The 2011 fall season was certainly challenging – we made it through a hurricane, massive flooding, and even an earthquake! The teams and coaches worked very hard this season and although wins may not have been as many as we would have liked, the Jaguars persevered in every game, match, and meet. There were lessons learned in the areas of team work, commitment, and sportsmanship that will hopefully benefit our students throughout their lives.

We had several athletes gain District and Regional recognition. Senior Tyler Satorius was the 2011 National District Golf Champion. Emily Grabauskas, Erin Nunan and Dylan Freeman advanced to the Northern Region Cross Country Championships. Our Varsity Cheerleaders made us proud in competition and earned the National District Runner Up title and competed well in the Region Championship!

In field hockey, Kayleigh Boveri and Jenny Vique were selected 1st Team All District.

In addition to the Jaguars efforts in the sports world, many of our student athletes made great strides in the academic world; over 45% of our student athletes earned Northern Region Scholastic Awards for maintaining a 3.5 grade point average or higher during the fall season.

For all of our returning student athletes, I encourage you to continue to work during the off –season to improve your performance; play in leagues, go to camps, keep in shape. For our senior athletes, I want to thank you for your leadership and dedication. I hope that your participation in FCHS athletics will make you successful in life; whether that is in college, a career, or a contributing member of society.

The athletic programs at FCHS would not be possible without the support of many people. I want to thank all of the parent team representatives and especially the parents who work so hard to make our Athletic Booster Club one of the best in Fairfax County. The Booster leaders- Reid Trautz, Bruce Williams, Pat Maines, Lynn Petrazzuolo, Liz Nalle, Perry Moy, and Grace Cassidy work countless hours to raise money, provide communication, and promote school spirit. We appreciate all that you do!

Lastly, I want to thank the folks I am fortunate to work with daily- all of the fall coaches, the Assistant Directors of Student Activities, Colleen Lally and David Dougherty, the athletic trainers, Jon Thompson and Amy Christman, and our administrative assistant, Karen Werner. All of these people are very dedicated to providing the best for the Jaguars of FCHS!

Hope to see everyone at the winter events- go Jags!

— Jeanne Kelly
The Reality of Funding High School Sports

One of the many benefits of Falls Church High School is that most students get to play in the sport of their choice. That’s the benefit of a smaller school. If you know students at larger high schools in Fairfax County, you know many of them don’t make the sports teams or get to play the sport of their choice.

However, that benefit comes at a cost: A smaller school collects less gate revenue. Yes, the admission fees charged to spectators goes to pay for athletic equipment and more. However at small schools like Falls Church, we have less gate revenue, but we still have the same number of players on the field and our fields are the same size as other schools and also need the grass mowed, watered, and maintained.

Unlike other school districts, the Fairfax County School Board pays only a small fraction of the true cost of athletics. That’s right, they don’t pay. For years the Board has been underfunding high school athletics. And it is only getting worse.

That’s where the FCHS Boosters come in. We make up the difference between what few expenses the county funding and gate revenues cover, and the true needs of our athletic program. Here’s what Booster fundraising helps pay for:

- Field installation (such as the Bermuda grass field in the stadium)
- Field maintenance: watering, seeding, mowing, fertilizing, marking/painting
- Track maintenance
- Lawn mowers
- Concession stand maintenance/appliance replacement
- VHSL training/coaching re-certification
- Manuals
- Equipment for all teams
- Travel expenses
- Invitational entrance fees
- Athletic Department staff development training
- Uniforms, protective gear, warm-ups, and helmets
- Reconditioning of equipment
- Maintaining and upgrades to weight room
- Score books
- Ball carts
- Starting blocks, hurdles, and batons
- Portable toilets
- Gator carts
- Scoreboards
- Concession stand supplies
- Food safety training
- Awards and trophies
- Athletic letters and pins

Falls Church Athletic Boosters is your conduit to volunteer. We raise money for all athletic teams, and let the Activities Office determine where the greatest need is for the funds we donate. We want everyone to volunteer and participate in the success of the Falls Church athletic program. Our goal is to welcome each parent or guardian, and find the best volunteer job that fits your schedule.

