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## **ST. MARGARET'S SCHOOL MISSION**

*Educating young women for life*

“As we grow in age, may we grow in grace.”

St. Margaret’s School’s motto reflects our commitment to the growth of young women in every area of their lives: growth in intellectual ability, growth in physical well being, growth in social responsibility, growth in spiritual maturity. We offer a diverse student body a sound college preparatory curriculum, challenging to each individual. In a Christian environment, founded on the Episcopal tradition, both honor and character are developed. St. Margaret’s seeks to inspire each student to make the best of herself, and in so doing, make a better world.

## **ATHLETIC PHILOSOPHY**

The Athletic Philosophy supports the St. Margaret’s mission in four ways:

### Physical Well-Being

- Student-athletes are provided the opportunity to understand the importance of exercise and physical exertion to achieve physical well-being and a healthy lifestyle.
- The value of physical activity and hard work.

### Social Responsibility

- The value of dedication and commitment to a team.
- The importance of positive interaction with teammates, coaches, and other teams.

### Honor and Character

- The appropriate response in both victory and defeat.
- The value of good sportsmanship.
- The value of understanding the nature of competition.

### Student making the best of herself

- Mastering the skills and rules of the game.

- Understanding the lifelong value of involvement in sports.
- Developing the mental skills for performance enhancement

## **SPORTSMANSHIP**

St. Margaret's is proud of its interscholastic sports program and firmly believes that competitive team experiences contribute significantly to one's development. Good sportsmanship is an important quality of our program.

We expect our **Coaches, Players, Students and Parents** to represent St. Margaret's in a manner that is respectful of others both on and off the field of play. Opposing teams, their fans and officials are to be treated as honored guests. St. Margaret's fans and supporters are there to cheer the strengths and victories of our teams.

### ***Responsibilities of Sportsmanship:***

#### **The Player:**

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

#### **The Coach:**

1. Treats players and opponents with respect.
2. Inspires in athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.

4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the athletic arena is a classroom.

**The Spectator:**

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
4. Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of a game.
5. Respects property of others and authority of those who administer the competition.
6. Censures those whose behavior is unbecoming.

## **ATHLETIC/PHYSICAL EDUCATION REQUIREMENTS**

St. Margaret's believes that all students benefit from participation in team sports as well as physical activities. We are committed to the physical well being of all of our students and encourage them to participate in team sports to develop healthy habits which will continue throughout their lives.

Each student will fulfill the yearly physical education requirement through participation for a minimum of one trimester on a Varsity or Junior Varsity team or in Dance Repertoire. The remaining two trimesters, each student must participate in a physical activity at least two days per week.

## ATHLETIC OFFERINGS

<b>FALL</b>	Crew
	Cross Country
	JV Field Hockey
	Varsity Field Hockey
	JV Volleyball
Varsity Volleyball	
<b>WINTER</b>	JV Basketball
	Varsity Basketball
	Indoor Track & Field
	Varsity Swimming
<b>SPRING</b>	Crew
	Golf
	JV Soccer
	Varsity Soccer
	JV Softball
	Varsity Softball
Varsity Tennis	

## 2007- 08 COACHING STAFF

### Athletic Director

Sue Haney 443-3357 [shaney@sms.org](mailto:shaney@sms.org)

### Coaches

Deborah Ball		<a href="mailto:dball@sms.org">dball@sms.org</a>
Cupper Dickinson	443-3357	<a href="mailto:cdickins@sms.org">cdickins@sms.org</a>
Laura Dusablon	443-3357	<a href="mailto:ldusablo@sms.org">ldusablo@sms.org</a>
Larry Foulk	443-3357	<a href="mailto:lfoulk@sms.org">lfoulk@sms.org</a>
Terry Haney		<a href="mailto:thaney@sms.org">thaney@sms.org</a>
Gayle Hicks	443-3357	<a href="mailto:ghicks@sms.org">ghicks@sms.org</a>
David LaLiberty	443-3357	<a href="mailto:dlaliber@sms.org">dlaliber@sms.org</a>
Maren LaLiberty	443-3357	<a href="mailto:mlaliber@sms.org">mlaliber@sms.org</a>
Frank Rixey		<a href="mailto:frixey@sms.org">frixey@sms.org</a>
Milly Rixey	443-3357	<a href="mailto:mrixey@sms.org">mrixey@sms.org</a>
Billy Turner		<a href="mailto:bturner@sms.org">bturner@sms.org</a>
Rodney Watkins		<a href="mailto:rwatkins@sms.org">rwatkins@sms.org</a>

