

# Wakefield High School



**2025-2026**

**Athletic Parent Meeting**

# Student Activities Office

**Mr. Brian Parke, Director of Student Activities**

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**Rebecca Kigin, Athletic Trainer**

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ATR: 703 228-6722



# Wakefield Sports Medicine

## ❖ **Becky Kigin, Head ATC**

- Concussion Protocol
  - Return to school and practice protocol
- Managing Injuries with the AT office
  - Procedures and return to practice protocol
  - Doctors/Specialist Notes if you see outside Medical Doctor
- Eating Disorders
  - Athlete Awareness
- Supplements
  - Eat Natural Foods
  - No Energy Drink or Stimulants

# Attendance/Medical Visits

Athletes should maintain exemplary attendance records at all times. To participate in any after-school practice or competition, a student must be in school by 9:00 a.m. and remain in school for the rest of the day. If an athlete is dismissed from school prior to the end of the regular school day to attend an athletic event, they may not leave school grounds prior to leaving for the event (which will be on school-provided transportation).

If an athlete must be absent from school for appointments or family emergencies, the principal or athletic director may allow participation in the sport, with the following provisions:

- In the case of an appointment, a written request should be made at least 24 hours in advance of the appointment.
- A doctor's note should be returned to the attendance office or ATC (if medical injury assessed) upon return from medical visit.
- In the event of a family emergency, the student should contact the principal or athletic director when they return to school, and the principal determines whether participation in the sport is allowed.

## Attendance at Practice/Contests

All athletes are required to attend all scheduled team practices and contests unless specifically excused for medical, religious, or other reasons deemed appropriate by the coach and/or Athletic director. Athletes should be prepared to practice on Saturdays and during school vacations. Outside commitments that restrict practice attendance on Saturdays and during school vacations are not acceptable. Athletes who miss practice will be subject to discipline by the coach and/or Athletic director. This policy does not apply to absences for religious reasons. Athletes cannot miss practices or events to attend other extra-curricular activities. This is one of the sacrifices athletes must make and is essential to team building. **(VHSL RULES PROHIBIT PRACTICING ON SUNDAY).**

# Wakefield Boosters

Boosters is a non-profit organization made up of parent volunteers. We raise money to support Wakefield athletic teams and activities. We run the concession stand, sell spirit wear, and run events like Winter Bazaar.

**Last year we provided over \$50,000 to Wakefield teams and clubs!**

## 2025-2026 Board Members

**Angie Buchanan**, President

**Matt Hughes**, Vice President

**David Paris**, Treasurer

**Karen Kaldahl**, Secretary

**Kandace Connor**, Concessions Manager



# Wakefield Boosters

## How to work with Boosters

- 1. Assign a parent from each team (F, JV, V) to be a Boosters Liaison.**
  - Liaisons attend monthly meetings, recruit concession stand volunteers and apply for funding
- 2. Encourage parents and students to sign up for concessions stand shifts.**
  - Each team (F, JV, V) is asked to help in the concession stands once or twice per season.
  - We will not ask your team to cover an event that conflicts with their sports schedule.
- 3. Ask for funding when needed, and supply an invoice.**
  - Examples of what we fund** → Registration fees, equipment, training aids, skills development, team attire or gear (partial funding if individuals will keep the item).



# Wakefield Boosters

In addition to regular funding that you can apply for, we provide:

## Concession incentives

- Every shift worked earns \$10
- We keep track of this and hang on to the money until you want it.
- This money can be used for anything team-related like transportation and parties.

## Senior Night funding

- \$20 per senior
- This money can be used for anything related to senior night like gifts, posters, and food.

