

JAGUAR *Booster* bulletin

FALLS CHURCH HIGH SCHOOL

FALL 2009

THE PRESIDENT'S CORNER

The Boosters have been busy in front and behind the scenes to support our athletes, coaches, and administrators. Thanks first to all our team reps for a great season, especially for a successful Krispy Kreme fundraiser. Big thanks to Dave Kendall for organizing the fundraiser—for the first time ever! Thanks also to all the families who bought the Booster All-Sports Pass (formerly known as the Gold Card), as we have more family pass-holders this year than in many years. Thanks also goes to the many volunteers who have worked the concession stand, organized and sold spirit wear, and helped out wherever needed. Thanks to you, the Booster fundraising is off to a solid start.

And how about the pizza giveaways and Booster Blast t-shirt launches during the football games! We are working to make Falls Church sporting events even more fun for the whole family. We will continue the fun into the winter season at select games. Invite family and neighbors to come out to support the Jags and enjoy all the fun.

Volunteering is Fun

As much fun as our volunteers are having, we need more parents to step up to help out. If your son or daughter is an athlete, you need to support their efforts by volunteering your time with the Boosters. There are many opportunities to fit many schedules: team reps, spirit wear sales, organizing one of our two upcoming winter fundraisers, after school concessions and game

time concessions, and many more. Please contact me or any other Booster Board member and just say, "I want to help!" We'll work with you from there to make sure you have the support and training to handle any volunteer job we have. There is nothing to fear or worry about—we all once started out as new volunteers!

Please know that any parent is a Booster, and we welcome everyone to our monthly meetings. We also welcome new and better ideas, so feel free to contact any board member or me to talk about how we can all support our student athletes at Falls Church.

Congratulations to all our fall athletes, especially to all our senior athletes!

Reid Trautz, *President*
Falls Church Athletic Boosters
rtrautz@gmail.com

2009–2010 FCHS Booster Committee

Vice President—Doug Slocum
Treasurer—Perry Moy
Secretary—Mary Ann Bush
Membership—Mary Ann Bush
Snack Bar Coordinator—Anita May
Snack Bar Coordinator—Melinda Lopez
Ways & Means—Reid Trautz
Newsletter—Andi Harris
PTSA Liaison—Mary Ann Bush
Communications—Jo Pumphrey
John Morris Scholarship—Jen Escott
Golf Tournament—VACANT

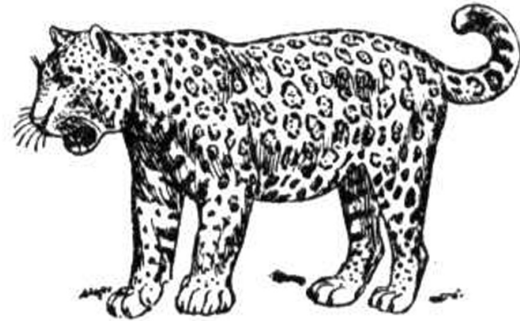
MESSAGE FROM The Director of Student Activities

How About Those Jaguars!

The 2009–2010 school year started off with a bang with the Falls Church High School fall sports season! The Jaguar student athletes and coaches had a lot of successes this season. Our golf team won its first ever District Championship, our Cross Country boys and girls teams both advanced to the Regional Championship (this has not happened in many years), and our football team upset top ranked Edison and finished the season with a record of 5–5. I was very impressed with all of our teams' efforts as they improved throughout the season. In addition, our teams and spectators demonstrated outstanding sportsmanship and school spirit and made Falls Church High School stand out as a top notch school.

Special congratulations to all of the Scholar Athletes who were able to maintain a 3.5 grade point average or higher while playing a fall sport. These student athletes have shown the dedication and ability to be outstanding students even as they are spending hours each day at practices, games, on buses, etc. All of these students serve as role models for others and we are very proud of them.