## **ACADEMIC ELIGIBILITY**

Being an athlete requires the student to balance her academic and athletic responsibilities. St. Margaret's does not have a minimum grade requirement to be eligible for interscholastic athletics. The school does, however, have a system in place to encourage the athletes to maintain good grades. No athlete will be excused from any academic work – quizzes, tests, homework – because of an athletic event. The athlete must make arrangements IN ADVANCE for all assignments to be completed on time. In addition, there are now restrictions relating to athletic sports' travel found in the 20007-08 Student Handbook which states:

“Any student who earns a term grade below a C- at the end of a trimester in a year long course will have restrictions placed on her travel to away athletic contests for the following trimester. Students who earn an interim grade below a C- will also have restrictions placed on travel to away athletic contests for the remainder of the trimester. Students restricted from travel because of their academic standing will attend an afternoon or Saturday study hall as appropriate.”

## **GOVERNING BODY**

St. Margaret's competes as a member of the League of Independent Schools (**L.I.S.**) in the following sports: cross country, basketball, field hockey, golf, indoor track & field, soccer, swimming, softball and volleyball. In addition, St. Margaret's participates in crew, which competes in the Eastern Virginia Scholastic Rowing Association (**EVSRA**) and tennis. The Other L.I.S. members are The Collegiate School, The Covenant School, Fredericksburg Academy, Norfolk Academy, St. Anne's-Belfield School, St. Catherine's School, Saint Gertrude High School, The

Steward School, Trinity Episcopal School and Virginia Episcopal School.

## **LEAGUE ELIGIBILITY**

A girl classified as a full-time student at St. Margaret's is eligible to participate in the League of Independent Schools.

## **SELECTION OF TEAMS**

### **JUNIOR VARSITY**

1. The Junior Varsity teams should be considered the learning team. This is the opportunity for many young athletes to learn how to play the game.
2. Younger players on JV will only "play up" if it is deemed that they can earn sufficient playing time in order for this to be a beneficial decision.
3. Roster limitation may occur at the Junior Varsity level. Selection is based on skill level.
4. Competition and striving to win are a part of interscholastic sports. Although coaches will make every effort to give all JV team members playing time, it is not guaranteed.

### **VARSITY**

1. At the Varsity level, the commitment is to put the best teams possible on the field. Varsity teams will have roster limitations.
2. Each athlete's skill level is re-evaluated at the beginning of the season for team membership and is evaluated against the current pool of available athletes.
3. Varsity selection is based on skill and maturity of the individual players. Varsity teams are not selected on a class basis.

## EXPECTATIONS OF ATHLETES

Students should understand fully that by joining a team they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to that team. Expectations may vary from coach to coach or in different sports but St. Margaret's has general expectations for all athletes at all levels. As an athlete chosen to represent St. Margaret's School, the student is expected to:

1. Abide by the athletic training rules.
2. Attend all practices and games.  
(Injured or ill players are expected to attend practices and games whenever possible.)
3. Be punctual and prepared for all practices and games.
4. Remain committed to her academic responsibilities.
5. Desire to improve skills and knowledge of the sport.
6. Be willing to work hard and be attentive in practice.
7. Take responsibility for all equipment and uniforms.
8. Turn in one's medical (physical) form, emergency medical form and training rule agreement prior to sport participation.
9. Represent one's self, team, school and family in a dignified and sportsmanlike manner.