If you have ideas to help and/or you’d like to volunteer to help for the coming year, please call or e-mail me at 703-867-4845 or reidtrautz@verizon.net.

Next Boosters Meeting is Tuesday November 15th, 7:30pm at Velocity Five Restaurant
Boosters provide much needed funding for the athletic programs at Falls Church. Our goal is to donate $60,000 this year to the athletic program. Please find a way to help – any current booster member can help find a spot to best use your talents and utilize the limited time you can offer to help our students.

The Boosters have several committees that coordinate designated activities:

Our **Communications Committee**, led by Lynn Petrazzuolo, works to get the word out about upcoming events and activities throughout the community and school pyramid. We need volunteers to help with our website, Booster Blast newsletter, FaceBook page, and more. E-mail: lynnp@avanticorporation.com

Our **Promotions Committee**, led by Bruce Williams, is working to make our athletic events even more inviting to families and community members, including our neighbors who do not yet have children at Falls Church. We need several more parents to help before and during home football games – you’ll have fun AND be able to see the vast majority of the game. For more information or to volunteer, send an e-mail to Bruce. E-mail: Bruce.Williams@aecom.com

The **Concessions Committee** needs several volunteers to help Pat Maines stock the concession stands, help coordinate volunteers, and be a part of our largest fundraising effort. Many of these tasks are behind-the-scenes and can be done almost any time of day, not just at the games. E-mail: pjmaines@verizon.net

Our **Spiritwear Committee**, led by Gilma O’Hora and Grace Cassiday, need help organizing our spirit wear, staffing the JagWear Shop, and selling spiritwear and spiritgear at football games and other events throughout the year. E-mail: cassidy42@hotmail.com or gilmao@hotmail.com for more information and to sign-up to volunteer.

Our **Membership Committee**, led by Liz Nalle promotes the importance of membership in the Boosters, and helps process the applications as they are received. (The bulk of which come in the first few weeks of school.) Email: enalle@cox.net to get involved.

Our new Sponsorship Committee is working to find corporate sponsors for our athletic program. Join this exciting committee that will work with local, regional, and national businesses to support Jaguar athletics. The chairmanship of this committee is presently open. Interested? Contact Reid Trautz.

Please e-mail the coordinator of the committee that you would like to be a part of this year (or season). Or let Reid Trautz, our Booster President, know if there is any other talent you want to share with the Booster’s effort to help our student athletes (reidtrautz@verizon.net).

Two new positions are in need of leaders and committees: The Spring Festival and the Boosters Golf Tournament. Please contact Reid Trautz if you can help with these important fund raising events.

Don’t be shy.
Be generous so our athletes can succeed.
Fall Sports WRAP-UP

Cheerleading
Coach Eliza Kirchner

Fall/Competition Cheer season is always exciting and 2011 was no exception! The season began with an exciting tryout with a great turnout. At the end of the week, 21 members made the Varsity squad – including a second male cheerleader for the first time. Through daily three hour practices and four hours on Saturday mornings, the squad’s stunt groups rapidly progressed and surpassed the difficulty level of past years. The dedication and commitment of the team also resulted in the majority of the squad performing running tumbling skills on the competition floor (a first for Falls Church).

At an exciting District Finals, the squad set a record for Falls Church and scored a 239 and advanced to Regional Semi-Finals for the fifth time in six years. In addition, Falls Church was well represented with six members on the All-District team and one on the All-Region team. Even with all of these great accomplishments, perhaps the most unforgettable moment was when Coach Holly Harageones was proposed to at the last game of the season! As always, this was a memorable season and the coaches are already looking forward to next year!

Cross Country
Andrew Holloway

With practices starting in early August it is sometimes difficult to focus and train for an event that will take place the last week of October. Not with this team. Not when I drilled in their heads from the very first day of practice that the goal was neither the first or second week of September nor even the first or second week of October, the focus was the last week of October, the District Championship.

Having our goal set for the end of the season allowed us to train hard a majority of the season without letting up too much when our weekly quad meets came up. Even so, we were able to sprinkle a lot of success all throughout the season, starting with our very first meet at Monroe Parker where Leo Quiroga took 8th place in the JV race earning him a medal.

