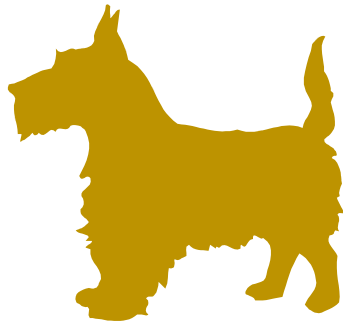


**ST. MARGARET'S  
SCHOOL**



**2010-11  
PARENT/STUDENT  
ATHLETIC HANDBOOK**

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## **ST. MARGARET'S SCHOOL MISSION**

*Educating young women for life*

“As we grow in age, may we grow in grace.”

St. Margaret’s School’s motto reflects our commitment to the growth of young women in every area of their lives: growth in intellectual ability, growth in physical well being, growth in social responsibility, growth in spiritual maturity. We offer a diverse student body a sound college preparatory curriculum, challenging to each individual. In a Christian environment, founded on the Episcopal tradition, both honor and character are developed. St. Margaret’s seeks to inspire each student to make the best of herself, and in so doing, make a better world.

### **ATHLETIC PHILOSOPHY**

The Athletic Philosophy supports the St. Margaret’s mission in four ways by providing our student-athletes:

#### Physical Well-Being

- The opportunity to understand the importance of exercise and physical exertion to achieve physical well-being and a healthy lifestyle.
- The value of physical activity and hard work.

#### Social Responsibility

- The value of dedication and commitment to a team.
- The importance of positive interaction with teammates, coaches, and other teams.

#### Honor and Character

- The appropriate response in both victory and defeat.
- The value of good sportsmanship.
- The value of understanding the nature of competition.

Ways to make the best of herself

- Mastering the skills and rules of the game.
- Understanding the lifelong value of involvement in sports.
- Developing the mental skills for performance enhancement

## **SPORTSMANSHIP**

St. Margaret's is proud of its interscholastic sports program and firmly believes that competitive team experiences contribute significantly to one's development. Good sportsmanship is an important quality of our program.

We expect our **Coaches, Players, Students and Parents** to represent St. Margaret's in a manner that is respectful of others both on and off the field of play. Opposing teams, their fans and officials are to be treated as honored guests. St. Margaret's fans and supporters are there to cheer the strengths and victories of our teams.

### ***Responsibilities of Sportsmanship:***

#### **The Player:**

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

**The Coach:**

1. Treats players and opponents with respect.
2. Inspires in athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the athletic arena is a classroom.

**The Spectator:**

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
4. Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of a game.
5. Respects property of others and authority of those who administer the competition.
6. Censures those whose behavior is unbecoming.

**ATHLETIC/PHYSICAL EDUCATION REQUIREMENTS**

St. Margaret's believes that all students benefit from participation in team sports as well as physical activities. We are committed to the physical well being of all of our students and encourage them to participate in team sports to develop healthy habits which will continue throughout their lives.

Each student will fulfill the yearly physical education requirement through participation for a minimum of one trimester on a Varsity or Junior Varsity team, three trimesters in Dance Repertoire, two trimesters of Physical Education three days per week or one trimester of Horseback Riding four days per week and participation in a Horse Show. Any 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> grader not playing a sport must do Physical Education as their activity three days per week. Juniors and Seniors must participate in a physical activity two days a week the trimesters they do not play a sport.

## **ATHLETIC OFFERINGS**

<b>FALL</b>	Cross Country Field Hockey JV Volleyball Varsity Volleyball
<b>WINTER</b>	JV Basketball Varsity Basketball Swimming
<b>SPRING</b>	Crew Golf Soccer JV Softball Varsity Softball Tennis

## 2010-11 COACHING STAFF

### Athletic Director

Sue Haney 443-3357 [shaney@sms.org](mailto:shaney@sms.org)

### Coaches

Leigh Angel [leighangel@starpower.net](mailto:leighangel@starpower.net)  
Deborah Ball [dball@sms.org](mailto:dball@sms.org)  
Kay Carlton [carl10s@verizon.net](mailto:carl10s@verizon.net)  
Cupper Dickinson 443-3357 [cdickins@sms.org](mailto:cdickins@sms.org)  
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Richard Lewis  
George McDowell 443-3357 [gmcdowel@sms.org](mailto:gmcdowel@sms.org)  
Javier Molinares  
Frank Rixey [achillesheel2004@yahoo.com](mailto:achillesheel2004@yahoo.com)  
Rodney Watkins [rwatkins@sms.org](mailto:rwatkins@sms.org)  
Sara Page Waugh 443-3357 [swaugh@sms.org](mailto:swaugh@sms.org)  
Joe Wood 443-3357 [jwood@sms.org](mailto:jwood@sms.org)