## TRAINING RULES

Success in athletics is determined by each member of the team performing up to her potential by trying to attain the best possible mental and physical condition. Student use of alcohol, illegal drugs or tobacco is not allowed. **Training rules are in effect beginning the first day of practice or try-outs of each athletic season.** Coaches will review the training rules with all team members on the first day of practice. Team members and their parents are required to sign a statement that they understand the responsibility and commitment as reflected in this policy and that the athletes agree to abide by the training rules.

## **ATHLETIC TRAINING RULE AGREEMENT**

### ***St. Margaret's Position Statement on Alcohol and Drugs***

The use of alcohol and drugs by minors is illegal and potentially detrimental to their intellectual, physical and personal development. For these reasons, St. Margaret's does not condone the use of alcohol or other drugs by our students in any fashion.

St. Margaret's is committed to promoting a school community based on a healthy, alcohol and drug-free way of life for students by providing education and counseling and facilitating communication among students, parents, and faculty.

The success of our efforts to attain these goals requires the commitment of students, parents and faculty.

### ***Athletic Training Rules***

Athletes participating on athletic teams make sacrifices for the good of their teams. They give their time and their energy; they give of themselves, physically, mentally and emotionally. The success of any team is proportional to the degree to which individuals undertake such sacrifices. Therefore, in view of this necessary individual commitment for team success, St. Margaret's requires that athletes abide by certain "training rules" in order to insure the greatest physical, mental and emotional well-being of all athletes.

As a participant on a St. Margaret's School Athletic team, I understand my responsibility for maintaining the best possible physical and mental condition and for displaying proper conduct, self-control and good sportsmanship.

I understand that the following items are included in the training rules for all competitive teams at St. Margaret's:

1. The use of alcoholic beverages in any form is prohibited.

2. The use of drugs (other than those prescribed by a physician for your use) is prohibited.
3. The use of tobacco in any form is prohibited.

I agree to abide by the above training rules. Violations of the training rules will be subject to consequences as determined by the Athletic Review Board. A captain who violates the training rules will automatically lose her captaincy. Two violations during one season will minimally result in an automatic expulsion from the team. Repeat violations during the course of a career will typically result in more severe disciplinary actions.

Player's Signature \_\_\_\_\_

I understand and have discussed the responsibilities and commitments that my daughter has accepted as a member of a St. Margaret's School Athletic team and will support and assist her in meeting these commitments.

Parent or Legal Guardian  
Signature \_\_\_\_\_

### **Athletic Review Board**

The Athletic Review Board upholds the athletic training rules prohibiting student use of alcohol, illegal drugs, or tobacco. The Athletic Review Board is comprised of the Dean for School Life, the Athletic Director, the athlete's coach and all the varsity captains for that season. Violations will be handled by this group on an individual basis. Disciplinary action may include suspension from competition or dismissal from the team. A captain who violates the rules will automatically lose her captaincy. Two violations during one season will, at a minimum, result in an automatic expulsion from the team. The Assistant Head for School Life reviews recommendations and consequences.

## **LETTERING CRITERIA**

Varsity and Junior Varsity athletes have the opportunity to earn a St. Margaret's letter in their sport. The criteria for earning a letter are established by the coaching staff and approved by the Athletic Director. Each will share these criteria in writing with his/her team at the beginning of the season. The number of practices attended (or missed), number of games in which a player participates and a player's attitude toward hard work and team play may all be factors in determining if a letter is earned.

## **ATHLETIC BREAKFASTS**

Athletes are recognized at the three Athletic Awards Breakfasts held at the end of each season. Dress for the athletes at the luncheon is their dressy school outfit. The remainder of the student body will wear their non-dressy school uniforms.

## **SCHOOL ATTENDANCE AND ATHLETIC PARTICIPATION**

School Attendance and Player Eligibility: (Refer to Student Handbook for what are considered excused and unexcused absences.)

