

**2020-2021**  
**MOUNT VERNON MAJORS SPORTS INFORMATION**

**ELIGIBILITY REQUIREMENTS**

- 1. All athletes must have a physical done after May 1, 2020 and it must be on the newly revised February 2017 VHSL Athletic Participation/Parental Consent/Physical Examination Form. Only one physical form is required for EACH school year. Providing false information will result in ineligibility for one year. Make a copy to keep for your records. The form will be available under [www.fcps.edu/sports](http://www.fcps.edu/sports) and in the Student Activities Office. Review all eligibility requirements on the form. The forms must be turned in to the Activities office or emailed to [jvponton@fcps.edu](mailto:jvponton@fcps.edu).
- 2. All athletes must register in the new online registration system: <https://mountvernon-ar.rschooldtoday.com/>

**NOTE:** STUDENTS WILL NOT BE ABLE TO TRYOUT WITHOUT A COMPLETED VHSL FORM ON FILE IN THE ACTIVITIES OFFICE. DO NOT GIVE YOUR VHSL FORM TO YOUR COACH. THE FORM MUST BE TURNED IN TO THE ACTIVITIES OFFICE PRIOR TO TRYOUTS!

| <b>MOUNT VERNON MAJORS STUDENT ACTIVITIES OFFICE</b>  |  |
|---|--|
| Director of Student Activities – Fernando Belli   | <a href="mailto:fbelli@fcps.edu">fbelli@fcps.edu</a>                                 |
| Asst. Director of Student Activities – Monty Fritts   | <a href="mailto:mgfritts@fcps.edu">mgfritts@fcps.edu</a>                             |
| Administrative Assistant –Amber Burnett   | <a href="mailto:amburnett@fcps.edu">amburnett@fcps.edu</a>                           |
| Head Athletic Trainer – John Ponton   | <a href="mailto:jvponton@fcps.edu">jvponton@fcps.edu</a>                             |
| Associate Athletic Trainer – Adam Scott   | <a href="mailto:alscott@fcps.edu">alscott@fcps.edu</a>                               |
| <b>ACTIVITIES OFFICE: 703-619-3140</b>  |  |
| <b><u>FALL TRYOUTS BEGIN February 4 (Football and Golf) &amp; February 15 (All Other Sports), 2021</u></b>      |  |
| Cheer – Courtney Osborne Varsity, JV, Freshman  | <a href="mailto:cmosborne@fcps.edu">cmosborne@fcps.edu</a>                           |
| Cross Country – John Uccellini - Boys & Girls   | <a href="mailto:jmuccellini@fcps.edu">jmuccellini@fcps.edu</a>                       |
| Field Hockey –Jessica Edwards   | <a href="mailto:jlhelbel@fcps.edu">jlhelbel@fcps.edu</a>                             |
| Football –Monty Fritts- Varsity, JV, Freshman   | <a href="mailto:mgfritts@fcps.edu">mgfritts@fcps.edu</a>                             |
| Golf – Co-Ed-Tyrone Crabb   | <a href="mailto:tcraab@fcps.edu">tcraab@fcps.edu</a>                                 |
| Volleyball – Lauren Dentler- Varsity, JV, Freshman  | <a href="mailto:lbdentler@fcps.edu">lbdentler@fcps.edu</a>                           |
| <b><u>WINTER TRYOUTS BEGIN DECEMBER 7(Basketball) &amp; (All Other Sports 14), 2020 (Dance Tryouts TBA)</u></b> |  |
| Basketball – Boys –Dennis Murphy - Varsity, JV, Freshman  | <a href="mailto:djmurphy@fcps.edu">djmurphy@fcps.edu</a>                             |
| Basketball – Girls – India Thomas- Varsity, JV, Freshman  | <a href="mailto:iothomas@fcps.edu">iothomas@fcps.edu</a>                             |
| Dance Team-CoEd-Moira Ragen   | <a href="mailto:mtragen@fcps.edu">mtragen@fcps.edu</a>                               |
| Gymnastics – Linda Fisher   | <a href="mailto:lfisher@jamaw.org">lfisher@jamaw.org</a>                             |
| Swim/Dive –Mark Murray Boys & Girls   | <a href="mailto:swmmurray@yahoo.com">swmmurray@yahoo.com</a>                         |
| Track/Field – Indoors –John Uccellini- Boys & Girls   | <a href="mailto:jmuccellini@fcps.edu">jmuccellini@fcps.edu</a>                       |
| Wrestling – Anthony McDuffie - Varsity, JV  | <a href="mailto:ammcduffie@fcps.edu">ammcduffie@fcps.edu</a>                         |
| <b><u>SPRING TRYOUTS BEGIN APRIL 12, 2021</u></b>   |  |
| Baseball -Kenneth Peacock-Varsity, JV   | <a href="mailto:kapeacock@fcps.edu">kapeacock@fcps.edu</a>                           |
| Lacrosse – Boys –Geoff Young- Varsity, JV   | <a href="mailto:gayoung@fcps.edu">gayoung@fcps.edu</a>                               |
| Lacrosse – Girls –Scot Rittenberg- Varsity & JV   | <a href="mailto:srittenberg@fcps.edu">srittenberg@fcps.edu</a>                       |
| Soccer – Boys – Donald Dane - Varsity & JV  | <a href="mailto:ddane@fcps.edu">ddane@fcps.edu</a>                                   |
| Soccer – Girls – Kelsey Otersen- Varsity & JV   | <a href="mailto:keotersen@fcps.edu">keotersen@fcps.edu</a>                           |
| Softball – Chris Anderson - Varsity & JV  | <a href="mailto:christopher.e.anderson@saic.com">christopher.e.anderson@saic.com</a> |
| Tennis – Girls – Nancy Epstein  | <a href="mailto:nepstein@fcps.edu">nepstein@fcps.edu</a>                             |
| Tennis – Boys – Jerry Musarra   | <a href="mailto:mgodomo@aol.com">mgodomo@aol.com</a>                                 |
| Track/Field-John Uccellini-Outdoor- Boys & Girls  | <a href="mailto:jmuccellini@fcps.edu">jmuccellini@fcps.edu</a>                       |
| Crew-Jamie Kirk- Boys & Girls   | <a href="mailto:kirk.jamesk@gmail.com">kirk.jamesk@gmail.com</a>                     |

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