



**SPORTS  
TEAM  
TRYOUTS**

# LOUDOUN COUNTY PUBLIC SCHOOLS HIGH SCHOOL ATHLETICS INFORMATION

## Assistant Director of Student Activities Derek Farrey

[Briar Woods High School Athletic Website](#)  
Athletic Director: [Mike Benson](#)  
Ph: 703-957-4408

[Broad Run High School Athletic Website](#)  
Athletic Director: [Ryan Young](#)  
Ph: 571-252-2310

[Dominion High School Athletic Website](#)  
Athletic Director: [Darrell Wilson](#)  
Ph: 571-434-4410

[Freedom High School Athletic Website](#)  
Athletic Director: [Kevin Weeren](#)  
Ph: 703-957-4308

[Heritage High School Athletic Website](#)  
Athletic Director: [JJ Totaro](#)  
Ph: 571-252-2810

[Independence High School Athletic Website](#)  
Athletic Director: [Ryan Rogers](#)  
Ph: 571-367-4218

[John Champe High School Athletic Website](#)  
Athletic Director: [Jim Harris](#)  
Ph: 703-722-2690

[Lightridge High School Athletic Website](#)  
Athletic Director: [Jason Treon](#)  
Ph: 571-367-4110

[Loudoun County High School Athletic Website](#)  
Athletic Director: [Kate Cassidy](#)  
Ph: 571-252-2010

[Loudoun Valley High School Athletic Website](#)  
Athletic Director: [Kris Kelican](#)  
Ph: 540-751-2410

[Park View High School Athletic Website](#)  
Athletic Director: [Jason Testerman](#)  
Ph: 571-434-4510

[Potomac Fall High School Athletic Website](#)  
Athletic Director: [Nick Siano](#)  
Ph: 571-434-3210

[Riverside High School Athletic Website](#)  
Athletic Director: [Matt Oblas](#)  
Ph: 703-554-8910

[Rock Ridge High School Athletic Website](#)  
Athletic Director: [Pat McNanley](#)  
Ph: 703-996-2110

[Stone Bridge High School Athletic Website](#)  
Athletic Director: [Joan Windows](#)  
Ph: 571-252-2210

[Tuscarora High School Athletic Website](#)  
Athletic Director: [Tony Tallent](#)  
Ph: 571-252-1910

[Woodgrove High School Athletic Website](#)  
Athletic Director: [Rusty Lowery](#)  
Ph: 540-751-2610

## SPORTS TEAM TRYOUTS

SCHOOL YEAR	FALL SPORTS	WINTER SPORTS	SPRING SPORTS
2024-2025	AUGUST 5 <sup>TH</sup>	NOVEMBER 11 <sup>TH</sup>	FEBRUARY 24 <sup>TH</sup>
2025-2026	AUGUST 4 <sup>TH</sup>	NOVEMBER 10 <sup>TH</sup>	FEBRUARY 23 <sup>RD</sup>
2026-2027	AUGUST 3 <sup>RD</sup>	NOVEMBER 9 <sup>TH</sup>	FEBRUARY 22 <sup>ND</sup>
2027-2028	AUGUST 2 <sup>ND</sup>	NOVEMBER 8 <sup>TH</sup>	FEBRUARY 21 <sup>ST</sup>

## STUDENT PARTICIPATION IN ATHLETICS

Eighth graders may participate in VHSL Athletics at the sub-varsity level if they turn 14 on or before August 1, of the current school year. If the eighth-grade student is not 14 on or before August 1, of the current school year, they may not participate in any high school athletic program, including weight training and conditioning. Students may only participate in one sport per season, which includes tryouts.

## VHSL PHYSICAL FORMS

Students interested in participating in a high school sport must have a VHSL physical on file with their school's athletic department before participating in tryouts, practices, weight training and conditioning. The VHSL Physical Form must be completed after May 1, of the upcoming school year.

## SIGNING UP FOR PARTICIPATION IN ATHLETICS

After June 14, eighth graders that meet the age criteria or rising ninth graders upon completion of eighth grade may register for athletic programs at their high school by visiting their school's athletic website. Parents and students must complete the online registration process and submit their VHSL Physical Form to their school's athletic department.

## ACADEMIC REQUIREMENTS TO BE ELIGIBLE FOR HIGH SCHOOL SPORTS

Students must be enrolled in at least five subjects and pass five subjects offered for credit and graduation requirements.