



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.**

***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) with questions.

SPORT	HEAD COACH, Department	1 ST PRACTICE	In-Season Practices	EQUIPMENT
Girls Soccer	Beth Savarese, Math bsavarese@tncs.org	Monday, 3/4 3:30 – 4:30 TNCS	M,T,Th,F 3:45 – 5:15 TNCS	Cleats, shin guards, outdoor training clothes
Middle School Golf	Josh Roy, Science jroy@tncs.org	Monday, 3/4 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 dwise@tncs.org	Pitchers & Catchers Only Monday, 2/25, 3:30 – 4:30 TNCS Field Players 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	Janet Phillips, Windy Hill janetwindyhill@aol.com Josh Roy, Science jroy@tncs.org	Monday, 3/4 VSGA Rules Clinic, 4:00 St. Catherine’s	Mon – Thurs 5:30 – 6:30 Windy Hill	Clubs, Collared shirt, Golf attire, practice transportation
5K Training Team	Lauren Clelland, LF lclelland@tncs.org	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 jmorgan@tncs.org	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