([srobertson@oakcrest.org](mailto:srobertson@oakcrest.org)) or phone (703-790-5450 x103).

Go Chargers!

Sarah Robertson  
Upper School Athletic Director