**WHSBoosters123@gmail.com**  
**WHSBoostersFunding@gmail.com**



# Liberty District



- **Wakefield**
- **Yorktown**
- **Washington-Liberty**
- **Marshall**
- **Herndon**
- **Langley**
- **McLean**

# Wakefield Spring Athletic Teams

**Baseball**

**Crew & Rowing**

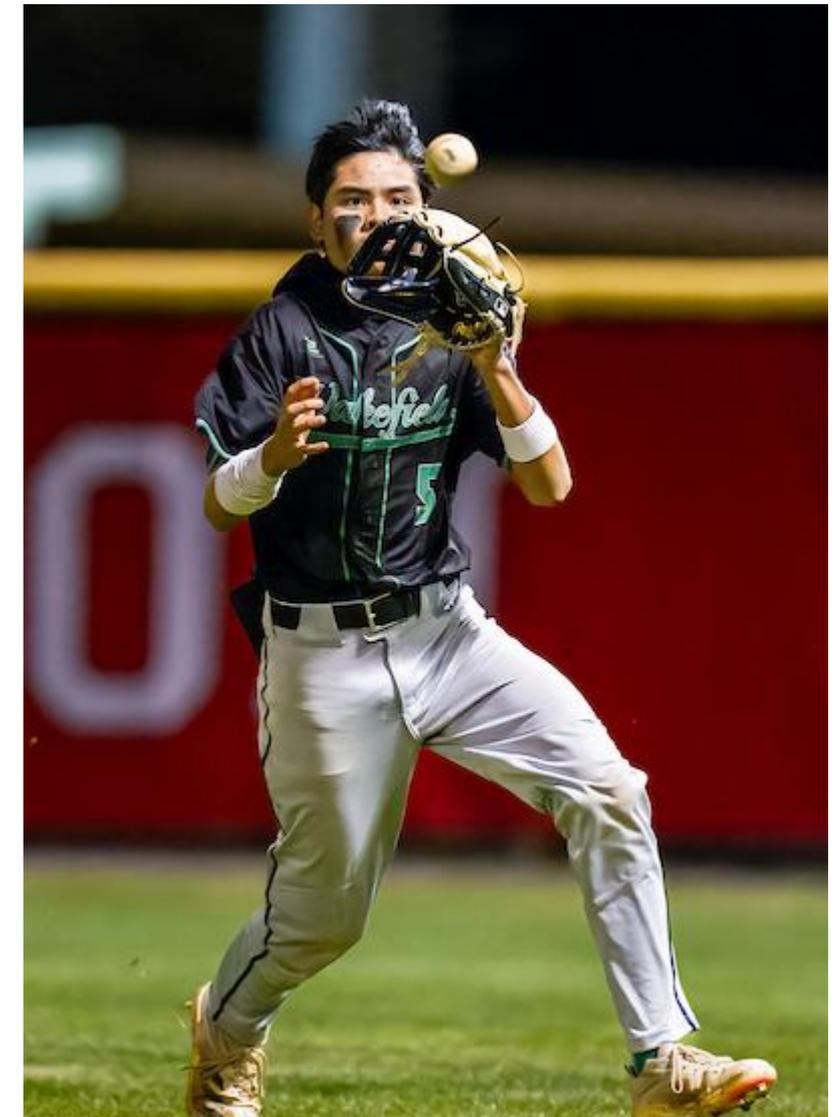
**Track & Field**

**Softball**

**Soccer**

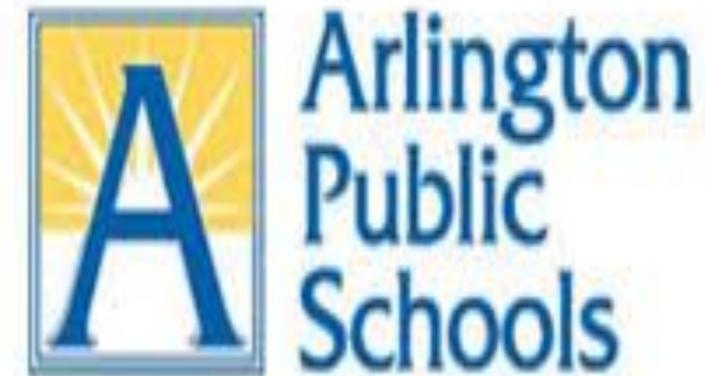
**Lacrosse**

**Tennis**



# APS Athlete Participation Agreement

A student participating in APS athletics and/or co-curricular activities who violates an APS disciplinary policy may, in addition to other disciplinary action, be suspended or expelled from participation in APS athletics and/or co-curricular activities, as determined by the appropriate APS staff member.



