

Grassfield High School Athletics
(Parent Newsletter/Website/Synergy Blast - Summer 2018)

Champions

The 2017-2018 school year was a very successful one for the Grassfield Athletics. The Grizzlies captured multiple Southeastern District Titles and Region 6A Championships. Grassfield also won the coveted VHSL Claudia Dodson Sportsmanship Award. Congratulations to all of our sports programs and good luck in 2018-2019!

2018-2019 Grassfield High Athletic Tryout Dates:

Football Tryouts – Thursday, July 26th

Football – Coach Martin Asprey – Martin.Asprey@cpschools.com

Fall Sports– Monday, July 30st

Cross Country – Coach Mike Sauer – Michael.Sauer@cpschools.com

Boys Volleyball – Coach Doray McConnell Doray.McConnell@cpschools.com

Girls Volleyball – Coach Robin Smith – RobinGFH.smith@cpschools.com

Competition Cheer – Coach Dusti Harrell – Dusti.harrell@cpschools.com

Golf – Coach Bret Lieberman – Bret.lieberman@cpschools.com

Winter Sports– Monday, November 5th

Boys Basketball – Tony Collins – Anthony.collins@cpschools.com

Girls Basketball – Kristina Jameson – Kristina.jameson@cpschools.com

Swimming – Echenniker@gmail.com

Gymnastics – TBD

Wrestling – Jesse.pearce@cpschools.com

Indoor Track – Leroy Harper – Leroy.harperjr@cpschools.com

Cheer – Zoe.Deuel@cpschools.com

Spring Sports – Monday, February 18th

Baseball – Gary Spedden – Gary.spedden@cpschools.com

Softball – Leroy Bohn – lbohn3@aol.com

Track and Field – Leroy Harper – Leroy.harperjr@cpschools.com

Girls Soccer – Kevin Ellis – Kevin.ellis@cpschools.com

Boys Soccer – Zach Kalder – Zach.Kalder@cpschools.com

Girls Tennis – Christian Jones – cjones167@odu.edu

Boys Tennis – Stephen Cutchin – sw10is@aol.com

*Specific locations and times of tryouts can be obtained from the main office, school website, or contacting the coach directly via e-mails shown above.

*A completed VHSL Physical Examination Form is required to be on file prior to trying out and participating in athletics. Forms may be found on the Athletic Website, the VHSL website or in the main office. (Other required forms for participation found on

website: Social Media Contract, Concussion Form, CHKD release, CPS Sportsmanship Pledge, Emergency Information Form)

Sports Physicals

Sports physicals are offered three times a year at Grassfield High School and are done by CHKD physicians. The physicals are \$20 each and are offered in the months of November, February, and May. Exact dates are contingent upon physician availability and are advertised at least two weeks in advance. Physicals begin at 4 p.m. and end at 6 p.m. promptly. VHSL physical forms can be downloaded of the school athletic website. **Physicals are not valid if dated prior to May 1 of the previous school year.** Parents are highly encouraged to maintain a copy of their athlete's physical for summer camps, transfers, etc.

Ticket/Admission Prices

Regular Season Home Games - \$6 for Adults/Students, \$4 for Students K-12

***Please note: Parent discount cards will no longer be distributed or used.** Parents are encouraged to purchase season passes. Season passes can be obtained from the book keeper or athletic office during the day from 9:00 a.m. to 3:00 p.m. or at the first two volleyball and basketball games of the season.

FALL SEASON PASSES - \$35.00 - Non-transferable, must have I.D. along with pass. Good for all home regular season sporting events in the fall season – Excludes playoffs and tournaments.

WINTER SEASON PASSES - \$35.00 – Non-transferable, must have I.D. along with pass. Good for all home regular season sporting events in the fall season – Excludes playoffs and tournaments.

Region Tournaments - \$8 General Admission

State Tournaments - \$10 General Admission

*Ticket prices are set by district, region, and state councils – NOT Grassfield High School.

*Faculty Passes are only good at regular season events that the staff member's school is participating.

*Gold Card Passes are not acceptable at playoffs and tournaments – Only regular-season games.

Acceptable passes for entry into Athletic Events:

- VHSL Pass
- VHSCA (Coaches Pass)
- Media Credentials
- Gold Card/CPS Senior Citizen Pass (regular season ONLY)
- Grassfield Season Passes (regular season ONLY)
- Faculty passes of those schools participating in the competition

2017-2018 Grassfield High Athletic Recognition Ceremonies:

FALL – TUE. NOVEMBER 20th - 7 P.M.

WINTER – TUE. MARCH 5th - 7 P.M.

SPRING – TUE. JUNE 4th – 7 P.M.

*All athletes and parents are invited to the athletic receptions for their respective seasons. Appropriate attire is encouraged. All ceremonies begin in the school Auditorium.

Core Course GPA – NCAA Eligibility

For the seventh year in row, every Grassfield High School athlete is invited to take advantage of Core Course GPA for FREE. Core Course GPA is a program that allows our athletes and their parents to track their progress to becoming eligible for NCAA participation. NCAA eligibility standards have changed for graduates after 2016. Information on how to create your personal account can be found on the athletics website or obtained from any Grassfield coach. All Grassfield High School athletes are highly encouraged to enroll.

Check Schedules, Get Updates, Scores and More with “r-school”

Don't bother calling the main office for information. Parents and athletes can now check team schedules, records, scores, get updates on cancelations and postponements, and more utilizing “r-School”. All Grassfield parents and athletes are encouraged to go to www.southeasterndistrictva.org , go to the Grassfield High School tab. Download the app to get updates on your mobile device. More information regarding “r-School” can be found on the Grassfield Athletic website.

VHSL Alignments – Grassfield’s District, Region, and State

The VHSL alignment changed again in 2017. Information regarding specific schools districts and regions can be found at www.vhsl.org. Grassfield currently competes in:

- Southeastern District (All Chesapeake and Suffolk secondary schools)
- Region 6A (twelve level “6” high schools in Hampton Roads)
- Virginia High School League (State Tournaments)

Grassfield High School Athletics Website

Be sure to visit the Grassfield High School Athletic Website to obtain information on: dates for athletic physicals, Core Course GPA, required forms, concussion testing, “r-School”, athletic recognition ceremony dates, youth sports camps, contact information (Athletic Director, coaches, trainers), and upcoming events.