

# Home School Athletics for ODS Students

## Requirements for Participation in VBMSL Athletics:

A Virginia Beach Middle School League physical form ("Updated June 2017") dated after May 1, 2017, by a doctor/physician must be on file in the Student Activities Office before try-outs. Physical forms can be obtained from the main office or by clicking on the following link: [Athletic Physical Form](#). **Please note:** The blue "School Entrance Health Forms" and recreation sports physical forms are not accepted as athletic physical forms. Once you get a copy of the Physical Form signed by your physician, bring it in to Mr. Voegel, our Student Activities Coordinator, as soon as possible.

[VB Sports Central Website](#) for team schedules, scores, standings and other VBMSL information.

For inquires about Activities or Sports Buses, contact Mr. Voegel ([Matthew.Voegel@vbschools.com](mailto:Matthew.Voegel@vbschools.com)).

## Athletics and Tryouts for ODS students

Students at ODS participate in VBMSL Athletics through their designated home schools. VBMSL determines specific times when schools can begin tryouts and practices. However, because every school has athletic programs that operate differently, it is imperative that you check the website of your child's home school to see if there are any special dates. Sometimes athletic programs will ask that specific students show up on certain days or different times. The listings below show different seasons and when tryouts for these programs can officially start according to VBMSL regulations. The listings for each schools website is shown below. If you have questions regarding a school's specific athletic program, email the SAC at your particular home school or contact **Mr. Voegel at [Matthew.Voegel@vbschools.com](mailto:Matthew.Voegel@vbschools.com)**

### 1st Nine Weeks

Tryouts may begin on Monday 8/27/18 for the following sports:

Football  
Cheerleading  
Boys Soccer  
Girls Soccer

ODS students can participate in the One Act Play Festival with their ODS classmates here at school. Auditions for the One Play Festival will be held on 9/11/2018 at 4pm in the ODS Black Box.

### 2nd Nine Weeks

Tryouts may begin on Tuesday 11/13/18 for the following sports and activities:

Boys Basketball  
Girls Basketball

ODS students can participate in the Academic Challenge Competition with their ODS classmates here at school. Specific tryouts dates will be posted online and determined closer to the beginning on the season.

**3rd Nine Weeks**

Tryouts may begin on Tuesday 1/30/19 for the following sports and activities:

Wrestling  
Volleyball

ODS students can participate in Debate with their ODS classmates here at school. Specific tryouts dates will be posted online and determined closer to the beginning on the season.

**4th Nine Weeks**

Tryouts may begin on Monday 3/26/19 for the following sports and activities:

Baseball  
Softball  
Field Hockey  
Boys Track  
Girls Track

ODS students can participate in the Forensics with their ODS classmates here at school. Specific tryouts dates will be posted online and determined closer to the beginning on the season

**Virginia Beach City Public Schools (Middle Schools)**

[Bayside Middle School](#)

[Brandon Middle School](#)

[Corporate Landing Middle School](#)

[Great Neck Middle School](#)

[Independence Middle School](#)

[Kempsville Middle School](#)

[Landstown Middle School](#)

[Larkspur Middle School](#)

[Lynnhaven Middle School](#)

[Plaza Middle School](#)

[Princess Anne Middle School](#)

[Salem Middle School](#)

[Virginia Beach Middle School](#)