



Field Hockey Guidelines

**Practices Start:
February 15, 2021**



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Our Potential

Contact Information



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



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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

TJ Field Hockey Tryouts:

Monday, 2/15 – Friday, 2/19

5-7pm

@ Thomas Jefferson - stadium field

Teams will be decided on Friday, 2/19

Must have at least 32oz of water, running shoes, turf shoes, shin guards, field hockey stick, plenty of mouth guards (3-4), goggles (optional) and hand sanitizer



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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 the stadium
 - 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: Field Hockey

- Rule Recommendations
 - Pre-game Meeting: limit attendees to one coach from each team and head official; ensure meeting is away from the sideline and all individuals
 - Scoring Table: limit to essential personnel and maintain social distance
- Recommendation for Coaches
 - Consider conducting workouts in ‘pods’ of same students always training and rotating together in practice
- Recommendation for Student-Athletes
 - Hand sanitizer should be plentiful at all contests and practices

Field Hockey

Specific Cleaning Procedures

- Shin Guards & Goalie Pads
 - As long as shin guards (or any other padding) are covered by a piece of clothing (i.e. socks over shin guards or jersey over goalie uppers), they do **NOT** need to be cleaned at the end of practice.
 - Anything uncovered that can/will come into contact with balls, other equipment, or students, need to be cleaned at the end of practice
 - Fully coat with fresh **bleach/water** solution and allow to air dry for 5 minutes, then rinse with clean, fresh water and allow to air dry
- All Other Equipment (sticks, balls, cones, etc.)
- At the end of practice - fully coat with **Virex II 256** solution and allow to air dry for a minimum of 10 minutes

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