## ACADEMIC ELIGIBILITY

Being an athlete requires the student to balance her academic and athletic responsibilities. St. Margaret's does not have a minimum grade requirement to be eligible for interscholastic athletics. The school does, however, have a system in place to encourage the athletes to maintain good grades. No athlete will be excused from any academic work – quizzes, tests, homework – because of an athletic event. The athlete must make arrangements IN ADVANCE for all assignments to be completed on time. In addition, there are now restrictions relating to athletic sports' travel found in the 2010-11 Student Handbook which states:

“Any student who earns a term grade below a C- at the end of a trimester in a year long course will have restrictions placed on her travel to away athletic contests for the following trimester. Students who earn an interim grade below a C- will also have restrictions placed on travel to away athletic contests for the remainder of the trimester. Students restricted from travel because of their academic standing will attend an afternoon or Saturday study hall as appropriate.”

## **GOVERNING BODY**

St. Margaret's competes as a member of the League of Independent Schools (**L.I.S.**) in the following sports: cross country, basketball, field hockey, golf, soccer, softball, swimming and volleyball. St. Margaret's also fields a tennis team, however, it does not participate in the L.I.S. In addition, St. Margaret's participates in crew, which competes in the Eastern Virginia Scholastic Rowing Association (**EVSRA**). The Other L.I.S. members are The Collegiate School, The Covenant School, Norfolk Academy, St. Anne's-Belfield School, St. Catherine's School, Saint Gertrude High School, The Steward School, Trinity Episcopal School and Virginia Episcopal School.

## **LEAGUE ELIGIBILITY**

A girl classified as a full-time student at St. Margaret's is eligible to participate in the League of Independent Schools.

## **SELECTION OF TEAMS**

### **JUNIOR VARSITY**

1. The Junior Varsity teams should be considered the learning team. This is the opportunity for many young athletes to learn how to play the game.
2. Younger players on JV will only “play up” if it is deemed that they can earn sufficient playing time in order for this to be a beneficial decision.
3. Roster limitation may occur at the Junior Varsity level. Selection is based on skill level.
4. Competition and striving to win are a part of interscholastic sports. Although coaches will make every effort to give all JV team members playing time, it is not guaranteed.

### **VARSITY**

1. At the Varsity level, the commitment is to put the best teams possible on the field or court. Varsity teams will have roster limitations.
2. Each athlete’s skill level is re-evaluated at the beginning of the season for team membership and is evaluated against the current pool of available athletes.
3. Varsity selection is based on skill and maturity of the individual players. Varsity teams are not selected on a class basis.

## EXPECTATIONS OF ATHLETES

Students should understand fully that by joining a team they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to that team. Expectations may vary from coach to coach or in different sports but St. Margaret's has general expectations for all athletes at all levels. As an athlete chosen to represent St. Margaret's School, the student is expected to:

1. Abide by the athletic training rules.
2. Attend all practices and games.  
(Injured or ill players are expected to attend practices and games whenever possible.)
3. Be punctual and prepared for all practices and games.
4. Remain committed to her academic responsibilities.
5. Desire to improve skills and knowledge of the sport.
6. Be willing to work hard and be attentive in practice.
7. Take responsibility for all equipment and uniforms.
8. Turn in one's medical (physical) form, emergency medical form and training rule agreement **PRIOR** to sport participation.
9. Represent one's self, team, school and family in a dignified and sportsmanlike manner.

## TRAINING RULES

Success in athletics is determined by each member of the team performing up to her potential by trying to attain the best possible mental and physical condition. Student use of alcohol, illegal drugs or tobacco is not allowed. **Training rules are in effect beginning the first day of practice or try-outs of each athletic season.** Coaches will review the training rules with all team members on the first day of practice. Team members and their parents are required to sign a statement that they understand the responsibility and commitment as reflected in this policy and that the athletes agree to abide by the training rules.

# **ATHLETIC TRAINING RULE AGREEMENT**

## ***St. Margaret's Position Statement on Alcohol and Drugs***

The use of alcohol and drugs by minors is illegal and potentially detrimental to their intellectual, physical and personal development. For these reasons, St. Margaret's does not condone the use of alcohol or other drugs by our students in any fashion.

St. Margaret's is committed to promoting a school community based on a healthy, alcohol and drug-free way of life for students by providing education and counseling and facilitating communication among students, parents, and faculty.

