





# Class of 2029

## Introduction to the TJHSST Athletics & Activities Office

**Director of Student Activities- Dave Arthur**  
**Head Athletic Trainer-Heather Murphy**  
**8<sup>th</sup> Period Coordinator-Laura Slonina**  
**Colonial Athletic Boosters**





# Student Activities and Athletics

- TJ offers 26 highly competitive Sports and Activities, during the Fall, Winter and Spring Season
- TJ is a part of the (VHSL) Virginia High School League along with the other 24 other FCPS high schools
- TJ is a member of the National District-Competing schools include Annandale, Hayfield, John Lewis, Justice, Falls Church, Edison, and Mt Vernon High Schools.
- The TJ Athletic Programs has been very successful, winning District, Region & State titles, most recently in Tennis, Swim/Dive, Golf, Gymnastics, Cross-Country, Boys Volleyball, Debate and Scholastic Bowl.
- TJ also has an outstanding Fine Arts Program: Marching Band, Orchestra and Theater programs have received many awards at the local, State and National levels.



## 2024-2025 National District Champions

Boys Cross Country

Golf

Boys Volleyball

Boys Swim & Dive

Girls Swim & Dive

Scholastic Bowl



# Do you want to play a Sport at TJ?

## Girls

[www.tjsports.org](http://www.tjsports.org) #WeCameForTheSports

## Boys

### Requirements:

#### 1. VHSL physical

April 2025 Version

#### 2. Athletic Registration

Must be completed for each sport  
every school year

Follow us on Social Media



@TJHSST\_Sports



#### Fall: Starts August 4th

Golf (7/28)      Cross Country  
Cheer      Volleyball  
Field Hockey      Dance

#### Winter: Starts Nov 10

Basketball      Track & Field  
Gymnastics      Wrestling  
Swim & Dive      Dance  
Cheerleading

#### Spring: Starts Feb 23

Soccer      Tennis  
Lacrosse      Track & Field  
Softball      Crew

#### Fall: Starts August 4<sup>th</sup>

Golf (7/28)      Cheer  
Cross Country      Football  
Volleyball

#### Winter: Starts Nov 10

Basketball      Swim & Dive  
Track & Field      Wrestling  
Cheerleading

#### Spring: Starts Feb 23

Baseball      Tennis  
Lacrosse      Track & Field  
Soccer      Crew

Interested in playing sports?  
Complete our interest form  
NOW!



**Google Form:**

**<https://forms.gle/2oSexSxWRtJGwMbL9>**



# Important Dates

- TJ Sports Physical Event & Freshmen Sports Preview Night May 27th
  - Come to TJ to get your physical done for 2025-2026
  - Meet the TJ Coaches!! 6:30-8:00pm in Gym 1
- Sports starting dates
  - Fall **August 4** (Golf can start as early as 7/28)
  - Winter **November 10**
  - Spring **February 23**
- **Back to School Bash-August 28**
- **Homecoming-September 26**

# Student Activities Contact Information



<b>Dylan Forshay</b>	<b>Director of Student Activities</b>	<a href="mailto:DRArthur@fcps.edu"><u>DRArthur@fcps.edu</u></a>
<b>David Gardziel</b>	<b>Assistant Director of Student Activities</b>	<a href="mailto:DSGardziel@fcps.edu"><u>DSGardziel@fcps.edu</u></a>
<b>Heather Murphy</b>	<b>Head Athletic Trainer</b>	<a href="mailto:HRMurphy@fcps.edu"><u>HRMurphy@fcps.edu</u></a>
<b>Laura Slonina</b>	<b>8<sup>th</sup> Period Coordinator</b>	<a href="mailto:Lslonina@fcps.edu"><u>Lslonina@fcps.edu</u></a>
	<b>Colonial Athletic Booster Presidents</b>	<a href="mailto:TJSportsCAB@gmail.com"><u>TJSportsCAB@gmail.com</u></a>

# Athletic Training Program



- Heather Murphy, EdD, LAT, ATC and Caroline Taylor, MS, LAT, ATC
  - [hrmurphy@fcps.edu](mailto:hrmurphy@fcps.edu), [bctaylor1@fcps.edu](mailto:bctaylor1@fcps.edu),
  - Instagram @TJ\_AthleticTrainers Twitter @tjhsst\_AT
- What do Athletic Trainers do?
  - Prevention of injuries resulting from physical activity.
  - Recognition, evaluation, and assessment of injuries and conditions resulting from physical activity.
  - Immediate care of injuries resulting from physical activity.
  - Rehabilitation and reconditioning of injuries resulting from physical activity.
  - Organization and administration.
  - Professional development and responsibility.



