 **WASHINGTON-LIBERTY HIGH SCHOOL**

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| **Principal**  Antonio Hall **International Baccalaureate****Coordinator** Julie Cantor | **Assistant Principals**  Maggie Hsu  Betty Sanders  Vica Irving  Paul Jamelske  Timica Shivers | Director of Counseling Jessica Gregory  **Student Activities**  Justin Bolfek, Director  Kevin Healy, Asst. Director |

Dear Generals,

We are looking forward to seeing you this fall and including you in our great athletic tradition here at Washington-Liberty. All athletes in all sports must turn in a VHSL Athletic Clearance Form, with a physical dated after May 1, 2023 in order to be cleared to play sports for Washington-Liberty. The Fall Sports season will begin July 31st, 2023. Please see below for more information on fall sports, and visit our school athletics page at [www.wlgeneralsathletics.com](http://www.wlgeneralsathletics.com).

**CHEERLEADING**

Come join the Washington-Liberty co-ed competitive cheer team and help cheer your teams to victory. Join us for tryouts July 31-August 3, 6-9PM in the WL gym to showcase your talent, energy, and teamwork skills. Build strength, coordination, and agility while forming lifelong friendships. Whether you're a seasoned cheerleader or new to the sport, we welcome everyone to come and tryout. Wear athletic clothing and shoes. If you have any questions or need further information, please contact Ghita Haronni at [Ghita.haronni@apsva.us](mailto:Ghita.haronni@apsva.us).

**CROSS COUNTRY**

Cross Country Running season begins August 7th.  Practice will be 7:30-9am Aug 7-16th and 3:45-5:15pm Aug 17th through the rest of the season. We meet every weekday, Monday-Friday, until the end of the season (mid-October for non-Varsity), and every athlete will have the opportunity to run a few 5km races.  Runners who meet certain qualifications will have the opportunity to compete in large invitations on the weekends and post season championship races.  Runners of all abilities are welcome, and there are no try-outs. Significant commitment is required from all as we do follow a rigorous training schedule that our athletes find both challenging and rewarding. Contact Coach Rigali ([paulette.rigali2@apsva.us](mailto:paulette.rigali2@apsva.us)) if you have any questions.

**FIELD HOCKEY**

Try-outs begin July 31st and run for three to four days. The hours are from 6:30-9 am and 6:30-8:30 pm daily. All are encouraged to come out and give it all they got to be part of an amazing team. Selections will be announced Thursday following the am session, for Freshman, JV and Varsity team. Practices will commence on Thursday, August 3rd with a possible scrimmage the following week. No prior experience is required and all are welcome. For more information please contact Coach Beth Prange at [beth.prange@apsva.us](mailto:beth.prange@apsva.us).

**FOOTBALL**

Varsity and JV football will begin July 31st at 3:30. Players will need to be sure to have their physicals uploaded. Be sure to stay hydrated and be ready for physical workouts prior to being issued pads. Any questions related to the offseason conditioning program should be directed to Adam Moir, Assistant Varsity Football Coach, at [adam.moir@apsva.us](mailto:adam.moir@apsva.us).

The freshman football team is open to rising 8th and 9th graders.  All players who are interested are welcome to come out for the team, no experience is necessary.  Players will come in on Monday, August 7th and Tuesday, August 8th at 3:30pm for equipment handout. No equipment will be distributed to any player who has not been cleared.  We highly encourage rising 8th graders to come out for the team, as it will allow them to play for our coaches for two seasons on the freshman level.  This is a big advantage for the players, as they get to know the coaches and our football system very well before going on to the Junior Varsity and Varsity levels.  Any questions about the program as a whole, reach out to Coach Josh Shapiro at [Josh.Shapiro@apsva.us](mailto:Josh.Shapiro@apsva.us).

**VOLLEYBALL**

The coaches from the WL Volleyball program welcome you to join us to try out for the upcoming season this fall.  Every year we are competitive in our conference and have fun while doing so.  We work hard and have high expectations for our players.  If you are looking to be a part of a team committed to excellence, please check us out!  Our team page will have all of our information for try-outs updated soon!  Bring your updated physical, knee pads, water bottle, and plan to sweat! For further questions contact Coach Bongo at [Keri.Bongo@apsva.us](mailto:Keri.Bongo@apsva.us).

