



# Volleyball Guidelines

**Practices Start:  
February 15, 2021**



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# Volleyball information

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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

**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
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Schedules, rosters and Tryout information can be found under **SPRING SPORTS** Select **VOLLEYBALL**



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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](http://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

Dates February 15,16,17

- Times Day 1 - 430-630 PM (incoming freshman, former freshman team, Freshman on JV last season) ; 630-830PM (former Sophomores & Juniors on JV & all former Varsity players)
- Day 2 - 430-630 PM (group A tbd) ; 630-830PM (group B tbd)
- Day 3 - 430-630 PM (group A tbd) ; 630-830PM (group B tbd)



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# 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.
  - All athletes **must** check in at **Door 11**
  - [https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy\\_liSfT5h98o3wQjY-091\\_cQw/viewform?entry.131793729=Jefferson+HS&entry.192802832=TRYOUTS](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**
  - Busses will be available for games.
  - Students must transport themselves for practices and to TJ on game day unless they were here for school.
- **Masks**
  - Masks are to be worn at all times.



# Sport-Specific VHSL Guidelines: Volleyball

- Rule Adjustments
  - Prematch Conference: limit to one coach from each team and refs; move location to behind scorer table; suspend use of the coin toss to determine serve/receive (visiting team will serve first in set 1 and alternate thereafter)
  - Team Benches: suspend rotating benches between sets; limit bench personnel to observe social distancing
- Rule Recommendations
  - Substitutions: maintain social distance between players and refs
  - Officials Table: limit to essential personnel (home team scorer, libero tracker, timer) with social distance between individuals
- Rules Interpretations
  - Equipment & Accessories: gloves are permissible
  - Legal Uniform: long sleeves are permissible; long pants are permissible

# VOLLEYBALL-Specific Cleaning Procedures

- Knee Pads
  - Wash as normal laundry immediately after practice & games - **DAILY!**
- All Other Equipment (balls, poles, nets, cones, etc.)
  - Fully coat with **Virex II 256** solution and allow to air dry for a minimum of 10 minutes
  - Recommended between groups/pods
- **REQUIRED** 15-minute window per hour

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