A few weeks later, after our first dose of district competition with our weekly quad meets, Emily Grabauskas placed 18th out of over 300 runners at the Oatlands Invitational. Our Glory Days Invitational out in Manassas was a big day for our JV squad as almost everyone set a new PR. Running well that day were Tony Le and Angelika Dettling amongst many others. Our last weekend invitational was the Georgetown Prep Classic Invitational where we faced some steep competition but Neil Mendonca had a great race and took 18th place earning himself a medal in the Boys JV Race.

These sparkles of success helped build confidence moving forward through the season which set up our JV team to race well in the JV District Festival. We had big performances by Isaac Cruz, Eric Vasquez, Po-Jeff Yu, Angel Lopez, and Chris Devlin finishing as our 5th man and rounding out the scoring. On the girls side, Cami Goold had a big day taking a minute off her PR in the pouring rain and mud at Franconia Park in Springfield, finishing the season on a high note.

Then came our Varsity District Race out at Burke Lake on the 26th of October - the team was physically and mentally prepared. And it was a good day. Our front runners on both the boys and girls teams had big days and each had their best race of the season. Dylan Freeman took 45 seconds off of his previous PR, running 16:14 and taking 5th place guaranteeing himself a spot at the Regional Championships. Our boys team had 6 runners under 18min and overall the team did very well. Phil Kane, Christian Quezada, Leo Quirago, Matt Rhodes, Neil Mendonca and Evan Massaro all had very good races and many set new PRs. Emily Grabauskas led the girls team with a 3rd place finish and a 35 second PR, running a time of 19:11. Both Emily and Erin Nunan, our second girl to finish, are heading to the Regional Championship. Each member of our girls team had season PR's including Elizabeth Sullivan, Charlotte Louden, Annabelle Olson and Preethi Chaudhari all helping the team to a solid finish. Bottom line - we did what we needed to do.
Our focus was the district meet and the kids came ready to rock and roll.

All in all is was a great season. In each and every race we had a least one runner set a new PR. Moving forward and looking at the upcoming track season and even thinking about next years’ cross country season our distance team is well equipped to be a competitive force in the National District.

**Field Hockey**
Coach Erin Peer

The Varsity Field Hockey Team finished 5th place in the district primarily due to their overtime win at Edison! Kayleigh Boveri and Vickie Green scored 4 goals each this season, Shelbi Will had 2, and Jenny Hemenway, Jenny Vique, and Mary Ellen Stivers each tallied 1 goal. Their regular season schedule ended on a high note with the Lady Jags defeating Stuart on Senior Day. Team captains Kayleigh Boveri and Jenny Hemenway led the team of 17 players to increasing the number of goals scored (from last season) by 40%. Kayleigh Boveri, Jenny Hemenway, Jenny Vique, Vickie Green, and goalie Nicky Nguyen were all honored for their season accomplishments by making various All-District teams. Jenny Vique was named an All-Tournament Player based on her efforts in the district’s first round game against Mt. Vernon. Falls Church welcomed new coaches Erin Peer and Selma Nunes this year, and the team is looking forward to another great season in 2012!

The JV Field Hockey Team was also led by new coaches, Amy Derrickson and Minnie Wodatch. Team captains Carly Petrazzuolo, Jill O’Gara, Lisztgen Garcia, and Emily Flores helped the players form strong bonds and supported the new freshman team members. Carly, the team’s goalie, had a phenomenal number of saves and played for the varsity team in both the Stuart game, and the first round game of the district tournament. The JV team’s season ended with the Lady Jags tying Stuart. The team improved their conditioning and ball handling skills, and all are looking forward to the 2012 season!

**Football**
Coach Said Aziz

The Varsity football team went into 2011-2012 football season with a very young team. The team consists of a combined ten Seniors and juniors with thirty-five sophomores and four freshman. The season showed many ups downs. Each game the team got better. Individually these incredible young men got better every week and showed up to practice everyday. Despite an 0-10 record, our football team learned many character building skills such as facing adversity and learning to be a part of a team. Expectations are high for next season. The Varsity football team will be returning eight starters on offense, and seven on defense. The freshman football team ended this season with a 5-3 record. The future for Jaguar football is very bright.

