



# Highland Springs High School

#springernation

Rick Lilly, CAA  
 Director of Student Activities  
 15 S. Oak Ave  
 Highland Springs, Va 23075  
 804-328-4000  
 @SpringerDSA

## 2018-19 Winter Sports Participation Information

In order to participate in athletics at HSHS, you must have:

- 1) A sports physical completed on the VHSL physical form updated in February of 2017. Your student's physical must be completed on the VHSL physical form and dated after May 1, 2018 for the 2018-19 school year.
- 2) Signed all appropriate HCPS forms:
  - a. HCPS Form
  - b. The emergency information card
  - c. Other forms necessary for your sport

### Winter VHSL Sports and Activities at HSHS:

Team	Practice/Try-out start date:	Time	Place	Coach	Email
Cheerleading (J.V., Varsity)	Monday, November 5, 2018	5:00	HSHS Cafeteria	Tyson	COACHCHRISTIETyson@GMAIL.COM
Basketball – Girls (J.V., Varsity)	Monday, November 5, 2018	4:00	HSHS Hudson Gym	Harris	FRANKLIN.HARRIS@GEXPRO.COM
Basketball – Boys (J.V., Varsity)	Monday, November 5, 2018	6:30	HSHS Hudson Gym	Tennyson	reggietynyson81@gmail.com
Indoor Track	Monday, November 5, 2018	4:00	Track	Folsom	lefolsom@henrico.k12.va.us
Wrestling	Monday, November 5, 2018	4:15	Small Gym	Gore	dorsett033@gmail.com
Scholastic Bowl	See Mr. Zabala	TBD	TBD	Mr. Zabala	rrzabala1@henrico.k12.va.us ktzabala@henrico.k12.va.us
Forensics	See Mrs. Zabala			Mrs. Zabala	

#### **VHSL Winter Sports and Activities:**

Basketball-Boys & Girls (9th, J.V., Varsity)  
 Cheerleading (J.V., Varsity)  
 Indoor Track Girls and Boys (J.V., Varsity)  
 Swimming and Diving-Boys and Girls (J.V. Varsity)  
 Scholastic Bowl - Academic  
 Wrestling (J.V., Varsity)

Practice/Try-out Start Date:  
 Monday, November 5, 2018

#### **VHSL Spring Sports and Activities:**

Baseball (J.V., Varsity)  
 Boys Soccer (J.V., Varsity)  
 Forensics  
 Girls Soccer (J.V., Varsity)  
 Softball (J.V., Varsity)  
 Tennis Boys and Girls  
 Track and Field -Boys and Girls (J.V., Varsity)

Practice/Try-out Start Date:  
 Monday, February 18, 2019

#### **To receive Email Alerts:**

If you would like to receive automatic email notifications about game or practice cancellations and critical athletics/activities related information, please follow the instruction below.

- 1- Log on to <https://highlandspringshs.rschooteams.com>
- 2- Click on Notify Me.
- 3- Sign up for the team lists you are interested in by filling in the appropriate information
- 4- Click submit

#### **VHSL Dead Periods:**

Winter: 11/5 – 11/14/2018.  
 Spring: 2/18 – 2/27/2019.

Note: This applies to out of season sports teams.

#### **Note: Make sure you check**

<https://highlandspringshs.rschooteams.com> **and**  
**@SpringerDSA for updates on times**  
**and locations.**