- A. Unexcused absence the day of practice CANNOT practice.
- B. Unexcused absence on practice day before a contest CANNOT play.
- C. Excused absence the day of practice CAN practice.
- D. Excused absence the practice day before a contest CAN play but CANNOT start.

- E. Athletes must be in the second class of the day and all remaining classes to be eligible to play in that day's HOME contest.
- F. Athletes may only miss one class on AWAY game days in order to be eligible to play.
- G. The nurse must clear anyone released from the infirmary on a game day in order to play.

Questions about this policy should be addressed, in advance, to the Athletic Director.

## **SCHOOL ATTIRE FOR GAME DAYS**

All teams will wear a white T-shirt for their respective sport and any skirt or slacks that are a part of the school wardrobe. They may also wear athletic shoes. Every member of a Varsity team will be issued an SMS warm-up and the team may wear that on the game day. The entire team must be uniformly attired. Sandals are NOT allowed.

## **SCHOOL JURISDICTION AND TRANSPORTATION**

Students are reminded that they are under school jurisdiction when traveling to and from away games. Day student cell phones must be turned in to the coach upon boarding the bus for away games. The phone will be returned to them following the game. Team transportation will be provided for most local and all out-of-town games. With the permission of the Head Coach and the Day student's family, Day students may drive themselves to in-town games that are off campus as long as they do not return to school. After a game, students must return via team transportation unless they leave with their parent or have prior written permission from the parties involved. ***No student may drive another student to or from an athletic contest unless the student is a***

***regular car-pool member with that student and has prior parental permission.***

## **INCLEMENT WEATHER POLICY**

When weather forces the school to close, there will be no practice or games that day unless there is a special clearance from the Athletic Director. On rainy or snowy days, decisions on outdoor practices and games will be made as soon as possible so everyone involved can be notified of cancellations. On game days, decisions will be made by 1:00 p.m. The school receptionist will be advised so that she may field incoming inquiries. Students should assume practice or games will be held unless there is an official announcement made or posted.

## **ATHLETIC INJURIES**

The first concern for all St. Margaret's athletes is their good health and well being. Each athlete must have a thorough medical examination, and turn the medical form in to the school, before participating in interscholastic sports. Any injury to an athlete should be reported immediately to the Coach who will summon the school nurse for an evaluation. If necessary, the athlete will be taken to a local doctor or the Riverside Tappahannock Hospital Emergency Room for more advanced care. Every effort will be made to notify the parent or legal guardian prior to transporting the injured athlete.

There will be a Certified Athletic Trainer (ACT) present at all HOME contests to administer immediate first aid. She will also be on campus one evening a week to meet with injured athletes and suggest follow-up recommendations for rehabilitation.

## **ATHLETIC PARTICIPATION**

An athlete may participate in only one sport per season. The tryout period for a team continues until the team lists are posted. If an athlete is unsure on which team she wants to play, she may practice with any team(s) during tryouts. She should inform all coaches involved that she is trying out for more than one team. Communication is extremely important. Once the team lists are posted, a player may not quit one team and go to another. The athlete must make that decision and inform all coaches involved prior to the posting of teams. In the event an athlete quits a team, she will have to choose an afternoon activity.

## **ATHLETIC TRAVEL DIRECTORY**

Sue Haney, Athletic Director  
Office: (804) 443-3357, ext. 3034  
Fax: (804) 443-1832  
Email: [shaney@sms.org](mailto:shaney@sms.org)

## **ATHLETIC TRAVEL DIRECTORY**

### **Schools**

Christchurch School	(804) 758-2306
Colonial Beach	(804) 224-7166
Collegiate School	(804) 741-9728
The Covenant School	(434) 220-7342
Essex High School	(804) 443-4301
Fredericksburg Academy	(540) 898-0020
Fredericksburg Christian	(540) 371-3852
King & Queen Central High School	(804) 785-6102
Lancaster High School	(804) 462-5177
Norfolk Academy	(757) 461-0846
Northumberland High School	(804) 580-5192
Rappahannock Community College	(804) 333-6700
Richmond Christian School	(804) 276-3193
St. Anne's-Belfield School	(434) 295-5550
St. Catherine's School	(804) 288-2804
Saint Gertrude High School	(304) 358-9114
St. Margaret's School	(804) 443-3357
The Steward School	(804) 740-3394
Trinity Episcopal School	(804) 272-5864
Virginia Episcopal School	(434) 385-3692