The success of our efforts to attain these goals requires the commitment of students, parents and faculty.

## ***Athletic Training Rules***

Athletes participating on athletic teams make sacrifices for the good of their teams. They give their time and their energy; they give of themselves, physically, mentally and emotionally. The success of any team is proportional to the degree to which individuals undertake such sacrifices. Therefore, in view of this necessary individual commitment for team success, St. Margaret's requires that athletes abide by certain "training rules" in order to insure the greatest physical, mental and emotional well-being of all athletes.

As a participant on a St. Margaret's School Athletic team, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control and good sportsmanship.

I understand that the following items are included in the training rules for all competitive teams at St. Margaret's:

1. The use of alcoholic beverages in any form is prohibited.
2. The use of drugs (other than those prescribed by a physician for your use) is prohibited.
3. The use of tobacco in any form is prohibited.

I agree to abide by the above training rules. Violations of the training rules will be subject to consequences as determined by the Athletic Review Board. A captain who violates the training rules will automatically lose her captaincy. Two violations during one season will minimally result in an automatic expulsion from the team. Repeat violations during the course of a career will typically result in more severe disciplinary actions.

Player's Signature \_\_\_\_\_

I understand and have discussed the responsibilities and commitments that my daughter has accepted as a member of a St. Margaret's School Athletic team and will support and assist her in meeting these commitments.

Parent or Legal Guardian Signature \_\_\_\_\_

### **Athletic Review Board**

The Athletic Review Board upholds the athletic training rules prohibiting student use of alcohol, illegal drugs, or tobacco. The Athletic Review Board is comprised of the Dean for School Life, the Athletic Director, the athlete's coach and all the varsity captains for that season. Violations will be handled by this group on an individual basis. Disciplinary action may include suspension from competition or dismissal from the team. A captain who violates the rules will automatically lose her captaincy. Two violations during one season will, at a minimum, result in an automatic expulsion from the team. The Assistant Head for School Life reviews recommendations and consequences.

## **LETTERING CRITERIA**

Varsity and Junior Varsity athletes have the opportunity to earn a St. Margaret's letter in their sport. The criteria for earning a letter are established by the coaching staff and approved by the Athletic Director. Each will share these criteria in writing with his/her team at the beginning of the season. The number of practices attended (or missed), number of games in which a player participates and a player's attitude toward hard work and team play may all be factors in determining if a letter is earned.

## **ATHLETIC LUNCHEONS**

Athletes are recognized at the three Athletic Awards Luncheons held at the end of each season. Dress for the athletes at the luncheon is their dressy school outfit. The remainder of the student body will wear their non-dressy school uniforms.

## **SCHOOL ATTENDANCE AND ATHLETIC PARTICIPATION**

School Attendance and Player Eligibility: (Refer to Student Handbook for what are considered excused and unexcused absences.)

- A. Unexcused full day absence the day of practice CANNOT practice.
- B. Unexcused full day absence on practice day before a contest CANNOT play.
- C. Excused full day absence the day of practice CAN practice.
- D. Excused full day absence the practice day before a contest CAN play but CANNOT start.

- E. Athletes must be in the second class of the day and all remaining classes to be eligible to play in that day's HOME contest.
- F. Athletes may only miss one class on AWAY game days in order to be eligible to play.
- G. The nurse must clear anyone released from the infirmary on a game day in order to play.

Questions about this policy should be addressed, in advance, to the Athletic Director.

## **SCHOOL ATTIRE FOR GAME DAYS**

All teams will wear their blue or grey team t-shirts and any skirt or slacks that are a part of the school wardrobe. They may also wear athletic shoes. Every member of a Varsity team will be issued an SMS warm-up and the team may wear that on the game day. The entire team must be uniformly attired. Sandals are NOT allowed.

## **SCHOOL JURISDICTION AND TRANSPORTATION**

Students are reminded that they are under school jurisdiction when traveling to and from away games. Team transportation will be provided for most local and all out-of-town games. With the permission of the Head Coach and the Day student's family, Day students may drive themselves to in-town games that are off campus as long as they do not return to school. After a game, students must return via team transportation unless they leave with their parent or have prior written permission from the parties involved. ***No student may drive another student to or from an athletic contest unless the student is a regular car-pool member with that student and has prior parental permission.***

## **INCLEMENT WEATHER POLICY**

When weather forces the school to close, there will be no practice or games that day unless there is a special clearance from the Athletic Director. On rainy or snowy days, decisions on outdoor practices and games will be made as soon as possible so everyone involved can be notified of cancellations. On game days, decisions will be made by 1:00 p.m. The school receptionist will be advised so that she can field incoming inquiries. Students should assume practice or games will be held unless there is an official announcement made or posted.