Our new Athletic Booster Board has also had a tremendous fall season. I want to thank Reid Trautz, the new Booster President, and all of the Board Members who worked day-in and day-out to run our snack bars, print our programs, improve communication through emails, run the special fund raisers, work the spirit wear tables, come up with new ways to boost Jaguar spirit, and the list goes on and on. We also had very dedicated team parents who helped with Booster fundraisers, conducted team dinners, and assisted coaches in various ways throughout the season. The athletic department of FCHS would not be able to function without the support of the dedicated Jaguar athletic parents.



Lastly, I would like to thank the folks I work with on a daily basis who do so much behind the scenes to make sure that our events can take place—Assistant DSAs Colleen Lally and Anthony Parker, our administrative assistants—Karen Werner and Cheryl Fraim, our athletic trainers—Stacey Hitzelberg and Carlo Arascue, our game managers and ticket takers—Jim Kearney, Rich Hart and Polley Tanks. I am very fortunate to work with such dedicated and caring people.

Participation in high school sports does so much for students; it teaches team work, time management skills, and leadership. In addition, students who are involved in sports have better grades, are more physically fit and have a more positive peer group than students who do not participate. Studies show that students who play high school sports are more likely to be successful in college and the work place. Unfortunately, Fairfax County Public Schools has some extremely difficult decisions to make with regards to the budget short-falls it faces. Sports will definitely be impacted in some way. I encourage parents to follow the FCPS budget hearings that will take place in the up-coming months and participate in discussions about how cuts will impact the students at FCHS.

I hope the successes and enthusiasm of the fall season carries into the winter season and hope to see you at the games! Go Jags!

–Jeanne Kelly



Fall Sports Wrap-Up

Cheerleading

COACH ELIZA KIRCHNER

The fall 2009 Varsity Cheer season was full of accomplishments! Many athletes worked very hard in the off season to attain new tumbling skills which allowed the competition routine to include more standing and running tumbling than ever before. The squad also achieved three one-legged, extended stunts that were a first for the FCHS cheer program. In addition, four athletes were named to the twenty-person All-District team. The athletes recognized and voted on by the National District coaches are Marina Askari, Jeanna Sulse, Elena Johnson, and Ashton Barlow. Also, for the second year in a row, Ashton Barlow was chosen by the Regional coaches to be named to the All-Region team. As only 25 athletes are chosen from the entire region— this is quite an accomplishment and honor for both Ashton and Falls Church! Of course, the Varsity cheerleaders also enjoyed cheering on the many successes of the FCHS football team! Looking to the future, the cheer program will continue to build on the accomplishments of this talented and dedicated squad. The coaching staff is very proud of all 15 squad members and their individual talents!

Cross Country

COACH REBECCA LARSON

This season was the most successful season to date. Both the boys' and girls' teams advanced to the Northern Region championships, which has not been done since the early 1980's according to John Morris. With outstanding senior leadership provided by Alex Howe, the boys' team finished 3rd at Districts behind Edison and Hayfield, a new addition to the National district, but beat out strong teams from Washington-Lee, Mt. Vernon, and Yorktown with the help of returning athletes seniors, Jesus Reyes and Nelson Rocha, junior,

Abdi Nur, and sophomore, Po-Jeff Yu. New-comers adding depth and talent to the team included freshman standout Jose Hernandez, juniors Said Matan, Matt Evans, Nabeel Janjua and Rhorbin Fernandez, and sophomores Lincoln Scott and DeQuan Jones. The team has a bright future ahead for next year. Alex Howe dominated the district this year with first place finishes and was a top contender in the region starting out the season with a 6th place finish at the season opener, the Monroe Parker Invitational holding one of the fastest times in the region this season on the historic Burke Lake course with a 15:54. He went on to a 3rd place finish at the Oatlands Invitational and a 4th place at the Great American Cross Country Festival in Cary, North Carolina. The success of this season cannot have been accomplished without the focus and hard work of these individuals along with their teammates that pushed each other daily to be stronger, faster, and proud to be a Falls Church Jaguar.