### **Additional Crew, Cross Country, or Swim Sites**

Briarwood Fitness/Swim Club  
Norfolk Botanical Gardens  
Mathews  
William & Mary

## **ATHLETIC TRAVEL DIRECTORY**

### **BRIARWOOD FITNESS/SWIM CLUB**

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville. Take I-95 south toward Richmond. Exit the Powhite Parkway. Take the Cary street exit and go straight to traffic light. Turn right onto Cary Street. Stay on Cary Street past the Country Club of Virginia past the River Road Shopping Center. Stay on Huguenot road until you get to Robious Road. Turn right on Robious. Look for entrance to Briarwood on the left.

### **CHRISTCHURCH EPISCOPAL SCHOOL**

Route 33

Christchurch, VA 23031

(804)758-2306; Fax: (804) 758-0721

Take Route 17 South to Saluda. Take left into Saluda. Go straight through the town of Saluda. Christchurch School is on the left (approximately 4 miles south of Saluda).

### **COLLEGIATE SCHOOL**

N. Mooreland Road

Richmond, VA 23229

(804) 740-7077; (804) 741-9745; Fax: (804) 740-3062, (804) 741-9797

Take Route 360 to Mechanicsville. Take I-295 towards Charlottesville. Go to the very end of I-295 to I-64 East (Richmond). Go 1.9 miles to Gaskins road south. Exit right onto Gaskins road. Continue south on Gaskins to the seventh stoplight (Derbyshire road). Turn left on Derbyshire road. Go 0.7 mile. Take a right onto Mooreland road. Collegiate is approximately 0.5 mile on left.

**Collegiate School's Goochland Fields** (Cross Country and Field Hockey)

Take Route 360 to Mechanicsville. Take I-295 toward Charlottesville. Take I-64 West: Take 288 South to Patterson Avenue (Route 6) EAST. Continue on Patterson about one mile and turn right onto Blair Road. Fields will be approximately ½ mile on your right.

**COLONIAL BEACH HIGH SCHOOL**

**100 1<sup>st</sup> Street**

**Colonial Beach, VA 22443**

From St. Margaret's, go north on Water Lane toward 7-11.

Turn right onto Rt. 360 East and go across the Downing Bridge approximately 7 miles to the heart of Warsaw.

Turn left onto Rt. 3 West. Follow Rt. 3 approximately 24 miles through the town of Montross.

Turn right onto Rt. 205. Go 5.7 miles.

Turn right onto 1<sup>st</sup> Street. Go 0.5 mile to Colonial Beach High.

**THE COVENANT SCHOOL**

175 Hickory Street

Charlottesville, VA 22903

(434) 220-7342; Fax: (434) 220-7349

Take Route 360 to Mechanicsville. Take I-295 toward Charlottesville. Take I-64 west to the 5<sup>th</sup> Street Extended Exit. At the top of the ramp, turn left (away from Charlottesville). Go about two blocks and turn left onto Stagecoach. Take an immediate left onto Oak Hill; then turn right onto Hickory. The school is on your right.

**For Tennis Matches with Covenant (Charlottesville Christian Tennis Club) at Glenmore Country Club**

1750 Piper Way

Keswick, VA 22947

Take Rt. 360 to Mechanicsville. Merge onto I-295 North toward Charlottesville. Merge onto I-64 West to Charlottesville. Take the VA-616 –EXIT 129 toward Keswick/Boyd Tavern.

Turn left onto Black Cat Road

Turn right onto Richmond Road/ US-250.

Turn left onto Glenmore Way.

Turn slight right onto Piper Way.

End at Glenmore Country Club.