## **ATHLETIC INJURIES**

The first concern for all St. Margaret's athletes is their good health and well being. Each athlete must have a thorough medical examination, and turn the medical form in to the school, **BEFORE** participating in interscholastic sports. Any injury to an athlete should be reported immediately to the Coach who will summon the school nurse for an evaluation. If necessary, the athlete will be taken to a local doctor or the Riverside Tappahannock Hospital Emergency Room for more advanced care. Every effort will be made to notify the parent or legal guardian prior to transporting the injured athlete.

There will be a Certified Athletic Trainer (ACT) present at all HOME contests to administer immediate first aid. She will also be on campus one afternoon a week to meet with injured athletes and suggest follow-up recommendations for rehabilitation.

## **ATHLETIC PARTICIPATION**

An athlete may participate in only one sport per season. The tryout period for a team continues until the team lists are posted. If an athlete is unsure on which team she wants to play, she may practice with any team(s) during tryouts. She should inform all coaches involved that she is trying out for more than one team. Communication is extremely important. Once the team lists are posted, a player may not quit one team and go to another. The athlete must make that decision and inform all coaches involved prior to the posting of teams. In the event an athlete quits a team, she will have to choose an afternoon activity.

## ATHLETIC TRAVEL DIRECTORY

Sue Haney, Athletic Director  
Office: (804) 443-3357, ext. 3034  
Cell: (804) 445-5007  
Fax: (804) 443-1832  
Email: [shaney@sms.org](mailto:shaney@sms.org)

## ATHLETIC TRAVEL DIRECTORY

### Schools

Blessed-Sacrament Huguenot	(804) 598-4211
Christchurch School	(804) 758-2306
Collegiate School	(804) 741-9728
The Covenant School	(434) 220-7342
Essex High School	(804) 443-4301
Fredericksburg Academy	(540) 898-0020
King & Queen Central High School	(804) 785-6102
Lancaster High School	(804) 462-5177
Norfolk Academy	(757) 461-0846
Northumberland High School	(804) 580-5192
Rappahannock Community College	(804) 333-6700
Richmond Christian School	(804) 276-3193
St. Anne's-Belfield School	(434) 295-5550
St. Catherine's School	(804) 288-2804
Saint Gertrude High School	(304) 358-9114
St. Margaret's School	(804) 443-3357
The Steward School	(804) 740-3394
Trinity Episcopal School	(804) 272-5864
Virginia Episcopal School	(434) 385-3692
West Point High School	(804) 843-3630

### Additional Crew, Cross Country, Swim or Tennis Sites

Briarwood Fitness/Swim Club  
Darden Towe Park  
Glenwood Country Club  
Maymont Park  
Mathews  
Norfolk Botanical Gardens  
Robious Landing Park  
William & Mary

## **ATHLETIC TRAVEL DIRECTORY**

### **BLESSED SACRAMENT-HUGUENOT**

2501 Academy Road  
Powhatan, VA 23139  
(804) 598-4211; Fax: (804) 598-1053

Take 360 to Mechanicsville. Take 295 towards Charlottesville. Get off on the 64 West exit toward Charlottesville. Take the Rt. 288 South exit. Get off on the Rt. 60 West exit. Go through one Flat Rock stoplight. Go about 2 miles. Take a right onto Academy road (Exxon station). School about 2 miles down on left.

### **BRIARWOOD FITNESS/SWIM CLUB**

Take Route 360 east to Mechanicsville. Take I-295 to I-64 west toward Charlottesville. Exit onto Route 288 South . Exit at Huguenot Trail/Robious Road E (Rt. 711).  
Turn left and go approximately 5 miles.  
Look for entrance to Briarwood on the right.

### **CHRISTCHURCH EPISCOPAL SCHOOL**

Route 33  
Christchurch, VA 23031  
(804)758-2306; Fax: (804) 758-0721

Take Route 17 South to Saluda. Take left into Saluda. Go straight through the town of Saluda. Christchurch School is on the left (approximately 4 miles south of Saluda).

### **CLOVER HILL ATHLETIC COMPLEX**

#### **(Swift Creek Panthers Field Hockey)**

17901 Genito Road  
Moseley, VA

Take Route 360 east to Mechanicsville. Take I-295 to I-64 west toward Charlottesville. Exit onto Route 288 South. Follow Route 288 South towards Hull Street . Take the Old Hundred Road exit and go to the 1st stop light (3/4

mile) and take a left onto Charter Colony Parkway. Go aprox 1 mile to 2nd Stop Light. Turn right onto Genito Road. Follow Genito Road for 5 .5 miles and Park is on the left. If you pass the church with the tall steeple, you have gone too far.