**Washington-Liberty High School • 1301 North Stafford Street Arlington • VA 22201**

**Main Office (703) 228-6200**

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Dear W-L Students and Families,

The 2023 Fall Athletic season begins on July 31, 2023. Our Fall VHSL sports include Cheerleading, Cross Country, Field Hockey, Football, Golf, and Volleyball. Additionally, we offer intramural Dance, Color Guard, and Ultimate Frisbee.

Please visit  [https://wlgeneralsathletics.com/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwlgeneralsathletics.com%2f&c=E,1,pVZ9OuXdjugELwfeBTptmrZYT6HyFTKn0gJ9oDnQ0cxOUtaeMj2NBmyFw4a7-jDMFSMriXzLJAcdOUNThp0z9yDuSO6X7DxiTmtskkI3ZcBrV6Lz&typo=1) for specific Fall team information, including coach contact information, “green days” pre-training, try-out information and game schedules.

You may also register for Winter and Spring Sport NOW.

Winter Sports begin November 7th, 2023 and Spring Sports begin February 19th, 2024.

**To try-out and/or participate on an athletic team (including tryouts and out of season green days), students must be registered and cleared.   Athletic clearance includes 2023-24 SY registration and current annual VHSL physical/Doctor’s clearance dated after May 1, 2023 (Page 3 only). School Physical can be found here:**[**VHSL Medical Physical**](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwlathletics-ar.rschooltoday.com%2fsites%2fwlathletics-ar.rschooltoday.com%2ffiles%2fupload%2fPart3.pdf&c=E,1,4pjHfzuSziVY2Rd05iXkVf4CXjjGxHyA37WXFWqd1r6h5vTGLJT5KRgmTa-O1cL1bM4QqNua2_d3Ryn4fWFsJpZUiyJsSbP2-fVkezzobQ,,&typo=1)

To begin W-L Athletic Registration, click here: [https://wlathletics-ar.rschooltoday.com/viewmyaccount](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwlathletics-ar.rschooltoday.com%2fviewmyaccount&c=E,1,0J2uh8TMO9NtaTy4t3cZqK0kEAZ2GjaHYBgA6sskxt1iDbY7So52BKH4b7soY4riiliNb6vxlzV5-0HiTBKXxR6Io0P-TWCl7wY0RUQjLlnyDA,,&typo=1)

Athletic registration includes the following steps:

* Sign in or Create Rschool Account
* Complete the VHSL Athletic Participation/ Parental Consent/ Health History/ Insurance Information/ Emergency Information (online forms)
* Upload page 3 **Physical Examination (dated after May 1, 2023, signed, and stamped)**
* Sign the Arlington Public Schools online Athletic/Co-Curricular Participation Agreement

Here are links to helpful videos to assist with registration:

new users**:** [https://screencast-o-matic.com/watch/c36qFRVtWln](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fscreencast-o-matic.com%2fwatch%2fc36qFRVtWln&c=E,1,FgAAYBVAh6QdXXAii2JB_6kciaRIT1GryGVd5WCj9_nBvoGWS9I3hMiaPjuSdULZu_NpINBHV0DzFyC6gSjp7XO46EwIHIJb3F53dBF0yWx9zjGhoV0,&typo=1)

returning users**:**[https://screencast-o-matic.com/watch/c36qqhVtWIo](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fscreencast-o-matic.com%2fwatch%2fc36qqhVtWIo&c=E,1,Cx-7FuGg1rgIojCOVjLnvD65xChW7o7MeZN69YKkT_r7GtBMrEYiXk0Az3P50Fpl3istpb5hHUhtzwT4x3r1QI8_d0Vc3l6yi00RFb8AUNQFx2UyeJ8,&typo=1)

VHSL requires that all athletes must have health insurance. For those students not already covered, APS recommended student accident insurance is available for purchase. Information on this insurance can be found at  <https://www.hsri.com/K12_Enrollment/Main/browse.asp>

Please consider joining the W-L Athletic Boosters.  Membership information can be found at:  [https://wlgeneralsathletics.com/boosters-home/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwlgeneralsathletics.com%2fboosters-home%2f&c=E,1,bay3dexPngnPa3vP8PBCIgkpmyxgbAxpWcupD1FPKPJ3CkCyFmkE1mJqJfAGjNOnqHfCIE7qQJE5OWXxPUjC9WBhBXnlWLJVSR3dvzVycNlQ&typo=1)