



Cross County Guidelines

**Practices Start:
February 16, 2021**



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Our Potential

Contact Information

ACTIVITIES OFFICE STAFF

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Activities

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David Arthur-

Assistant Director of Student Activities
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Ana Gonzalez-

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ATHLETIC TRAINING STAFF

Heather Murphy-

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Cross Country information

Grow Your Business & Support Colonials Athletics
Advertise Here

Five German Blades. Zero Upcharging.

HARRY'S REDEEM TRIAL

THOMAS JEFFERSON SCIENCE & TECH HIGH SCHOOL

ATHLETICS

HOME ATHLETIC REGISTRATION ATHLETICS ACTIVITIES ATHLETIC BOOSTERS FORMS Notify Me!

Fall Sports
Golf Girls
Football
Volleyball Girls
Field Hockey
Cross Country
Cheerleading
Golf

Winter Sports
Basketball Boys
Basketball Girls
Wrestling
Gymnastics
Swim & Dive
Indoor Track

Spring Sports
Football
Volleyball Girls
Field Hockey
Soccer Boys
Soccer Girls
Baseball
Softball
Lacrosse Girls
Tennis Girls
Outdoor Track
Tennis Boys
Lacrosse Boys

How to check your eligibility

1. Create an account on the Athletic Registration Pa website. <https://tjhsst-ar.schooltoday.com/>
2. Make sure to fill out ALL the information.
 - Including field trip and insurance information
 - If you are playing a winter sport, make sure you have re
3. You know this step is **complete** if the INCOMPLETE REGISTRATION TAB IS **GRAY**.
 - If they INCOMPLETE REGISTRATION TAB is **BLUE**, then you are **INCOMPLETE**.
4. Go to the **IMPORTANT DATES** TAB for 2020-21 and if we have your physical, the valid date of your physical will be listed there.
5. Still want to check your status, ask coach. They have a compliance report.

UPCOMING EVENTS

Friday, Feb 5, 2021
TBD
Gymnastics: Girls - Region Finals vs. Woodgrove
@ Woodgrove High School

Saturday, Feb 6, 2021
12:00pm
Indoor Track: Varsity District Tournament vs. [Multiple Schools](#)
@ Falls Church High School

Monday, Feb 8, 2021

More events

SCOREBOARD All Scores >

Basketball Boys Varsity Falls Church 32 Jan 21 @ Thomas Jefferson Science and Tech 23	Basketball Boys Varsity Thomas Jefferson Science and Tech 47 Jan 09 @ Justice 39	Basketball Boys Varsity Thomas Jefferson Science and Tech 30 Jan 07 @ Hayfield 71
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Schedules, rosters and Tryout information can be found under **SPRING SPORTS** Select **Cross Country**



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COACHING STAFF

Indoor Track

Todd Withington- Head Coach

Brian Szabos

Matthew Jenkins

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Instagram Account @tjhsttrack
This team uses the BAND app for
communication.

Dear Parents and Runners,

I'm excited to announce that this year, the team will be using the app called BAND to communicate. This will help us stay on the same page and you will receive all team-related information such as practice schedules, team events, and other announcements. It is important that you download the app and join the group by using the link or QR code attached below, so that you won't miss any announcements from the team. When you sign up try to indicate on your profile if you are a parent or a runner.

What is BAND?

BAND is a free group communication app. The group we created is an invite-only group that no one else can join. We'll be able to communicate privately and share files, forms, and videos and photos of what is happening in the team.

Even if you don't have a smartphone, you can access BAND from your PC at <https://band.us/@tjxc>

* IMPORTANT: You MUST use the link or QR code below to join the group.

Smartphone: Scan the QR code below to download the app. You will be asked to create an account and will be asked to accept the invite to our BAND group.

PC: Before going to the website, please be sure to copy/paste or type in the invite link below to your chrome, safari, or other internet browsers. You won't be able to join the group unless you use this invite link. In case you've already created a BAND account, simply copy & paste the link to your browser.

<https://band.us/n/a7a530e3xav4p>



Please be sure to download the app, join the group, and keep your notification on. This will help you to be more involved with your children's athletic activity and see how they are getting training.

Thank you,
Coach Withington



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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 Fall 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.

Practice Schedule

- 5-7pm at TJ
- Check in at the Stadium



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Pre-Practice Screening Guidelines

- ALL students need to bookmark the TRYOUT Google form & complete the Google Form after 4pm, before arriving at practice.
 - All athletes **must** check in at **STADIUM**
 - https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy_liSfT5h98o3wQjY-091_cQw/viewform?entry.131793729=Jefferson+HS&entry.192802832=TRYOUTS
 - **Do this every day**
 - **Do NOT use the Winter Track Link**



FCPS Return to Sport Protocols

- **Please stay home if you do not feel well. Do NOT come to school or practice if you experience any symptoms. You will not be penalized for missing due to illness.**
- **COVID Reporting**
 - Parents and students must report COVID19 exposures and positive tests ASAP to Ms Murphy and Head Coach
 - 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**
 - Busses will be available for races.
 - Students must transport themselves for practices and to TJ on race day unless they were here for school.
- **Masks**
 - Masks are to be worn at all times

Sport-Specific VHSL Guidelines: Cross Country

- General Recommendations
 - Meets should use staggered, wave or interval starts
 - Clean and disinfect frequently touched surfaces and exercise equipment
 - Consider eliminating handshakes before and after the meet, or any other pre/post event ceremony traditions
- Recommendations for Coaches
 - Conduct workouts in ‘pods’ of same students always training and rotating together in practice

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