

THE HHS SPORTS BOOSTERS BUZZ

Booster News

Summer 2009

Sports Boosters Apparel Sales

Get ready for a new school year with our all new Sports Booster Apparel! We have ordered some new items for the 2009-10 school year and will be selling them at the Fall Sports Parents Meetings, Freshman Parent Orientation, football games, and Back to School Night. There will also be an online order form available on the Herndonathletics.org website soon. Show your support for HHS Athletics. Purchase your spirit apparel and support our athletes!

Homecoming—October 3!

Mark your calendars now! The Homecoming game will take place at 1:00 PM against Langley. Last year's game was an edge of your seat nail biter that ended with Herndon breaking the Westfield winning streak and besting them with a double overtime win and a final score of Herndon 29, Westfield 28. What could Coach Sheaffer and the Varsity team have in store this year?

Sports Boosters Memberships

Support our HHS athletes—become a Sports Booster member. Membership information will be coming out in the next few weeks, and we need your support to help make Herndon athletics the best it can be. Please be checking your email, snail mail, and online for the latest membership information and become a member!

Concessions Help Needed!

We are looking for people willing to give a few hours of their time throughout the year to help in the concession stands at athletic events. This is a great opportunity to interact with the High School kids. If you are interested in helping out, please contact Mary Rivera at hornetvolunteers@yahoo.com.

Sports Physical Blitz Night— Tuesday, August 4!!

Any athlete planning to play a fall sport must have a physical on file before he/she can participate in any practices!!

Physicals will be collected this coming Tuesday, August 4, from 6:00 —7:30 PM in the gym lobby (entrance 6). Athletes who are unable to submit their physical form on the 4th must submit it to Amy Sheedfar on Tuesday, August 11 where they will receive a pass to give to their coaches in order to participate in activities. Athletes who had their physicals completed at HHS on June 3 at Herndon Sport Physical Night should already have their physical form on file and do not need to re-submit. If you have questions regarding the physical, please contact Amy Sheedfar at amy.sheedfar@fcps.edu.

Last Minute Sport Physicals

There will be a last minute Sport Physical Night at Oakton High School beginning at **6 PM on August 6** for any athlete who has not had a physical completed and plans to play Fall sports. Pre-registration is recommended. The cost is \$50 if pre-registered, and \$60 at the door. To register, go to <http://www.fcps.edu/supt/activities/atp/ppeoverview.htm> or visit the HHS home page.

HHS Fall Sports Beginning

Be sure to visit the herndonathletics.org website for dates and other important information on try-outs, conditioning, clinics and more. Most fall sports begin the week of August 10, but some begin earlier. Golf starts August 3!

Upcoming Dates:

August 3—Golf Starts

August 10—First Golf Match @ International

August 10—All other Fall Sports begin this week

August 24—Fall Sport Parent Meeting

August 27—First Field Hockey Game @ Home vs. South Lakes

August 31—First Volleyball Game Away @ WTWoodson

September 1 & 2—Fall Sport Team Pictures

September 3—First Football Game—Away @ TJ

September 11 & 12—Field Hockey Tournament

September 11—First HOME Football Game

September 14—First HOME Volleyball Game

September 16—Cross Country Meet @ Baron Cameron

October 3—Homecoming vs. Langley

November 23 & 24—Fall Sports Banquets

**Congratulations Greg Miller—New HHS Head Baseball Coach
Welcome Byron Hennessey, new Sports Boosters 2nd VP!**