The girls' cross country team was stronger than ever this season winning 3 out of 5 regular season meets and ranking 14th in the Northern region out of 29 teams. Seniors and captains, Riley Louden and Suh Yang led the team to strong finishes with the help of fellow captain, Ari Tyner, and sophomores Brooke Bean, Charlotte Louden, and Shelley Kendall. Senior, Kim Bruyette, played double duty balancing leading the volleyball team as captain, and contributing to the success of the cross country team with a 5th place finish in the district championships and then taking 43 seconds off her time one week later with an amazing finish at the region championships with a 19:26. Riley won 4 out of 5 regular season meets and had a 14th place finish at the Oatlands Invite out 311 girls. This success may have to be chalked up to the new uniforms, as the ladies were new to racing in track briefs, or bun huggers as they call them. This team was very successful at races in Virginia as well as the overnight trip to North Carolina for the



Fall Sports Wrap-Up

Cross Country *(continued)*

Great American Cross Country Festival where Suh brought home a 19th place medal. These lady seniors have set the bar high for the underclassmen to follow and continue a tradition of excellence.

Field Hockey

COACH EMILY STONE

2009 Featured many successes for Falls Church field hockey. We had big wins over South Lakes and Wakefield and the JV squad improved immensely over the season. Falls Church field hockey's goalkeeping continues to be a major success, with Kiara, Kara, and Nicky working extra hard this year in goal. Our seven seniors came up big this year and we were honored with several players named to All-District teams. Kiara Odom and Rachel Senyitko made 1st team All-District and Hannah Wilkerson and Corrine Chagnot were named to the 2nd Team. Honorable mentions were Kayleigh Boveri, Jenny Hemenway, and Janielle Colon. Senior Tiffany Stoffel did an amazing job throughout the season and with her high intensity and strong work ethic, she has set the standard of what our coaches wish all of our Jaguars to be. Congratulations field hockey! Also, we'd like to extend a special thanks to JV CoachCarolynn Ghiloni, Assistant Coach Asim Siddiqui, and the Athletic Department.

Football

COACH ANTHONY PARKER

The Varsity football team finished its season strong, with a convincing win over the Jeb Stuart Raiders 42-20. The Jaguars finished the season with a record 5-5 after a 1-4 start. The Jags biggest win came against regional power Thomas Edison on their homecoming October 16. The Jaguars stunned the Eagles 16-14 in

front of their rain-soaked fans. The Jaguars had their best home record in some time finishing 4-1. This season was also highlighted by some excellent play from our players. The Jags had five players to make 1st team All National District offense. Led by Patrick Williams OT, Kyle Ruttkay C, Matt Renn TE, Christian Eusebio WR, and Marcus Hughes RB. 1st team defense had two Jaguars. Matt Renn LB, and Kevin Mulumba DB. 2nd team offense was Amilcar Ferrufino WR, 2nd team defense was Timmy Nguyen DL, and Kyle Ruttkay LB. Honorable Mention had Ajay Kashyap QB, Kenric Lofton OT, Kevin Mulumba WR, Ali Salimi DE, Amilcar Ferufino DB, Rich Evans DE, and Mauricio Sobero Punter.

Golf

COACH MIKE POWER

What more can a coach say, "WE CAME TOGETHER" "DISTRICT CHAMPS"!

This year's golfers played as a team. Each player knew their potential and their capabilities. We did not let bad days or shots stop us from our goal.

Each player knew what he/she had to do when it came time for Districts. In short "THEY MADE HISTORY".

Volleyball

COACH ROBERT LOMBARDI

The Varsity volleyball team is in the process of re-building. We have added a new assistant coach, Belinda Kim, a former player. The team did not have the most outstanding record, but they were a tight, happy group of players. They were very coachable, and will only get better with time and patience. We are losing seven seniors including our two tallest girls—the twin towers, Kim Bruyette and Hailey Oaks. But we are always on the lookout for new talent. We are also interested to see what talent comes in when our boundaries change.