### **COLLEGIATE SCHOOL**

N. Mooreland Road  
Richmond, VA 23229  
(804) 740-7077; (804) 741-9745; Fax: (804) 740-3062, (804) 741-9797

Take Route 360 to Mechanicsville. Take I-295 towards Charlottesville. Go to the very end of I-295 to I-64 East (Richmond). Go 1.9 miles to Gaskins road south. Exit right onto Gaskins road. Continue south on Gaskins to the seventh stoplight (Derbyshire road). Turn left on Derbyshire road. Go 0.7 mile. Take a right onto Mooreland road. Collegiate is approximately 0.5 mile on left.

### **Collegiate School's Goochland Fields (Cross Country, Field Hockey and Softball)**

Take Route 360 to Mechanicsville. Take I-295 toward Charlottesville. Take I-64 West: Take 288 South to Patterson Avenue (Route 6) EAST. Continue on Patterson about one mile and turn right onto Blair Road. Fields will be approximately ½ mile on your right.

### **THE COVENANT SCHOOL**

175 Hickory Street  
Charlottesville, VA 22903  
(434) 220-7342; Fax: (434) 220-7349

Take Route 360 to Mechanicsville. Take I-295 toward Charlottesville. Take I-64 west to the 5<sup>th</sup> Street Extended Exit At the top of the ramp, turn left (away from Charlottesville). Go about two blocks and turn left onto Stagecoach. Take an immediate left onto Oak Hill; then turn right onto Hickory. The school is on your right.

### **For Tennis Matches with Covenant (Charlottesville Christian Tennis Club) at Glenmore Country Club**

1750 Piper Way  
Keswick, VA 22947

Take Rt. 360 to Mechanicsville. Merge onto I-295 North toward Charlottesville. Merge onto I-64 West to Charlottesville.

Take I-64 to the Keswick Exit # 129. Turn left at the end of the ramp and drive over to route 250. Turn right onto 250 toward Charlottesville. Drive west on route 250 for about 3 miles. You will see a sign on your left for the GLENMORE development.

Turn at the sign and follow the entry road and make a right turn to the GUARD HOUSE. Go through the left lane and tell them you are here for a tennis match. Follow Piper Way straight ahead for about 1 mile and you will see the tennis complex on your right.

### **DARDEN TOWE PARK (For cross country meets with Covenant and STAB)**

Charlottesville, VA 22911

Take 360 to Mechanicsville. Take 295 towards Charlottesville. Get off on the 64 West exit toward Charlottesville. Travel west on I-64 to Exit 124 (Rt. 250 exit) toward Charlottesville/shadwell/airport. Turn right onto Richmond Road/US 250 West. Go 1.6 miles, turn right onto Stony Point Road/VA-20. Turn left onto ELK Drive. Turn slight right into Darden Towe Park

### **ESSEX HIGH SCHOOL**

Take Rt. 17 North through Tappahannock. After passing Tappahannock Elementary School and June Parker Marina on the right, turn left at the stoplight onto Airport Road. Go approximately one mile. The school will be on the right.

### **FORK UNION MILITARY ACADEMY**

Take 360 to Mechanicsville. Take 295 towards Charlottesville. Get off on the 64 West exit toward Charlottesville. Travel west on I-64 to the Route 15 / Zion Crossroads Exit, Exit 136. Turn south on Route 15 and go approximately 17 miles to the village of Fork Union. Fork Union Military Academy is located on the east side of Route 15.

**FREDERICKSBURG ACADEMY**

132 Falcon Drive  
Fredericksburg, VA 22408  
(540) 898-0020; Fax: (540) 898-8951

Take Route 17 North to Route 1 in Fredericksburg. At the traffic light, turn right onto Route 1. Go under the I-95 overpass and turn right onto Mine road at the second traffic light (Taco Bell and McDonald's). Take left at the first traffic light onto Falcon drive. Fredericksburg Academy will be on the left.

**FREDERICKSBURG CHRISTIAN SCHOOL**

2221 Jefferson Davis Highway  
Fredericksburg, VA 22401  
(540) 371-3852; (540) 373-5355; Fax: (540) 371-4121

Take Route 17 North toward Fredericksburg. After New Post, take the first left onto Route 609. Go 0.5 mile. Fredericksburg Christian School is on right.

