

South Lakes High School
Student Activities Office
(703) 821-5270 - Seahawk Activities Hotline



**Sports Tryout Dates
2017-2018**

Fall Season – August 1, 2017

Cheerleading, Cross Country, Dance Team, Golf, Field Hockey, Football and Volleyball

Winter Season - November 6, 2017

Basketball, Dance Team, Gymnastics, Indoor Track, Swim/Dive and Wrestling

Spring Season - February 19, 2018

Baseball, Lacrosse, Soccer, Softball, Tennis and Outdoor Track

In order to try out, all students will need to complete the following steps:

- Student/Athletes are asked to complete this survey, <http://bit.ly/2qywBiy>. This will allow the activities office and coaches to keep track of who is cleared to participate.
- A completed VHSL Pre-Participation Exam Form (must be on the VHSL form and completed after May 1, 2017 in order to be valid for the 2017-18 school year), bit.ly/2sgk3gk
- Parent Concussion Education (online through FCPS), bit.ly/2raj1IX
- Student Concussion Education (online through FCPS), bit.ly/2raj1IX
- An Emergency Care Card, bit.ly/2rV5mP0
- A completed Student Participation Pledge (will be available closer to the start of the fall season)

If you have any questions, please call the activities office, [703-715-4517](tel:703-715-4517)