Winter Sports Preview

Boys Basketball

COACH T.C. PAPAGEORGE

The Falls Church High School boys basketball program has completed its second full off-season under the new coaching staff. A tradition has been formed with players focusing on hard work and a commitment playing in a team environment. The coaching staff is looking forward to all three levels taking another positive step forward this season in an effort to play consistent—winning basketball.

Building yearly relationships with future student-athletes is the foundation of the basketball program at Falls Church. In the summer of 2007 the Jaguars basketball youth summer camp was brought back to Falls Church. The summer camp of 2009 completed its 3rd consecutive year of increased student attendance (grades 4th–9th). This season the boy’s varsity team will include players that participated in the summer camp just two years ago!

Rising 8th through 12th graders participated in both summer and fall leagues this past year. The emphasis on playing together as a team was very evident when the Falls Church boys’ varsity basketball team finished in first place,

winning their first summer league championship!

The coaching staff would like to thank all players for their dedication and hard work to building a successful program. In addition, we would like to thank all family, friends, faculty, and staff that support the boys basketball program! Together Everyone Achieves More!

Girls’ Basketball

COACH JASON SIMPSON

The girls varsity basketball program is looking forward to the start of the new season on November 16th. Some prospective players have already participated in off-season conditioning programs as well as fall league basketball leagues. New head coach Jason Simpson is confident that the Jaguar girls will improve this season and move toward being one of the most competitive teams in the National District.

Coach Simpson has assembled a staff of experienced coaches that share his passion and determination in making the Lady Jaguars one of the most improved basketball clubs in the region. Donnell Fisher and Meghan Brennan

CONTACT INFO FOR WINTER SPORTS

SPORT	HEAD COACH	EMAIL ADDRESS
Boys Basketball.....	T.C. Papageorge	tpapageorge@gmail.com
Girls Basketball.....	Jason Simpson	jasonwsimpson@cox.net
Cheerleading.....	Eliza Kirchner.....	EMcA31@aol.com
Dance	Jessica Griscavage.....	chiricotti@yahoo.com
Gymnastics	Mike Cooper	michael.cooper@fcps.edu
Indoor Track.....	Rebecca Larson.....	coffmanrj@yahoo.com
Swim & Dive	Christina Kwon	coachckwon@gmail.com
Wrestling	Paul Green.....	paul.green@fcps.edu

Activities Director:

Jeanne Kelly
jeanne.kelly@fcps.edu

Assistant Activities Directors:

Colleen Lally
colleen.lally@fcps.edu

Anthony Parker
anthony.parker@fcps.edu

Winter Sports Preview



Girls Basketball *(continued)*

will serve as assistant varsity coaches. Lindsey Linden and Belinda Kim will serve as the girls' junior varsity and freshman head coaches.

Tryouts for the Lady Jaguars will be held from November 16–18. They will begin their season at Virginia State Division-A champ George Mason High School on December 2nd.

Cheerleading

COACH ELIZA KIRCHNER

The entire coaching staff is excited for winter tryouts! Basketball season is always a great time for the cheer program to continue the hard work of fall season, build new skills, and attract some new athletes. All three squads will continue to work on jumps, stunts, crowd involvement, and overall athleticism. Soon after tryouts, the Varsity squad will also work on an exciting pep rally routine to perform in front of the entire school. We hope to see everyone at the home basketball games on Tuesday and Friday nights—go Jaguars!

Dance

COACH JESSICA CHIRICOTTI

The Dance Team is really excited to start up their next season. Tryouts will be November 9, 11 and 13 at 6:15pm in the small gym. If you have any questions, please contact Coach Griscavage at chiricotti@yahoo.com. Come see us dance!

