



Athletics and Activities

South Lakes High School

Athletics - What is offered?

Fall Sports

- Cheerleading, Cross-country, Dance Field Hockey, Football, Golf, Volleyball

Winter Sports

- Basketball, Dance, Gymnastics, Indoor Track and Field, Wrestling

Spring Sports

- Baseball, Lacrosse, Softball, Tennis, Track and Field
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Tryout Dates

Fall Sports

- Tryouts: August 1

Winter Sports

- Tryouts: November 6

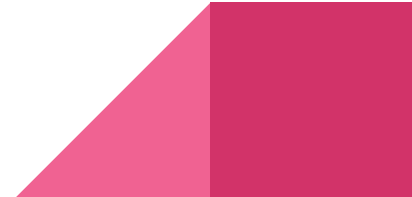
Spring Sports

- Tryouts: February 19



Eligibility Requirements

In order to compete in high school sports, a student athlete must:

1. Have completed a physical exam
 2. Be enrolled at South Lakes High School
 3. Live in the South Lakes School District
 4. Have passed 5 credits the previous semester/year
 5. Be currently taking 5 or more credits
 6. Not have reached his/her 19th birthday on or before the 1st day of August of the participating school year
 7. Not have been enrolled in high school for more than 8 consecutive semesters
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Seahawk Clearinghouse

- All students must have the following forms completed to tryout for any team:
 - SLHS Athletics Survey <http://bit.ly/2qywBiy>
 - Physical Form - Dated after May 1, 2017
 - Emergency Care Form
 - Participation Policy Contract - signed by player and parent
 - View Concussion Education - Parent and student
- Forms are available in the Activities Office
- All forms should be submitted to the Activities office



Athletics – Keys to Success

- Attend interest meetings
- Participate in green days
- Get involved!



Websites/ Social Media

South Lakes High School

www.fcps.edu/SouthLakesHS

South Lakes Sports Scores and Schedules

www.southlakesathletics.org

SLHS Athletics Twitter

[@seahawksports](https://twitter.com/seahawksports)

SLHS School Twitter

[@southlakeshs](https://twitter.com/southlakeshs)



Clubs and Activities

- Many opportunities available
 - Student government
 - Academic teams
 - Performing groups
 - Publications
 - Co-curricular Groups
 - Honor Societies
 - Language Clubs

- HS Clubs
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Boosters

Athletics

<http://www.southlakesathletics.org/main/boosters>

Band

www.southlakesband.org

Chorus

www.southlakeschorus.org

Academic


www.southlakespta.org/AcademicBoosters.html

Theatre Arts

southlakestheatrearts.org



FAQs

1. What is the GPA required to be eligible to play for a team?
 2. How many tardies before you get suspended for a game?
 3. Is it possible for a freshman to make a varsity sport?
 4. Is it possible to start a new club? What is the procedure?
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Questions??

For answers to questions regarding any aspect of the South Lakes Athletic Program, please call Ms. Linda Sarabia Jones at (703)715-4518

