



Golf Guidelines

**Practices Start:
February 15, 2021**



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Our Potential

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Golf information

Grow Your Business & Support Colonials Athletics
Advertise Here

Five German Blades. Zero Upcharging.

HARRY'S REDEEM TRIAL

ATHLETICS THOMAS JEFFERSON SCIENCE & TECH HIGH SCHOOL

HOME ATHLETIC REGISTRATION ATHLETICS ACTIVITIES ATHLETIC BOOSTERS FORMS Notify Me!

Spring Sports

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

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 23 Thomas Jefferson Science and Tech | Basketball Boys Varsity Thomas Jefferson Science and Tech 47 Jan 09 39 Justice | Basketball Boys Varsity Thomas Jefferson Science and Tech 30 Jan 07 71 Hayfield |
|--|---|--|

Golf Schedules, Tryout Information and rosters can be found under **SPRING SPORTS** Select **Golf & Girls Golf**

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

- As part of requirements for golf tryout, you must submit the scorecards of three nine-hole rounds played in any regulation golf courses with your signature recorded in the past two-years from February 15, 2021.
- An 18-hole round is equivalent to the two nine-hole scores. Par-3 golf course scores are not acceptable. Please send me the image files of your scores via email.



Pre-Practice Screening Guidelines

- ALL students need to bookmark the TRYOUT Google form & complete the Google Form after 4pm (on school days), before arriving at practice.
 - https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy_liSfT5h98o3wQjY-091_cQw/viewform?entry.131793729=Jefferson+HS&entry.192802832=TRYOUTS
 - Do this every day



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**
 - Students must transport themselves for practices and on matches.
- **Masks**
 - Students **MUST** wear a mask at all times.

Sport-Specific VHSL Guidelines: Golf

- Recommendations for Coaches
 - Communicate guidelines to students and parents in a clear manner
 - Consider conducting workouts in 'pods' of same students always training and rotating together in practice
 - Keep accurate records of those who attend each practice in case contact tracing is needed
- Recommendations for Student-Athletes
 - Consider making each student responsible for her/his own clubs and gloves
 - Student-athletes should adhere to local rules in order to restrict touchpoints such as flagsticks and bunker rakes
 - Hand sanitizer should be plentiful at all contests and practices
- Additional Recommendations
 - Social distancing measures should be in place in all practice areas which may result in limited space
 - Players should be courteous and limit their time in the practice areas to allow everyone the opportunity to warm up
 - Players should remain at least 6 feet away from each other and the official scorer at all times while in the scoring area

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