



## SPRING SABER SPORTS 2019

We are so excited about Saber Sports! Through a student sign-up process in January, we created the list below of sports that “made” for the spring season. Our athletic program is an integral part of the TNCS community. We aren’t a “cut” school – meaning, nobody will be told they cannot join a sport because they don’t have the skill or experience. We encourage students to play on our teams. For some of our students, sports are a primary focus and athletic arenas are a place for them to show their talents and shine. For some, sports are a chance to get out of their comfort zone and try something new. For all of our students, Saber Sports are an opportunity to grow individually by committing to a team. **Daily schedules for each team can be found at [tncsathletics.org](http://tncsathletics.org).**

**\*All students must have a 2018-2019 Participation/Parental Consent/Physical Examination Form.** Students may not begin practice without a completed form on file. Contact Rhonda Chambers ([rchambers@tncs.org](mailto:rchambers@tncs.org)) with questions.

SPORT	HEAD COACH, Department	1st PRACTICE	In-Season Practices	EQUIPMENT
Girls Soccer	Beth Savarese, Math <a href="mailto:bsavarese@tncs.org">bsavarese@tncs.org</a>	Monday, 3/4 3:30 – 4:30 TNCS	M,T,Th,F 3:45 – 5:15 TNCS	Cleats, shin guards, outdoor training clothes
Developmental Gof Club for all Grades	Josh Roy, Science <a href="mailto:jroy@tncs.org">jroy@tncs.org</a>	Thursday, 3/7 4:00 – 5:00 FirstTee RVA	M & Th 4:00 – 5:00 FirstTee RVA	Clubs, Collared shirt, Golf attire
Middle School Baseball	Danny Wise, History <a href="mailto:dwise@tncs.org">dwise@tncs.org</a>	Monday, 3/4 4:00 – 5:15 Klehr Field	M,T,Th,F: 4:00 – 5:15 Klehr Field Bus returns to TNCS 5:30	Glove, baseball cleats, outdoor training clothes
Varsity Golf Team	Janet Phillips, Windy Hill <a href="mailto:janetwindyhill@aol.com">janetwindyhill@aol.com</a> Josh Roy, Science <a href="mailto:jroy@tncs.org">jroy@tncs.org</a>	Monday, 3/4 VSGA Rules Clinic, 4:00 St. Catherine’s	Mon – Thurs 5:30 – 6:30 Windy Hill Fri 4:00 – 5:00 FirstTee RVA	Clubs, Collared shirt, Golf attire, <b>practice transportation</b>
5K Training Team	Lauren Clelland, LF <a href="mailto:lclelland@tncs.org">lclelland@tncs.org</a>	Monday, 3/4, 3:30 – 4:30 TNCS	M,T,Th,F 3:30 – 4:30	Running Shoes, outdoor training clothes
Fitness & Yoga for Grades 8-12	Jim Morgan, Health <a href="mailto:jmorgan@tncs.org">jmorgan@tncs.org</a>	Tuesday, 3/5 3:30 – 4:30	T, Th 3:30 – 4:30 TNCS Gym	Gym clothes and shoes

**Please contact the coach listed above with questions.** Participating students should report to the location for the first practice listed above. Student accounts will be billed a \$25 athletic participation fee for the season.

Daily schedules can be found by visiting  
[tncsathletics.org](http://tncsathletics.org)