

## WHEN DOES PRACTICE BEGIN AND WHO DO I CONTACT?

York High School will offer over 20 sports for the 2022-2023 school year. You may contact the athletic office or email the coach. Most coaches use the York County School Division's email address. See back page of brochure or check the athletic web page for coaches contact information.

first name initial and then the last name @ycsd.york.va.us.

Example: John Ashley  
[jashley@ycsd.york.va.us](mailto:jashley@ycsd.york.va.us)

## FAQ'S

Q: Where does my team practice and how often?

A: **Most teams will practice everyday on campus after school.**

Q: How will I get home from practice?

A: **York will supply bus transportation 2 days a week at 4:45 pm. Usually Tuesdays and Thursdays.**

Q: Will I have to pay money to participate on a team?

A: **Yes, there will be an athletic participation fee that will be due prior to the first contest.**

Q: I made the team, am I guaranteed playing time?

A: **No. It is up to the coach to determine the amount of playing time.**

### Fall Sports

Practice begins July 28, 2022 (FB, Comp Cheer, Golf) July 30 (Side Cheer) Aug 1, 2022 (XC, FH, VB)

Boys/Girls Cross Country	Thomas Tate/ Elisa Schasse
Competition Cheerleading	Porsha Valliant
Sideline Cheer	Meagan Ellis
Field Hockey	Danielle Wartors
Football	Doug Pereira
Golf	Tim Green
Volleyball	Jonathan Amaral

### Winter Sports

Practice begins November 7, 2022

Boys Basketball	Charles Brown
Girls Basketball	Shawn Lennon
Sideline Cheer	Taylor Fox
Boys/Girls Swimming	Steve Fisher Caitlin Davis
Indoor Track and Field	Thomas Tate/ Elisa Schasse
Wrestling	William Grubbs

### Spring Sports

Practice begins February 20, 2023

Baseball	Nick Ham
Boys Soccer	Sean Gomez
Girls Soccer	Amanda Atwell
Softball	Amy Hunter
Boys Tennis	Justin Keyes
Girls Tennis	Steve Fisher
Track and Field	Charles Brown
Track and Field	Thomas Tate

**\*tentative starting dates**

# YORK HIGH SCHOOL

## Student-Athlete Information Guide 2022-2023



## Department of Athletics

John Ashley, Athletic Director  
 Justin Keyes and  
 Amy Hunter, Asst. Athletic Directors

757-898-0421

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<https://ycsd.yorkcountyschools.org/YHS>

[www.bayriversdistrictva.org](http://www.bayriversdistrictva.org)

@YorkFalcons / @YorkHSAD

## **INTRODUCTION**

The York High School Athletic Department considers athletics to be an integral part of the school's educational program. Our goal is to provide positive experiences that will enhance and challenge our student-athletes physically, mentally, socially and emotionally. We strive to develop a high level of competition without losing sight of sportsmanship, personal responsibility, leadership and academic success while appreciating all of the values that come with being a member of your team.

## **WHO DO WE COMPETE AGAINST?**

York High School is a member of the Virginia High School League (VHSL) and falls in the Class 3 with an enrollment of nearly 1100 students. We are also members of Region 3A and compete in the Bay Rivers District which consists of 10 member high schools. These schools are Bruton, Grafton, Jamestown, Lafayette, New Kent, Poquoson, Smithfield, Tabb, Warhill, and of course York.

## **ABOUT THE VIRGINIA HIGH SCHOOL LEAGUE**

The Virginia High School League (VHSL) is an alliance of Virginia's 317 public/private high schools providing quality student activities. VHSL programs are an extension of the classroom and provide students with an opportunity to develop teamwork and leadership skills, to learn the importance of sportsmanship ethics and integrity, and to become better citizens. More than 200,000 students participate in VHSL programs.

[www.vhsl.org](http://www.vhsl.org)

## **WHAT IT MEANS TO BE A STUDENT-ATHLETE**

As a York High School student-athlete, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride and humility. Your conduct is closely scrutinized as you sit in the classroom, as you travel and as you compete at home and on the road. You are looked upon as a role model, particularly by your peers and younger children. Realize that you are representing yourself, your team, your family and York High School.

## **WHAT DO I NEED TO DO TO PARTICIPATE IN ATHLETICS AT YORK HIGH SCHOOL?**

- Must be a bona fide student in good standing with the school, which he/she represents.
- For the 1<sup>st</sup> semester, the student must have earned the equivalent of five (5) credits to be eligible for play during the preceding school year.
- For the 2<sup>nd</sup> semester, the student must have earned the equivalent of five (5) credits to be eligible for play during the 1<sup>st</sup> semester;
- Student must be enrolled in equivalent of 5 courses each semester to be eligible for the current semester:
- Must pay an Athletic Participation Fee of \$60 prior to the first contest.
- Must read and sign York County School Division's Athletic Pledge.
- Must complete a VHSL Athletic Participation/Parental Consent/Physical Examination form. This form must be dated by a physician on or after May 1, 2021.
- Must also complete the YCSD Concussion and Return to Play form along with the YCSD Cardiac Arrest
- Contact the athletic department for specific eligibility questions.