



Fall 2024 Student Athletic & Activity Sign-Up

Please see below the options for the Fall 2024 season. Please review these options with your students to help them make their best choice. Pay special attention to the starting date of each activity. To be eligible, participants are expected to attend all of the dates. Fall activities end by November 1, 2024. Students who choose to participate may sign up for only ONE activity/sport. Partial/dual participation is not permitted.

| Activity | Grades | Start Date | Days & Times | Description |
|--|-----------------------------|------------|--|---|
| Makerspace therringshaw@tncs.org | 5-8 (limit 12 students) | Sept 9 | Mondays 3:30-4:30 | An exciting after-school adventure that will spark curiosity and ignite creativity! Makerspace offers middle school students the chance to dive into the fascinating world of makerspace technologies. From 3D Printing to Virtual Reality, laser machines to electronics, and coding to much more, every session is a new opportunity to explore, learn, and have a blast. Unleash your inner inventor, coder, or designer, and let your imagination run wild. It's the perfect opportunity to have fun while gaining valuable skills. Students choose what they want to do each session and can work independently as well as with a group. |
| Strength & Conditioning (Beginning) selkins@tncs.org | 7-12 (limit 12 students) | Sept. 3 | Tues. & Fri. 3:30-4:30 | An introduction to resistance and agility training. Students will begin to master human movement while adding weighted instruments and intensity. |
| Strength & Conditioning (Advanced) selkins@tncs.org | 8-12 (limit 12 students) | Sept. 5 | Mon. & Thurs. 3:30-4:30 | Prerequisite: Beginning Strength & Conditioning This program emphasizes the development of total body strength through the power lifts and their variations. Students' power will be improved through a program of progressive plyometrics. |
| Fall Baseball Clinic jflowers@tncs.org | 7-12 | Sept. 3 | Tues. & Thurs. 3:30-5:00 Klehr Field | For players looking to prepare for the Spring 2025 season. Develop baseball skills through field drills and batting cage work. Players will be bused to Klehr Field. |

| Activity | Grades | Start Date | Days & Times | Description |
|--|--------|---|--|--|
| Volleyball, Girls Varsity greese@tncs.org | 8-12 | August 12 (tryouts begin for all girls who wish to be considered for this team) | M,T,Th,F plus some Saturdays 3:30-5:30 TNCS & RVC | Per VISAA state rules, girls in grades 8-12 are eligible to try out for the varsity team. All students who wish to be considered for this team, including returning varsity team members, MUST be present for tryouts. Students who do not make the varsity team will be placed on the junior varsity (JV) team. |
| Volleyball, Girls Junior Varsity (JV) egobble@tncs.org | 7-11 | August 19 (tryouts begin for all girls who wish to be considered for this team) | M,T,Th,F 3:30-5:00 | This team is for girls in grades 9-11 who are not on the varsity team, plus 7th & 8th graders who the coaches determine are ready for interscholastic competition. For upper schoolers, this team is “no cut” as long as appropriate attendance and attitude are maintained. |
| Volleyball, Girls Middle School egobble@tncs.org | 5-8 | Sept. 3 | 2 days/week varying days TBD 3:30-4:30 | Skills and drills practices for girls who are learning the game to become ready for future interscholastic competition. This team is “no cut” as long as appropriate attendance and attitude are maintained. |
| Soccer, Boys Varsity egobble@tncs.org | 8-12 | August 12 (practices begin for all boys who wish to be considered for this team) | Weekdays (M-F) 3:30-5:00 | Per VISAA state rules, boys in grades 8-12 are eligible to try out for the varsity team. All students who wish to be considered for this team, including returning varsity team members, MUST be present beginning August 12. 8th graders who do not make the varsity team will be placed on the MS team. |
| Soccer, Boys Middle School egobble@tncs.org | 5-8 | August 19 (practices begin for all participants) | 3 days/week varying days TBD 3:30-4:45 | This team is for boys in grades 5-7, plus 8th graders who are not on the varsity team. This team is “no cut” as long as appropriate attendance and attitude are maintained. |
| Cross Country, Boys and Girls Varsity bwalters@tncs.org | 8-12 | August 12 (practices begin for all students who wish to be considered) | M,T,Th,F 3:30-5:00 | Per VISAA state rules, boys and girls in grades 8-12 are eligible to try out for the varsity team. All students who wish to be considered, including returning varsity team members, MUST be present beginning August 12. 8th graders who do not make the varsity team will be placed on the MS team. |
| Cross Country, Boys and Girls Middle School bwalters@tncs.org | 5-8 | August 19 (practices begin for all participants) | 3 days/week varying days TBD 3:30-4:45 | This team is for girls and boys in grades 5-7, plus 8th graders who are not on the varsity team. This team is “no cut” as long as appropriate attendance and attitude are maintained. |

Student accounts will be billed a \$100 Saber Sports participation fee (or \$50 for 2 day/week activities) for the season.