

## **Matoaca Middle School Try-Out Information**

### **Fall Sports**

**Cross Country** - Monday, August 25th - Wednesday August 27 (2:30 - 4:30)

**Cheerleading** - Monday, August 25th - Wednesday August 27 (2:30 - 4:30)

**Boys Soccer** - Monday, August 25th - Wednesday August 27 (2:30 - 4:30)

**Girls Basketball** - Monday, August 25th - Wednesday August 27 (2:30 - 4:15)

### **Winter Sports**

Cheerleading - Practices continue

Boys Basketball - TBD

### **Spring Sports**

Girls Soccer - TBD

Track & Field - TBD

In order for any student to try out and/or participate in athletics for Matoaca Middle School, he or she must have a signed concussion form and a physical form completed by a physician after May 1, 2025. The links for both are below located on the "Forms" tab at the top right of this page, and hard copies of both forms are available in the main office.

[VHSL Physical Form](#)

[Heads Up Concussion Form](#)