### **ESSEX HIGH SCHOOL**

Take Rt. 17 North through Tappahannock. After passing Tappahannock Elementary School and June Parker Marina on the right, turn left at the stoplight onto Airport Road. Go approximately one mile. The school will be on the right.

### **ESSEX INTERMEDIATE SCHOOL**

Take Rt. 17 North through Tappahannock. Go through the traffic light at the Queen Street intersection (Church on the right; Texaco on the left). Turn left onto Marsh Street. Go about  $\frac{3}{4}$  mile. Soccer field will be on the left just past the school.

### **FREDERICKSBURG ACADEMY**

132 Falcon Drive

Fredericksburg, VA 22408

(540) 898-0020; Fax: (540) 898-8951

Take Route 17 North to Route 1 in Fredericksburg. At the traffic light, turn right onto Route 1. Go under the I-95 overpass and turn right onto Mine road at the second traffic light (Taco Bell and McDonald's). Take left at the first traffic light onto Falcon drive. Fredericksburg Academy will be on the left.

**FREDERICKSBURG CHRISTIAN SCHOOL**

2221 Jefferson Davis Highway  
Fredericksburg, VA 22401  
(540) 371-3852; (540) 373-5355; Fax: (540) 371-4121

Take Route 17 North toward Fredericksburg. After New Post, take the first left onto Route 609. Go 0.5 mile. Fredericksburg Christian School is on right.

**KING & QUEEN CENTRAL HIGH SCHOOL**

17024 The Trail  
King and Queen Court House, VA 23085

Take Rt. 360 West toward Richmond. Go approximately 8 miles to Millers Tavern. Turn left onto Rt. 620 followed by an immediate right onto the road behind Watts' Store. Take the first left onto Powcan Road and follow it to a stop sign. Turn left onto Rt. 14. Stay on Rt. 14 until you see King & Queen Central High School on your right.

**LANCASTER HIGH SCHOOL**

8815 Mary Ball Road  
Lancaster, VA 22503  
(804) 462-5177; Fax: (804) 462-5417

Go across the Robert Downing, Jr. Bridge toward Warsaw. Continue ahead through Warsaw. After passing the 7-11 gas station, turn right onto Route 3. Go approximately 25 miles to Lancaster Courthouse. Lancaster High School will be on the left.

**Matthews Regatta site at Williams Wharf**

From Tappahannock, take 17 South to Glenss. Turn left at Route 198 (a 7-11 store is on the corner) You will need to take a left at the first stop sign to stay on Rt. 198. Rt. 198 eventually turns into Buckley Hall Road Stay on Rt. 198 for about 15 miles until you come to a stop sign.

Turn right on to Main Street (there is a Hardees on the corner)  
Go 2 miles, then turn right on to Williams Wharf Road (Rt. 614)

### **NORFOLK ACADEMY**

1585 Wesleyan Drive  
Norfolk, VA 23502  
(804) 461-6236; Fax: (804) 461-1229

Take Route 17 South just past Saluda. Turn right onto Rt. 33 toward West Point. Go through West Point to I-64 east toward Norfolk. Go through the Hampton Roads Tunnel. Continue on toward Norfolk, getting off at Exit 282 (Northampton Boulevard). Stay in the right lane on Northampton Boulevard, go under I-64, and take a right at the first light (Wesleyan Drive). Norfolk Academy is on the right.

### **Norfolk Botanical Gardens**

From Tappahannock, take 17 South.  
Follow signs to get on I-64 East.  
Take exit 279 (Norview Ave).  
Go 1 mile on Norview.  
Take Right on Azalea Garden Road.  
Entrance to Gardens is 1/2 mile on right.

### **NORTHUMBERLAND HIGH SCHOOL**

#### **(Field Hockey games are played at the High School)**

Take Rt.17 North to the traffic light at Queen Street (Beale Memorial Baptist Church on the right). Turn right onto Rt. 360 east. Go across the bridge and straight through Warsaw staying on Rt. 360. Follow 360 to a stoplight in Callao. Turn right toward Heathsville. Stay on Rt. 360 into Heathsville. The High School is on your immediate right. Fields are behind the school.