**Golf**
Coach Mike Power

This year’s team ended with a 500 season. The team was lead by seniors captain Tyler Satorius and Junior co-captain James Dickemann. Tyler ended his season by placing first overall in the National District and represented FCHS at the regional tournament.

Camden Trautz, Kyle Jackson and Cory Karzewski were our remaining seniors. Mike Barnes, Nate Thatcher and Brandon Barbaro rounded off our traveling eight golfers.

Next year’s team will be captained by James Dickemann and Kristi Nguyen. Both Coach Power and Coach Bogar are looking forward to next season. Although only eight play in a match, the younger players on this year’s squad will be adding strength and depth to the program.
**Boys’ Basketball**  
Coach TC Papageorge

For the Falls Church High School boys’ basketball program a tradition has been formed with players focusing on hard work, commitment, and playing together in a team environment.

The program had its most successful season last year since 2003. It reached the district championship game and qualified for the Regional tournament for the second straight year. 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.

The program is excited to host its 2nd annual holiday basketball tournament – *The Joe Cascio Classic* in December. This tournament is in honor of Falls Church JV basketball coach who lost his battle with cancer in 2010. Thank you to everyone that helps make this tournament a success.

Building yearly relationships with future student athletes is the foundation of the basketball program at Falls Church. In 2007 the Jaguars basketball youth summer camp was brought back to Falls Church. The summer camp of 2011 recently completed its 5th 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 a few years ago!

Expectations for this program are as high as they have ever been. The team will consist of returning Varsity players, transfers from other schools, and players making the jump from JV to Varsity.

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

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**Dance Team**  
Coach Jessica Griscavage

I am pleased to be coming back for another exciting season for the Falls Church Varsity Dance Team. Last year we had a fantastic year placing in several categories at numerous competitions. We are looking forward to performing at the Varsity Boys & Girls Basketball games and also have some competitions lined up. For more information on joining the dance team, please contact Coach Griscavage at chiricotti@yahoo.com.

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**Swim & Dive**  
Coach Clayton Joyner

This year the FC swim and dive program introduces and entirely new coaching staff. This includes Head Coach Clayton Joyner and Assistant coaches Kristin Pugh and Danny Calcano. All are former swimmers for the FC team and plan on a great season.

On the boys side Coach Joyner plans on restoring glory to the program where he managed to be a part of 2 district championship teams. His experience includes over a decade of coaching in the Northern VA area for teams such as the Holmes Run Acres Hurricanes, VLAC SWIM club, and at Robinson HS where his teams managed to win district, regional, and state titles. He hopes to share his experience and knowledge with the boys’ program and help lead them to a National District title.

Expect a big year from James Sturgess, Zachary Goldblatt, Ryan Davenport, Erik Vasquez, and Fr. Eric Schwartz as they hit the pool for the Jaguars.

For the girls side the goal is simple, to take down Yorktown who is the 18 time reigning National District Champs. Coach Joyner looks to end that streak. Led by All-American Laura Schwartz who is in her Jr. year the Lady Jags are also backed up by a very highly anticipated
Winter Sports PREVIEW (continued)

Fr. class that includes Laura’s sister Julia Schwartz and Haley Mclean. Both are local stand outs who look to add to the girls’ swim legacy. Other swimmers who look to have a big season are Sydney Langer and Sydney Davey.

Girls’ Basketball
Coach Tzeitel Barcus

The FCHS girls’ basketball program will begin a new era under a new coaching staff including Tzeitel Barcus head varsity coach, Melissa Stile assistant varsity coach, Janice Pritchett assistant Varsity coach, Donnell Fisher Head JV coach, Belinda Kim assistant JV coach, and Rochell Brown freshmen coach.

Coach Barcus, a former South Lakes Seahawk, looks to take the Jaguars to the next level by continuing to move forward with the dedication, commitment, and determination of its players and coaches.

This is an exciting time for the Jaguars and for the coaching staff as well. With many quality returning players, we hope to raise our standing in the District and be competitive in the Region. We hope that the community will become a part of our program as we strive to bring Falls Church to great heights this season.