Ensure eligibility of students trying out for TJ athletics



# Requirements to play a sport

- **VHSL Physical Form-Must be the APRIL 2025 version**

- Form is on our website under [FORMS](#)

- **How to turn it in?**

- **Summer- MAIL** forms to: Heather Murphy, ATC, 6560 Braddock Road, Alexandria, VA 22312

- **During the school year, forms can be brought to the Activities Office**

- **DO NOT EMAIL FORMS**

- **Athletic Registration-ONLINE**

- Must be completed **every school year** (please wait until after July 1, 2025)

- **ONLINE:** (Link coming soon)

- Complete concussion education

- Complete emergency care card

- Complete weight room permission, field trip driver's information, & insurance

**To do summer Out of Season Conditioning, bring your physical to the coach.**

# How to get tryout information & Stay up to date on TJ Athletics



- **Sign up for *News You Choose* emails**
  - Got to [www.tjhsst.fcps.edu](http://www.tjhsst.fcps.edu) and scroll down until *News You Choose* registration
- **Go to our website [www.tjsports.org](http://www.tjsports.org)**
  - Coach contact information, start dates, schedules, forms, etc
- **Follow us on social media**
  - Instagram @TJHSST\_Sports
  - Follow your team's social media accounts, join their groups, and interest lists

# TJ Sports Social Media



## Fall

@TJHSST.Cheer  
@TJHSST\_Football  
@TJVball  
@TJBoysVball  
@TJFieldHockey  
@TJHSSTDanceTeam  
@TJHSSTXCTF  
@TJHSST\_Golf

## Winter

@TJGirlsBBall  
@TJMensBBall  
@TJHSSTflips  
@TJSDisLove  
@TJHSSTWrestling\_  
@TJHSSTDanceTeam  
@TJHSSTXCTF

[www.tjsports.org](http://www.tjsports.org)



@TJHSST\_Sports

## Spring

@TJGirlsLax  
@TJBoysLax  
@TJGirlsSoccer  
@TJHSSTSoccer  
@TJGirlsTennis  
@TJBoysTennis  
@TJHSSTXCTF  
@TJHSSTSB  
@TJHSSTBaseball



# TJ Colonial Athletic Boosters (CAB) Parents and Students

- Each athletic program has Parent Liaisons that connects families with coaches, Colonial Athletic Booster Club, and the Student Activities Office
- CAB encourages student involvement
- CAB has Student Representatives on the Board
  - Leadership positions to advocate for fellow student athletes, connect with school administration, and an opportunity to build-out your ideas



# 8<sup>th</sup> Period



- **8th period is 2 - 40 minute activity blocks, “A block” and “B block”,** which are scheduled on Red days (generally Wednesday and Friday). Teachers’ sponsor clubs, special interest groups, tutoring and other activities during this time.
- 8th period is a **required part of the school day**, the school must account for the whereabouts of each student during this time. **Attendance is recorded for each activity block.**
- **We offer over 100 activities EACH BLOCK!!** You are encouraged to try many different activities during the first quarter!!
- Visit <https://tjhsst.fcps.edu/student-life-and-activities/8th-period-activities> to see the full list of clubs offered at TJ
- Any Questions???, Visit the 8<sup>th</sup> pd office (rm 106 between Gyms 1 and 2)  
Email Laura Slonina - at [lslonina@fcps.edu](mailto:lslonina@fcps.edu)



# Ion (Student Intranet)

- **Students select their 8<sup>th</sup> pd activities electronically** using Ion (aka the student intranet)
- **Ion is the *student designed (and maintained)* intranet** at TJ that allows students and staff to view lots of important information in one place.
- **Students use Ion to:**
  - sign up for and view 8<sup>th</sup> period activities
  - check their 8<sup>th</sup> period attendance
  - see the bell schedule
  - search activity schedules
  - see birthdays and announcements/news
  - access many other useful links