**RAPPAHANNOCK COMMUNITY COLLEGE**

52 Campus Drive  
Warsaw, VA 22572

Go northwest on Water Lane toward 7-11.  
Turn right onto Rt. 360 East.  
Go 6.5 miles. Turn right into the entrance of  
Rappahannock Community College.  
Bear left at the fork and you will see the tennis courts.

**RICHMOND CHRISTIAN SCHOOL**

6511 Belmont Road  
Chesterfield, VA 23832  
(804) 276-3193; Fax: (804) 276-9106

Take Route 360 west into Richmond. Take I-64 west to downtown  
Richmond. Just before downtown, take I-95 south toward  
Petersburg. Exit I-95, take Chippenham Parkway. Take the second  
Belmont road exit (Belmont south). Go 1.5 miles just past Food  
Lion. Look for Richmond Christian School on left. Turn in  
driveway, gym has columns and is located across from the chapel.

**ST. ANNE'S-BELFIELD SCHOOL**

2132 Ivy Road  
Charlottesville, VA 22903  
(804) 296-5106; Fax: (804) 979-1486

Take Route 360 east to Mechanicsville. Take I-295 to I-64 west to  
Charlottesville. Get off at Exit 118-B onto the Route 250/29  
Bypass heading north. At the second exit, get off and turn onto Ivy  
Road according to where you are going:  
Lower School (Tennis, Lacrosse, Field Hockey, Baseball,  
Basketball): Turn left onto Ivy Road and then take the first right  
onto Faulconer Drive. Follow Faulconer Drive to St. Anne's Lower  
School.

**ST. CATHERINE'S SCHOOL**

6001 Grove Avenue  
Richmond, VA 23226  
(804) 288-2804; Fax: (804) 285-8169

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville to I-95 south toward Richmond. Take the Powhite Parkway, Grove avenue exit and bear right to the stop sign. Turn right and go to the traffic light. Turn left onto Grove Avenue. Go through 5 stoplights. The fifth light is the intersection of Grove and Libbie. Take the next left onto Maple. Go past the construction which will be on your right. The last building on the right is the gym.

**ST. CATHERINE'S GOOCHLAND FIELDS**

(JV/V Softball)

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 West exit towards Charlottesville. Take the Rt. 288 South exit. Get off on the Patterson Avenue Rt. 6 East exit. Turn onto River Road across from Richmond Country Club. Go 6/10 mile. Entrance is on your left.

**ST. CATHERINE'S ROSLYN ON RIVER ROAD**

(Cross Country)  
8727 River Road  
Richmond, VA 23229

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 East exit toward Richmond. Take Parham Road South Exit.  
Proceed south on Parham Road 4.1 miles.  
Follow signs for River Road (left turn/traffic light)  
Follow short access road ( N. Parham/River Rd.) to traffic light.

Turn left onto River Road. Proceed 3/10 mile.  
Entrance sign for Roslyn Diocesan Center will be on your right.

**ST GERTRUDE'S HIGH SCHOOL**

3215 Stuart Avenue  
Richmond, VA 23221  
(804) 358-9114; Fax: (804) 355-5682

(For Volleyball and Basketball games)

Take Rt. 360 west to Mechanicsville. Take I-295 North towards Charlottesville. Take I-95 south toward Richmond. Merge onto the Powhite Parkway. Take the Cary Street exit and go straight to the traffic light. Turn left onto Cary Street. Take the first left onto Thompson Street. Turn right onto Stuart Avenue. School will be on your right at 3215 Stuart Avenue. Park behind the school.

**ST. GERTRUDE'S HIGH SCHOOL**

(For Softball games)

Take 360 west to Mechanicsville. Take I-295 towards Charlottesville. Take the Staples Mill Road exit heading back toward Richmond. Turn right onto Hungary Spring Road. Go .1 mile. Dumbarton Elementary School at 9000 Hungary Spring Road will be on your right. Softball complex is to the rear of the school.