Gymnastics

COACH MIKE COOPER

The girls' gymnastics team is coming off there best season last year placing second in the Districts. The team returns all its starters and is making their goal to be number 1. Captain Ashton Barlow will lead her team for her finally year since she started the program four years ago. Other gymnastics to watch will be junior, Elena Johnson and sophomore, Shannon Simmons. Both competed in the Individual Regional Championship. Senior Katie Porter returns to boost the Jaguars beam and floor and sophomore Carrie Murphy returns after placing 3rd on the balance beam.

The team encourages any girls interested in coming out to please do so—our practice starts on Nov. 16th.

Indoor Track

COACH REBECCA LARSON

Heading into the Indoor Track & Field season, the team will return several leading athletes and is looking for rising new talent to build onto last year's success. Anyone interested in joining the Indoor track team might want to know that we practice up at the track from 4:45–6:45pm Monday thru Friday along with some Saturday practices rain or shine. Our regular season meets are held on Friday evenings and Saturday mornings and we will potentially compete at some big Saturday Invitationals.

Anyone can join the track team, and we encourage anyone that is looking to get in shape for his/her spring sports to come out.

www.fallschurchsports.org

Winter Sports Preview

Indoor Track *(continued)*

The coaching staff will help you choose an event whether that is a running or field event, or both, that takes advantage of your individual strengths. You may also be interested in knowing that track isn't just running events, you can hurdle, throw the shot put, and jump in the triple, long, and high jumps and even pole vault. Track & Field is an excellent sport to help you condition for all other sports, and will get you into the best physical shape. Football and basketball athletes have experienced success at track and field by testing speed, strength, throwing, and jumping abilities. Anyone interested in knowing more about the Track and Field Team can contact Head Coach Rebecca Larson at coachrjl Larson@gmail.com.

An electrifying group of sprinters to return for their senior year will include star running back, Marcus Hughes followed by Amilcar Ferrufino, and David Ririani. The distance team will return Alex Howe, who will also be leading the swim team, Jesus Reyes, Said Matan, and Abdi Nur. Field events will be dominated by last year's state contender, Matt Renn along with Patrick Williams and Kyle Ruttkay in Shot Put and Pole Vault by Nabeel Janjua & Francis Llamas. All the attention this year will be focused on the new Northern Region Pole Vault leader, Riley Louden as she looks to shatter more school records. As a two-time state participant, Riley plans to lead the girls' team in points along with fellow MVP, Kim Bruyette. Returning athletes to watch out for on the girls' team include Suh Yang, Ari Tyner, Brooke Bean, and Charlotte Louden. Practice begins Wednesday, November 18th!

Swim & Dive

COACH CHRISTINA KWON

The 2009–10 Jaguar Swim & Dive team starts the year with good-byes to Coaches Mike Southee (teaching full time at Stuart) and Robin Yuspeh (Philadelphia Teaching Fellows), and welcomes three new coaches.

Please welcome Coaches Will Waite (dive), Robert Svestka (asst coach) and Zack Wise (asst coach) to the Jaguar Swim & Dive family. Coach Waite is a former Northern Region and collegiate (JMU) diver with many years of coaching and diving experience. He is also a teacher at Falls Church High School. Coach Svestka is a former Thomas Jefferson swimmer and a current student at George Mason University. Coach Wise is a former Lee High School standout and Virginia State Champion. In addition to the new coaches, Coach Christina Kwon returns for her fifth year with the Jaguars, and her third as Head Coach.

The boys' team took a heavy hit with the loss of nine seniors. However, the team looks to new swimmers and to the leadership of captains David Blincoe, Alex Howe and Hayden Workman to rise to the challenge this year. Both David and Alex are regional qualifiers and will be counted on for valuable points. The team will lean heavily on the ever-consistent juniors Hayden and regional qualifier Michael Clingaman. The team also returns high scorers Will Rogers, Mike Fernandez, Eric Kuldell (swim/dive), Scott Nash (dive), Mike Pumphrey (dive) and Rob van Wijngaarden. The boy's team looks forward to contributions from all of the other returning and new swimmers, including Ryan Davenport and Jesse Kane.