Information about basketball community events and camps is on the way, so stay tuned.

WRESTLING
Coach Dustin Payne

My name is Dustin Payne and I am the new Head Wrestling Coach here at Falls Church High School. I am also a Culinary Arts instructor as well as working with the Physical Disabilities department here at Falls Church High School. I have been a coach for the last six years at West Potomac High school and I am more excited than ever about this year’s wrestling season. We are very enthusiastic about starting a new era and tradition for the wrestling program here and I can’t wait to get started.

Falls Church High School Student Activities Department

Jeanne Kelly, Director of Student Activities, jeanne.kelly@fcps.edu
David Dougherty, Asst. DSA, david.dougherty@fcps.edu
Colleen Lally, Asst. DSA, colleen.lally@fcps.edu
Cherryl Fraim, Admin. Asst. Cherryl.Fraim@fcps.edu
Karen Werner, Building Use Coordinator, karen.werner@fcps.edu

Jaguar Hotline - 703-821-5245
Activities Office -703-207-4023
Activities Fax # - 703-207-4012
Falls Church High School
Winter Sports Head Coaches 2011-2012

<table>
<thead>
<tr>
<th>Sport</th>
<th>Head Coach</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Boys Basketball</td>
<td>T.C. Papageorge</td>
<td><a href="mailto:tpapageorge@gmail.com">tpapageorge@gmail.com</a></td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>Tzeitel Barcus</td>
<td><a href="mailto:tabarcus@fcps.edu">tabarcus@fcps.edu</a></td>
</tr>
<tr>
<td>Dance</td>
<td>Jessica Griscavage</td>
<td><a href="mailto:chiricotti@yahoo.com">chiricotti@yahoo.com</a></td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Mike Cooper</td>
<td><a href="mailto:mccooper@fcps.edu">mccooper@fcps.edu</a></td>
</tr>
<tr>
<td>Swim/Dive</td>
<td>Clayton Joyner</td>
<td><a href="mailto:vlacswim@gmail.com">vlacswim@gmail.com</a></td>
</tr>
<tr>
<td>Track</td>
<td>Courtney Jordan</td>
<td><a href="mailto:coachcjordan@gmail.com">coachcjordan@gmail.com</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Dustin Payne</td>
<td><a href="mailto:Dlpayne1@fcps.edu">Dlpayne1@fcps.edu</a></td>
</tr>
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FCHS Student Activities Department:

Student Activities phone # 703-207-4023
Jaguar Hotline – 703-821-5245
Sports Webpage: www.fallschurchsports.org
Jeanne Kelly, Director of Student Activities, Jeanne.kelly@fcps.edu
David Dougherty, Assistant Director of Student Activities, david.dougherty@fcps.edu
Colleen Lally, Assistant Director of Student Activities, colleen.lally@fcps.edu
Karen Werner, Administration Assistant, Karen.werner@fcps.edu
Jon Thompson, Certified Athletic Trainer, jonathan.Thompson@fcps.edu
Amy Christman, Certified Athletic Trainer, amy.christman@fcps.edu

Important Dates for Winter Sports:

- 11/23 - FCHS dismisses school at 12:10pm - practices may occur.
- 11/24 - Thanksgiving Day - no practices.
- 11/25 - School Holiday - practices may occur.
- 11/29 - Winter Sports Parents/Coaches meeting, 7:00pm
- 11/30 - Winter team pictures / Boosters donation letter fundraiser
- 12/23-1/2 - Winter break - practices and games will take place.
- 1/16 - Martin Luther King, Jr. Holiday - practices may occur.
- 2/20 - President's Day- Start of spring sports try out
- 3/1 - Winter Sports Awards

Velocity Five is Home of the Jaguars
Claim your VIP Booster Card at Velocity Five and receive a 25% discount any time and any day
Located in Merrifield at
8111 Lee Highway (The Shopping Center with Office Depot)

November 15
Faculty Night
(and Boosters Meeting at 7:30)

January 9
Alumni Night

February 6
Student Night

February 28
Parent/Student “Date” Night