**KING & QUEEN CENTRAL HIGH SCHOOL**

17024 The Trail  
King and Queen Court House, VA 23085

Take Rt. 360 West toward Richmond. Go approximately 8 miles to Millers Tavern. Turn left onto Rt. 620 followed by an immediate right onto the road behind Watts' Store.  
Take the first left onto Powcan Road and follow it to a stop sign.  
Turn left onto Rt. 14. Stay on Rt. 14 until you see King & Queen Central High School on your right.

**LANCASTER HIGH SCHOOL**

8815 Mary Ball Road  
Lancaster, VA 22503  
(804) 462-5177; Fax: (804) 462-5417

Go across the Robert Downing, Jr. Bridge toward Warsaw. Continue ahead through Warsaw. After passing the 7-11 gas station, turn right onto Route 3. Go approximately 25 miles to Lancaster Courthouse. Lancaster High School will be on the left.

### **MATTHEWS REGATTA SITE AT WILLIAMS WHARF**

From Tappahannock, take 17 South to Glens.  
Turn left at Route 198 (a 7-11 store is on the corner)  
Take a left at the first stop sign to stay on Rt. 198.  
Rt. 198 eventually turns into Buckley Hall Road  
Stay on Rt. 198 for about 15 miles until you come to a stop sign.  
Turn right on to Main Street (there is a Hardees on the corner)  
Go 2 miles, then turn right on to Williams Wharf Road (Rt 614)

### **MAYMONT PARK (Cross Country)**

1700 Hampton Street  
Richmond, VA 23220

Take Rt. 360 to Richmond for approximately 43 miles.

Merge onto I-64 W toward I-95. Go 1.4 miles. Merge onto I-95  
S/ RICHMOND-PETERSBURG TURNPIKE via EXIT 190 on  
the LEFT toward PETERSBURG. Merge onto I-195 N/ VA-195  
W/ DOWNTOWN EXPY via EXIT 74A toward VA-195-  
TOLL/ POWHITE PKWY (Portions toll) Take the exit toward  
MEADOW ST. Turn SLIGHT LEFT onto PARKWOOD AVE.  
Turn LEFT onto S MEADOW ST. Turn RIGHT onto  
PENNSYLVANIA AVE. Turn LEFT onto HAMPTON ST.

### **NORFOLK ACADEMY**

1585 Wesleyan Drive  
Norfolk, VA 23502  
(804) 461-6236; Fax: (804) 461-1229

Take Route 17 South just past Saluda. Turn right onto Rt. 33 toward West  
Point. Go through West Point to I-64 east toward Norfolk. Go through the  
Hampton Roads Tunnel. Continue on toward Norfolk, getting off at Exit 282  
(Northampton Boulevard). Stay in the right lane on Northampton Boulevard,  
go under I-64, and take a right at the first light (Wesleyan Drive). Norfolk  
Academy is on the right.

## **NORFOLK BOTANICAL GARDENS**

From Tappahannock, take 17 South.  
Follow signs to get on I-64 East.  
Take exit 279 (Norview Ave).  
Go 1 mile on Norview.  
Take Right on Azalea Garden Road.  
Entrance to Gardens is 1/2 mile on right.

## **NORTHUMBERLAND HIGH SCHOOL**

### **(Field Hockey games are played at the High School)**

Take Rt. 17 North to the traffic light at Queen Street (Beale Memorial Baptist Church on the right). Turn right onto Rt. 360 east. Go across the bridge and straight through Warsaw staying on Rt. 360. Follow 360 to a stoplight in Callao. Turn right toward Heathsville. Stay on Rt. 360 into Heathsville. The High School is on your immediate right. Fields are behind the school.

## **RAPPAHANNOCK COMMUNITY COLLEGE**

52 Campus Drive  
Warsaw, VA 22572

Go northwest on Water Lane toward 7-11.  
Turn right onto Rt. 360 East.  
Go 6.5 miles. Turn right into the entrance of  
Rappahannock Community College.  
Bear left at the fork and you will see the tennis courts.

## **RICHMOND CHRISTIAN SCHOOL**

6511 Belmont Road  
Chesterfield, VA 23832  
(804) 276-3193; Fax: (804) 276-9106

Take Route 360 west into Richmond. Take I-64 west to downtown Richmond.  
Just before downtown, take I-95 south toward Petersburg. Exit I-95, take  
Chippenham Parkway. Take the second Belmont road exit (Belmont south). Go  
1.5 miles just past Food Lion. Look for Richmond Christian School on left.  
Turn in driveway, gym has columns and is located across from the chapel.