# Student Athlete

## Academics

- We expect each athlete to be successful as possible with their academics.
  - We are all in this together
- To be Eligible each student must be taking at LEAST 5 classes and passing a MINIMUM of 5 Classes in their previous semester.
- Grade Monitoring Program – students with lower academic performance will be provided support from the athletic department.



## **Academics & VHSL**

**Wakefield High School  
requires all student  
athletes be accordance  
with VHSL guidance.**

# Academic Probation

## WAKEFIELD REQUIREMENTS:

- Student struggling in 2 or more classes will be placed on probation. Working with Mr. Bentley weekly reports from teachers on student academic progress will be required.
- Student may be required to miss practices and events to attend extra help sessions with the classroom teacher.

# Student Athlete

## Citizenship

- We encourage our athletes to be positive community members, conducting themselves properly and respectfully at all times.
- APS Participation Agreement Form – signed by parent/guardian and Athlete Electronically upon registration



# Student Athlete

## Sportsmanship

- We expect our athletes to demonstrate positive sportsmanship.
- This includes on the bus, at opponent schools, on the sideline, and at practice and games.
- This includes being respectful to your coaches, teammates, and the sport.



***It's the Warrior's Way!***

# Fair Play and VHSL Rules

## Hate Speech/Fighting

- VHSL Defined
- Officials Make the Call
- 30% of Season Suspension minimum

## Coaches Expectations

- Set the examples and monitor at practices
- Start good habits at practice and home
- Discipline at practice when Hate Speech appears  
notify Parent and Athletics Office

## Team Expectations

- Not tolerated at all

## Rules for Infractions

- Game Suspension from VHSL Rules Changed

## VHSL SPORTSMANSHIP HONOR ROLL

- Schools recognized each season for not having a player or coach ejected for the entire season
- Claudia Dodson Sportsmanship, Ethics, and Integrity Award

# Communication

- Coaches Contact Information on athletic website
- How to Find and Keep up With Game Schedules, Practice Schedules and Scores
- Student Communication Platform
  - SPORTSYOU APP
- Where to get the Most Up To Date Information
  - NEW Website <https://www.wakefieldathletics.org/>
  - sportsYOU App
  - Social Media
  - Email coaches or activities office

# Wakefield Warrior Website

Wakefield - Wakefield Warriors Sports

<https://www.wakefieldathletics.org/>



# Line of Communication

- Athlete to Coach – teaching self advocacy
- Parent to Coach – appt w/coach to find out all sides of story. (24 hours after rule)
- Director of Student Activities Office –  
Only after steps 1 & 2 have been completed/unresolved

# Early Dismissal & Athletics

Early Dismissal times from school for away contests are set at the beginning of the season when transportation schedules are created. APS utilizes charter buses for any trip prior to 5:15pm.

Athletes are excused from class 15 minutes prior to the scheduled departure time (Football is 30 minutes). Athletes are to be in class as much as possible. Time management is very important for student athletes. Coaches must submit rosters and email staff a day prior to the early release allowing teachers to know of the expected release time and date and to make “excused” as absence justification.

## Transportation

- Teams traveling to games
  - All student athletes will ride the bus to away games but can leave with parents to go home after the game (as permitted by coach)
- Late Buses
  - Late buses are at 4:45 & 6:45
  - Mon-Thur

# **Parent Expectations**

**1) Let the Coaches Coach**

**2) Let the Kids Play**

**3) Do Not Discuss the Play of any players in front of other parents**

**4) Your Children listen, believe and say the same things that you say to them**

**5) Do not complain about your son or daughter's coach to other parents**

# **Parent Expectations**

**6) Positive Comments From the Sideline:**

**7) Avoid negative comments about the other team:**

**8) Interaction with Parents from other team:**

**Refrain from any negative behavior or comments towards opposing athletes or our own athletes**

**9) Referees: Refrain from any negative comments towards the officiating crew during or after the event.**

## Team Break Out Locations

Track & Field - Library

Baseball - C116

Crew & Rowing - D102

Softball- C114

Girls Lacrosse- C115

Boys Lacrosse- E107

Tennis Girls - E109

Tennis Boys- E105

Soccer Girls - Gymnasium

Soccer Boys - Gymnasium