**ST GERTRUDE'S HIGH SCHOOL (THE ABBEY)**

(Soccer games)  
12829 River Road  
Richmond, VA 23238

Take Rt. 360 to Mechanicsville. Take I-295 towards Charlottesville. Get off on the Rt. 64 West exit towards

Charlottesville. Take the Rt. 288 South exit. Merge onto Patterson Avenue (VA-6) toward Richmond.  
Turn right onto Pagebrooke Drive  
Turn right onto River Road.  
End at The Abbey at 12829 River Road.

### **ST. MARGARET'S NEW ATHLETIC FIELDS**

Go southeast on Water Lane toward Wright Street.  
Turn right on Wright Street. Go to the traffic light.  
Turn left on Rt. 17 South.  
Go approximately 1.5 miles. Turn right on Sycamore Drive which is just prior to Shoney's Restaurant.  
Proceed to the new fields.

### **THE STEWARD SCHOOL**

11600 Gayton Road  
Richmond, VA 23233  
(804) 740-3394; Fax: (804) 740-1464

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville. Go to the end of I-295 to I-64 east (Richmond). Go 1.9 miles to Gaskins road south. Exit right onto Gaskins road. Continue south on Gaskins for 2 miles. At the fourth traffic light, turn right onto Quioccasin road. Quioccasin becomes Gayton road at the first traffic light. Continue straight for 1.9 miles to Ryandale road. Turn right onto Ryandale Road. Steward School will be on left.

### **TRINITY EPISCOPAL SCHOOL**

3850 Pittaway Road  
Richmond, VA 23235  
(804) 272-5864; Fax: (804) 323-1335

Take Route 360 west to Mechanicsville. Take I-295 toward Charlottesville. Take I-95 south toward Richmond. Exit the Powhite Parkway. Take the Cary street exit and go straight to traffic light. Turn right onto Cary Street. Stay on Cary Street past the Country Club of Virginia past the River Road Shopping Center across the Huguenot Bridge. Stay on Huguenot road for about 2 blocks. Turn right onto Cherokee road. Follow Cherokee for 2.7 miles (speed limit 25; winding road). Take left on Pittaway. Trinity School at end of Pittaway on right.

### **VIRGINIA EPISCOPAL SCHOOL**

400 VES Road  
Lynchburg, VA 24503  
(804) 384-6221; Fax: (804) 384-1655

From I-64: Take Route 360 west to Mechanicsville. Take I-295 North to I-64 West towards Charlottesville and exit at 118A-Lynchburg (Rt. 29 South). Stay on 29 South for approximately one hour and ten minutes. When you pass the town of Amherst and Sweet Briar College, you are about 20 minutes from VES. After going through Madison Heights and its many traffic lights and fast food stores, look for Kroger on your right. Take exit 29 South-Business (right after Kroger) until you go over the James River bridge to a traffic light at the top of the hill (Texas Inn on right). Turn right onto Rivermont Avenue. Follow this for about three miles. You will pass Randolph-Macon Women's College and Virginia Baptist Hospital. Turn right onto VES Road at next light, follow to school.

### **THE COLLEGE OF WILLIAM AND MARY**

200 Richmond Road  
Williamsburg, VA 23186  
(804) 221-4000

William and Mary Invitational - Cross Country: This meet is held on the W&M cross country course which is located on the grounds of Eastern State Hospital. Take I-64 east to Exit 238, the Colonial Williamsburg/Camp Peary Exit. When you get off I-64, you are on Route 143. Follow 143 to the second traffic light (Route 132 South) and turn right. Follow 132 South to the first traffic light and turn right onto Route 60 West. As you approach the bridge, get into the left lane. When you go over the bridge on Route 60, you will come to a traffic light. The next traffic light about a quarter mile ahead is Ironbound Road, where you turn left and continue to the race site.