## **ROBIOUS LANDING PARK/JAMES RIVER HIGH SCHOOL**

*3800 James River Road  
Midlothian, Virginia 23113*

Take Route 360 east to Mechanicsville. Take I-295 to I-64 west toward Charlottesville. Exit onto Route 288 South  
Exit at Huguenot Trail/Robious Road E (Rt. 711)  
Turn left and go approximately 2 miles.  
Turn left at the first stop light onto James River Road.

## **ST. ANNE'S-BELFIELD SCHOOL**

2132 Ivy Road  
Charlottesville, VA 22903  
(804) 296-5106; Fax: (804) 979-1486

Take Route 360 east to Mechanicsville. Take I-295 to I-64 west to Charlottesville. Get off at Exit 118-B onto the Route 250/29 Bypass heading north for 2.5 miles to U.S. 250 Business

If you are going to the Lower School (Tennis, Lacrosse, Field Hockey, Softball, Basketball): Turn **left** onto Ivy Road and then take the first right at the light onto Faulconer Drive. Bear right onto Old Ivy Road (immediately after underpass) Take first left onto Faulconer Drive. Stay on Faulconer Drive through the stop sign and follow it up to the Lower School campus. Look for signs at the crest of the hill.

If you are going to the Upper School (Soccer): Turn right onto Ivy Road at the stoplight at the top of the ramp.. Continue on U.S. 250 Business East 0.8 miles through the stoplight . The entrance to the Upper School campus is the next right-hand turn.

## **ST. CATHERINE'S SCHOOL**

6001 Grove Avenue  
Richmond, VA 23226

(804) 288-2804; Fax: (804) 285-8169

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville to I-95 south toward Richmond. Take the Powhite Parkway, Grove avenue exit and bear right to the stop sign. Turn right and go to the traffic light. Turn left onto Grove Avenue. Go through 5 stoplights. The fifth light is the intersection of Grove and Libbie. Take the next left onto Maple. Go past the construction which will be on your right. The last building on the right is the gym.

### **ST. CATHERINE'S GOOCHLAND FIELDS**

(JV and Varsity Softball and Soccer)

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 West exit towards Charlottesville. Take the Rt. 288 South exit. Get off on the Patterson Avenue Rt. 6 East exit. Turn onto River Road across from Richmond Country Club. Go 6/10 mile. Entrance is on your left.

### **ST. CATHERINE'S ROSLYN ON RIVER ROAD**

(Cross Country)

8727 River Road

Richmond, VA 23229

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 East exit toward Richmond.

Take Parham Road South Exit.

Proceed south on Parham Road 4.1 miles.

Follow signs for River Road (left turn/traffic light)

Follow short access road ( N. Parham/River Rd.) to traffic light.

Turn left onto River Road. Proceed 3/10 mile.

Entrance sign for Roslyn Diocesan Center will be on your right.

### **ST GERTRUDE HIGH SCHOOL**

3215 Stuart Avenue

Richmond, VA 23221

(804) 358-9114; Fax: (804) 355-5682

(For Volleyball and Basketball games)

Take Rt. 360 west to Mechanicsville. Take I-295 North towards Charlottesville. Take I-95 south toward Richmond. Merge onto the Powhite Parkway. Take the Cary Street exit and go straight to the traffic light. Turn left onto Cary Street. Take the first left onto Thompson Street. Turn right onto Stuart Avenue. School will be on your right at 3215 Stuart Avenue. Park behind the school.

### **ST. GERTRUDE HIGH SCHOOL**

#### **Dumbarton Elementary School**

9000 Hungary Spring Road

Richmond, VA

(For Softball games)

Take 360 west to Mechanicsville. Take I-295 towards Charlottesville. Take the Staples Mill Road exit heading back toward Richmond. Turn right onto Hungary Spring Road. Go .1 mile. Dumbarton Elementary School at 9000 Hungary Spring Road will be on your right. Softball complex is to the rear of the school.

### **ST GERTRUDE HIGH SCHOOL (THE ABBEY)**

12829 River Road

Richmond, VA 23238

(For Soccer games)

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 West exit towards Charlottesville. Take the Rt. 288 South exit.

Merge onto Patterson Avenue (VA-6) toward Richmond.

Turn right onto Pagebrooke Drive

Turn right onto River Road.

End at The Abbey at 12829 River Road.

### **ST. MARGARET'S ATHLETIC COMPLEX (SMAC)**

1300 Sycamore Drive

Tappahannock, VA 22560

(Field Hockey, Lacrosse, Soccer and Softball)

Go southeast on Water Lane toward Wright Street.

