

Summer 2017

Lancer Pride

Welcome Class of 2021

Get Involved!

Eligibility

The 2017-18 school year is right around the corner and many of our teams are busy training this summer for another successful year. Before you know it, fall sports will begin practicing. It is critical that you have a completed 2017 VHSL Physical form (dated after May 1, 2017) on file in the Activities Office. You must also have turned in an Emergency Care Form and an Alcohol Policy Form.

A very important date to mark on your calendars is Friday, July 28th and July 31st. Please have all paperwork into the Activities Office, as we will be verifying that all fall athletes have correctly completed VHSL Physical Forms, Participation Policies, Emergency Care Forms and Concussion Ed.



All Rising Freshmen should check out the team pages on www.lancersathletics.org for information about pre-season conditioning and tryouts. Email the coaches and ask to be put on their email distribution lists.

2017 Fall-Tryouts

Fall Sports Tryouts will begin on Aug. 1st. All athletes must have an Emergency Care Form, completed both the student and parent concussion online education, the Participation Policy Pledge **AND** a doctor's physical exam dated after May 1, 2017. The physical must be recorded on the official Virginia High School League Physical Form. All forms are available in the Activities Office and on the website. Physicals and Participation Policy Pledge forms can be mailed to the Activities Office by Aug. 1st. **MAKE A COPY FOR YOUR RECORDS BEFORE MAILING IT.** (LHS Activities, 6540 Franconia Road, Springfield, VA 22150) If you mail in the Emergency Care Form with the Physical and Pledge Forms, write the sport in the upper right hand corner so we can give it to the coaches. **Athletes will not be permitted to try out without ALL of these forms.** Try-out updates will be posted at www.lancersathletics.org in early July.

Reminder: If you tamper with, or falsify, the VHSL Physical Form, there is a mandatory one year suspension from all VHSL sponsored activities.

Sport Start Dates

Fall Sports	Aug. 1 2017
Golf, Volleyball, Football, Cheer Field Hockey Cross Country	
Winter Sports	Nov. 06, 2017
Boys Basketball Girls Basketball Indoor Track Gymnastics Swim/Dive Wrestling	
Spring Sports	Feb. 19, 2018
Boys Lacrosse Girls Lacrosse Boys and Girls Soccer Outdoor Track Boys and Girls Tennis Softball Baseball	

FALL ATHLETE PARENTS MEETING- August 23rd!!
The fall sports parent meeting will be held **Wednesday, August 23rd @ 6:15 p.m. in the auditorium.**

Fall Coaches Contact Information

Cheer—Freshmen, JV & Varsity	Bea Codjoe	BCODJOE@GMAIL.COM
Cross Country—Boys & Girls	Chris Johnson	CMJOHNSTON1@FCPS.EDU
Field Hockey—JV & Varsity	Lindsey Conrad	LMCONRAD@SFCPS.EDU
Football—Freshmen, JV & Varsity	Eric Pilson	ELPILSON@FCPS.EDU
Golf—Coed	Norm Scherstrom	NESCHERSTROM@FCPS
Volleyball—Freshmen, JV & Varsity	Tara Purdham	TBPURDHAM@FCPS.EDU

Activities Office

Lori Barb, DSA	703-924-8350
David Arthur, ADSA	703-924-8351
Larissa Lemonnier, ATC	703-924-8354
Alice Silver, AA	703-924-8352
Lancer Hotline	703-924-8400
Fax	703-924-8495



Art Club
 Asian Club
 Band
 Book Club
 Breast Cancer Awareness Club
 Chemistry Club
 Chorus
 College Partnership Program
 DECA
 Drama Club
 Ecology Club
 Emerge
 Engineering Club
 FBLA
 FCA
 Film Club
 Forensics & Debate
 French Club
 French Honor Society
 German Honor Society
 Glee Club
 Hispanic Leadership Club
 History Honor Society
 Invisible Children
 It's Academic
 Japanese Cultural Exchange
 Japanese Honor Society
 Junior Civitans
 Junior Math Team
 The Lance
 Lancers Leaders
 Lancer Dancer—Dance Team
 Math Honor Society
 Model Judiciary
 Model UN
 Muslim Student Association
 National Art Honor Society
 NHS
 Operation Smile
 Orchestra
 Peer Mediation
 Photo Club
 Physics Club
 Red Cross Club
 Science NHS
 Senior Math Team
 Spanish Honor Society
 South Asian Student Assoc.
 Step Team
 SGA
 Tech Club & Crew
 Thespians
 Tri-M
 Troubadour
 Writing Center
 Yearbook

Winter Coaches Contact Information

<i>Boys Basketball—Robert Barnes</i>	<i>RDBARNES@FCPS.EDU</i>
<i>Girls Basketball—Lei Towe</i>	<i>MS.LEIAR@GMAIL.COM</i>
<i>Gymnastics—Diana Edgell</i>	<i>DJEDGELL@FCPS.EDU</i>
<i>Swim/Dive—Kathleen Winston</i>	<i>KEWINSTON@FCPS.EDU</i>
<i>Indoor Track—Amber Sarmiento</i>	<i>AESARMIENTO@FCPS.EDU</i>
<i>Mensah Afrane</i>	<i>MAFRANE@FCPS.EDU</i>
<i>Wrestling—Will Miller</i>	<i>NEBB2B@GMAIL.COM</i>

Spring Coaches Contact Information

<i>Baseball—Matt MacDonald</i>	<i>MWMACDONALD@FCPS.EDU</i>
<i>Softball—Suzy Willemssen</i>	<i>SUZYFASTPITCH@GMAIL.COM</i>
<i>Boys Lacrosse—Josh King</i>	<i>JTKING@FCPS.EDU</i>
<i>Girls Lacrosse—TBA</i>	
<i>Outdoor Track—Amber Sarmiento</i>	<i>AESARMIENTO@FCPS.EDU</i>
<i>Mensah Afrane</i>	<i>MAFRANE@FCPS.EDU</i>
<i>Boys Soccer—John Millward</i>	<i>JMILLWARD@ADDXCORP.COM</i>
<i>Girls Soccer—Robert Harmon</i>	<i>RTHARMON@FCPS.EDU</i>
<i>Boys Tennis—Jose Palomo</i>	<i>JOSE.PALOMO@FAIRFAXCOUNTY.GOV</i>
<i>Girls Tennis—Sarah Wolf</i>	<i>SEWOLF@FCPS.EDU</i>

Lancer Sports Medicine Tips

Pre-season practices for all fall sports at Lee will begin in early August. You will need to be in good physical condition and prepared to bare the hot and humid temperatures. Here are some tips to help you prepare for and beat the heat!

- Get outside! Be active this summer and get your body used to being in the heat.
- Hydration is an all day thing! - not just while you exercise. Drink water before, during and after playing sports and being active. Gatorade and Powerade are great recovery drinks for after exercising, but make sure you don't forget the water! Rehydrate by drinking 16 oz. of fluid for every 1 pound of weight lost during an activity session. Avoid soda, energy drinks, and other drinks containing caffeine which dehydrate you.
- Eat! Nutrition is just as important as hydration. Food is your body's fuel. Imagine trying to drive a car with no gas. You will only get so far before your car breaks down. In the same way, your body cannot exercise without the fuel and calories to power it. So make sure you never exercise on an empty stomach!
- Condition yourself throughout the summer. Begin physical activity at least one month prior to pre-season and progress to increase the amount of time you are active and in the heat each day. By the first day of tryouts, you should be able to exercise for the duration and intensity equal to the amount of time of one practice session (about 2 hours).
- Please contact Larissa Porter in the Athletic Training Room, for further information or with questions.

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