

Announcement from the OHS Athletic Department:

The MCPS school board has not given the green light for OHS athletics to begin “out of season” conditioning/practices/etc. at this time, but we continue to have discussions of how and when to move forward.

Our Superintendent, Principal, Activities Director, and members from the MCPS School Board are currently having discussions on what/when/how these workouts will look like. When they are approved and are in the best interest of the safety of all involved, we will get this information out immediately.

When a decision is made; and activities are allowed to move forward, ALL OHS athletes will need a completed physical from their physician. The VHSL physical form can be found on the OHS Athletics website. It may be in your best interest to move forward with making an appointment with your physician to get your physical completed.

The VHSL will come out with their approved athletics calendar sometime in mid September. They have made the proposal for all schools to play all 3 seasons in a condensed format. The proposal shows all Virginia public schools beginning the athletic season in late December with all winter activities. The Fall season will be moved, and will begin following the Winter season some time in February. The Spring season will begin in April following the Fall season.

We will keep you updated with information as we receive it.

We miss you all, and hope to see you again real soon.

Mr. DeGrood

Activities Director

Go Eagles