Turn right on Wright Street. Go to the traffic light.  
Turn left on Rt. 17 South.  
Go approximately 1.5 miles. Turn right on Sycamore Drive which is just prior to Shoney's Restaurant.  
Proceed to the new fields.

### **THE STEWARD SCHOOL**

11600 Gayton Road  
Richmond, VA 23233  
(804) 740-3394; Fax: (804) 740-1464

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville. Go to the end of I-295 to I-64 east (Richmond). Go 1.9 miles to Gaskins road south. Exit right onto Gaskins road. Continue south on Gaskins for 2 miles. At the fourth traffic light, turn right onto Quioccasin road. Quioccasin becomes Gayton road at the first traffic light. Continue straight for 1.9 miles to Ryandale road. Turn right onto Ryandale Road. Steward School will be on left.

### **TRINITY EPISCOPAL SCHOOL**

3850 Pittaway Road  
Richmond, VA 23235  
(804) 272-5864; Fax: (804) 323-1335

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville. Take I-95 south toward Richmond. Exit the Powhite Parkway. Take the Cary street exit and go straight to traffic light. Turn right onto Cary Street. Stay on Cary Street past the Country Club of Virginia past the River Road Shopping Center across the Huguenot Bridge. Stay on Huguenot road for about 2 blocks. Turn right onto Cherokee road. Follow Cherokee for 2.7 miles (speed limit 25; winding road). Take left on Pittaway. Trinity School at end of Pittaway on right.

### **VIRGINIA EPISCOPAL SCHOOL**

400 VES Road  
Lynchburg, VA 24503  
(804) 384-6221; Fax: (804) 384-1655

From I-64: Take Route 360 west to Mechanicsville. Take I-295 North to I-64 West towards Charlottesville and exit at 118A-Lynchburg (Rt. 29 South). Stay on 29 South for approximately one hour and ten minutes. When you pass the town of Amherst and Sweet Briar College, you are about 20 minutes from VES. After going through Madison Heights and its many traffic lights and fast food stores, look for Kroger on your right. Take exit 29 South-Business (right after Kroger) until you go over the James River bridge to a traffic light at the top of the hill (Texas Inn on right). Turn right onto Rivermont Avenue. Follow this for about three miles. You will pass Randolph-Macon Women's College and Virginia Baptist Hospital. Turn right onto VES Road at next light, follow to school.

### **WASHINGTON & LEE HIGH SCHOOL**

16380 Kings Highway  
Montross, VA 22520

Go northwest on Water Lane toward 7-11.

Turn right onto Rt. 360 East.

Go approximately 7 miles. Turn left at the stoplight in Warsaw. Go 0.8 mile to the stop sign. Turn left onto Rt. 3. Go 11.2 miles to the town of Montross. Turn left into the high school

### **WEST POINT HIGH SCHOOL**

**2700 Mattaponi Ave.**

**West Point, VA 23181**

From Tappahannock, take Rt. 17 South toward Saluda. Go 31.5 miles.

Turn right onto Rt. 33 West. Go 10.8 miles.

Turn right onto Chelsea Road for 0.1mile. Turn left to stay on Chelsea Road. Go 1 mile.\Turn slight left onto Mattaponi Ave. Go 0.1 mile.

### **WILLIAM AND MARY COLLEGE**

200 Richmond Road

Williamsburg, VA 23186

(804) 221-4000

William and Mary Invitational - Cross Country: This meet is held on the W&M cross country course which is located on the grounds of Eastern State Hospital. Take I-64 east to Exit 238, the Colonial Williamsburg/Camp Peary Exit. When you get off I-64, you are on Route 143. Follow 143 to the second traffic light (Route 132 South) and turn right. Follow 132 South to the first traffic light and turn right onto Route 60 West. As you approach the bridge, get into the left lane. When you go over the bridge on Route 60, you will come to a traffic light. The next traffic light about a quarter mile ahead is Ironbound Road, where you turn left and continue to the race site.

#### **WILLIAMSBURG CHRISTIAN ACADEMY**

101 Schoolhouse Lane  
Williamsburg, VA 23188  
(757) 220-1978

From Tappahannock, take Rt. 17 South toward Saluda. Go 31.5 miles. Turn right onto Rt. 33 West. Stay on Rt. 33, go through West Point and over the bridge into New Kent County. Continue on until you get on I-64 East toward Williamsburg. Get off on Exit 227 (toward Toana). Take a right at the top of Exit onto Route 30. Take Left at 1<sup>st</sup> stoplight (Rochambeau-Rt. 30 South) Go approximate  $\frac{3}{4}$  mile and the school will be on your Right.