



Gymnastics Tryout Guidelines

**Tryouts Start:
December 14, 2020**



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Our Potential

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1sts Week Practice Schedule

- Tuesday, Dec. 15 6:45 – 9:15 at Jefferson
 - Enter door 9/Leave door 10
- Thursday, Dec. 17 6:30 – 9:00 at Falls Church
 - Enter and Leave door 2
- Friday, Dec. 18 4:30 – 7:00 at Jefferson
 - Enter door 9/Leave door 10
- Saturday, Dec. 19 1:15 – 4:00 at Virginia Youth Sports
 - Enter last door/Leave main door

Gymnastics Screening Guidelines

- **ALL students will arrive on campus in their car and stay in their car until cleared by TJ staff.**
- **ALL students need to bookmark the gymnastics team Google form & complete the Google Form after 4pm, before arriving at practice.**
 - All athletes **must** check in at **Door 9** for tryouts, practices and meets
- Students with a temperature less than 100.4, that are appropriately dressed for practice, & have 32oz of water will be allowed to stay for practice.
 - NO LOCKER ROOM ACCESS ALLOWED. Students must come dressed for practice and meets.
- Students who are ill or with a temperature that **exceeds 100.4 will be sent home.**
- Students that carpooled and have an elevated temperature will be asked to wait in the Care Room away from other students and staff and will be monitored until a parent arrives.
- Students with an elevated temperature will need to consult with a physician due to the elevated temperature, and bring a note to the AT before they can return to practice

Gymnastics Guidelines

- Access **Door 9** from the **LEFT** side of the building upon entering TJ's campus.
- Parents must drop off their athletes and remain in their car.
- Please park in the lot behind the school.
- Leave the bus depot open for drop-off and pick-up.
- Pick-up students from Door 10 and leave TJ's campus through the access road to Little River Turnpike.
- **No** parents may enter the building.
- **Athletes and Coaches will NOT access to locker or team rooms**
- All Athletes must bring a personnel water bottle (32 ounces)
 - Water bottles must be labeled with student's name.
 - Sharing water bottles is prohibited.

FCPS Return to Sport Protocols

- **COVID Reporting**

- Coaches, Athletic Trainers, Athletic Administrators will report all instances of COVID-19 symptoms to school administration and will request a note from the parent before the student can return to practice.

- **Disinfection Guidelines**

- The Activities Office in cooperation the TJ Custodial staff will develop general and activity-specific guidelines as specified by FCPS for cleaning, use of PPE, the disinfection of shared materials, equipment before during and after practices and games.

- **Transportation**

- Due to the limitations and challenges of the Pandemic with FCPS Bus Transportation. We ask that families transport athletes to practices and games.

- **Masks**

- All students must wear a mask during check-in and when they are not actively engaged in athletic activity.



NEW FCPS ONLINE SPORTS REGISTRATION & CONCUSSION EDUCATION PROCESS

- **MANDATORY** registration for athletics & activities
 - Register for ALL sports & activities you are interested in
 - <https://tjhsst-ar.schooltoday.com/>
- Parents & students will complete the required concussion education as part of the registration process.
- Parents & students can submit the emergency care card & weight room waiver online
- VHSL physical paper copy will still be turned in to the school's athletic trainers
- Parents can also check that their paperwork has been received & entered via rSchool.
- Paper copies of concussion ed and ECCs will not carry over and must be completed online.

Parent & Student Checklist for Winter Sports

- ✓ Register online at www.tjsports.org for **ALL** sports you want to play.
- ✓ Complete your registration by completing the concussion education and ECC
- ✓ MAIL your VHSL physical to Heather Murphy at TJ.
 - ✓ Short on time? Turn it in, in-person. TJ Main Office closes at 4pm.
 - ✓ Can be collected at tryouts. Ensure that EVERYTHING is complete on the form.
 - ✓ DO NOT EMAIL FORMS
- ✓ Contact coach and tell them you are interested in playing
- ✓ Choose a mask to use for athletics
- ✓ Get a 32oz water bottle to use everyday. Put your name on it.

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Facebook: www.facebook.com/TJHSSTSports

Website: www.tjsports.org



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Conclusion

- The Activities Office will be ready for the start on **Monday, December 14th**
- Please realize that even if we start, FCPS could quickly shut down the winter season.
- The Activities Office will follow all mandated screening and disinfecting protocols mandated by the VA Health Department and FCPS.
- We will be happy to answer your questions and will get back you as soon as possible.
- Best of Luck this upcoming season!