Jaguar Hotline: 703-821-5245



Winter Sports Preview

Swim & Dive *(continued)*

The girls' team, after also losing nine seniors, looks to continue its rise in the District's rankings. Lead by regional qualifier captains Hannah Wilkerson and Clara Dombroski and distance swimmer Chnar Sindi, the girls should improve upon last year's fourth place finish with high numbers in new swimmer and diver sign ups. The captains will be aided by top senior swimmers Kristina Clingaman and Carol Gomez, junior standouts Kara Sims, Emily Sturges and Allison Parker, and sophomores Maggie Cullather and Shelley Kendall. The girls' team eagerly awaits the contributions of other returning swimmers and of newcomers Francesca Dombroski, Chelsea Kaye, Sydney Langer, Christina Lee, Lauren Marshall, Emily McGowen, Lydia McKee, Laura Schwartz, Marisa Sims, Madeline Son-

nen, Heather Stacking, Penny Williams and Lynne Workman.

The season starts off quick, with the first meet against Washington-Lee (@ W-L) and Hayfield (@ GW Rec Center) on December 4 and 5. Jaguar swim and dive meets are always exciting, and the team has three dual meets right next door at Providence Rec Center. Please join the team on December 12, January 15 and January 22, as they race against Wakefield, Mount Vernon and Stuart, respectively. The District Meet will take place January 28-30 at Washington-Lee's brand new pool.

The entire coaching staff looks forward to a great season. Please feel free to contact Coach Kwon (coachckwon@gmail.com) with any questions, or if you'd like to participate on the team (especially boy divers!). Also, check out the Swim & Dive pages on www.fallschurchsports.org.



IMPORTANT DATES—WINTER 2009-2010

- Novr 16 Winter Sports Tryouts begin
- Nov 24 Winter Sports Parents/Coaches Meeting, 7:00pm
- Nov 25 2-hour early release from school
- Nov 26-27 Thanksgiving break—no practices
- Dec 1 Winter Sports Team Pictures
- Decr 14 Athletic Booster meeting, 7:00pm
- Dec 23 2-hour ealry release from school
- Dec 24-Jan 1 Winter Break
- Jan 18 MLK Holiday
- Jan 29-Feb 1 Teacher Work Days



NEWS FROM THE ATHLETIC TRAINING ROOM

We thought we would share some information on an issue you may be hearing a lot about in the news— **concussions.**

A concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. It is important to be aware that you do not just have to be hit in the head to sustain a concussion. Hits to the face, neck and body may also cause a concussion. Concussions may or may not involve loss of consciousness. Standard structural neuroimaging (ex. CT scan) will be normal with a concussion.

Signs and Symptoms Your Athlete May Experience

Headache, dizziness, difficulty remembering and concentrating, nausea, irritability, changes in emotional status, fatigue, changes in appetite, trouble sleeping, fogginess, sensitivity to light and/or noise and others.

Concussion Management

It is important if we do not know about the injury to please contact us. Rest—including rest from physical and cognitive activity. We may advise you to keep your child home from school for a day or two because of the cognitive exertion required in school. Make sure your child is getting enough sleep. Avoid video and computer games. Drink

plenty of fluids to maintain adequate hydration. When your child does begin to progress back to physical activity it will be a gradual progression and we will continue to monitor their symptoms during this time. We also use an online concussion management tool called IMPACT which uses a computerized test to measure such things as verbal memory, visual memory and reaction time. This test is another tool we have to help us determine if your child has fully recovered from their injury.

If you have any questions, please don't hesitate to contact us.

Stacey Hitzelberg, ATC
Carlo Arrascue, ATC
703-207-4041