



SPRING SABER SPORTS 2020

We are so excited about Saber Sports! Through a student sign-up process in the fall, we created a 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 based solely on 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 2019-2020 Participation/Parental Consent/Physical Examination Form. Students may not begin practice without a completed form on file. Contact Noel Raggio (nraggio@tncs.org) with questions.

SPORT	HEAD COACH, Department	1 ST PRACTICE	In-Season Practices	EQUIPMENT
Girls Soccer	Kyle Foulger, Science kfoulger@tncs.org	Monday, 3/2 3:30 – 5:30 TNCS	M,T,Th,F: 3:30 – 5:30 TNCS	Cleats, shin guards, outdoor training clothes
Varsity Golf*	Josh Roy, Science & Janet Phillips jroy@tncs.org	Monday, 3/2 3:30 – 5:30 FirstTee RVA	Varied courses and times	Clubs, Collared shirt, Golf attire
Middle School Baseball	Scott Kay, Middle School skay@tncs.org	Monday, 3/2 4:00 – 5:15 Klehr Field	M,T,Th,F: 4:00 – 5:00 Klehr Field. Bus returns to TNCS 5:15	Glove, baseball cleats, outdoor training clothes
Junior Varsity Baseball	Jamie Batten jamieatleebaseball@hotmail.com	Monday, 3/2 3:30 – 5:30 Klehr Field	M,T,Th,F: 4:00 – 5:30 Klehr Field. Bus returns to TNCS 5:45	Glove, baseball cleats, outdoor training clothes
Track & Field	Tyler Stevens, Wellness tstevens@tncs.org	Monday, 3/2 3:30 – 5:45 Henrico Recreation Center	M,T,Th,F: 3:30 – 5:45 Henrico Rec Center	Running shoes, outdoor training clothes
Strength & Conditioning	Shannon Elkins, Wellness selkins@tncs.org	Ongoing	Tues. & Fri. 3:30 – 4:30	Gym clothes and shoes

*Different from fall developmental golf

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.

Schedules can be found by visiting tncsathletics.org.