



THE PTSA NEWSLETTER

Langley High School

February 2010

Contents

Principal's Message	1
Co-Presidents' Message	2
PTSA COMMITTEES	2
Family Network	2
Fine and Performing Arts	3
Hospitality	3
Nominating Committee	3
Professional Development Fund	3
Reflections	4
CLASS NEWS	4
Class of 2013 (Freshmen)	4
Class of 2012 (Sophomores) ...	4
Class of 2011 (Juniors)	5
Class of 2010 (Seniors)	5
Baccalaureate	6
COUNSELING CONNECTION	6
Testing	6
PERFORMING ARTS	7
Band	7
Choral	7
Orchestra	7
Theatre	7
WINTER SPORTS	8
Boys Basketball	8
Girls Basketball	8
Cheerleading	8
Crew	8
Dance	8
Gymnastics	9
Swim & Dive	9
Winter Track	9
SPRING SPORTS	9
Baseball	9
Boys Lacrosse	9
Girls Lacrosse	9
Boys Soccer	9
Girls Soccer	9
Girls Tennis	10
Track and Field	10
Athletic Training	10
CALENDAR	11

MESSAGE FROM THE PRINCIPAL

Happy New Year, Langley community. As we move toward the end of the first semester and as college acceptances begin to roll in, I continue to be impressed by the quality of student work. Other than this, there is not much good news with regard to schools. Like most governments, the school system has a large budget shortfall and will need to make drastic cuts. These cuts will directly impact the manner of instruction. However, no matter what happens with the budget, we will do our best to preserve the high standards our community has come to expect.

What can you do? First, stay informed and involved in the discussion. The School Board and the Board of Supervisors have been very open to the community and need to hear from you. Second, be thoughtful and patient with the registration process for the next school year. This year it was very difficult for students to switch classes after September. Next year, as there will be limited seats in classes, it will be even harder for students to change their minds. As much as we want students to challenge themselves or to try something new, families have to weigh their decisions carefully and consider that students may have to stick with their original schedule.

On a positive note, Saxon Time can be a great benefit for struggling students this year and next. Students and teachers report that good, valuable work is being done during this time. Data is showing a decline in D and F grades. Further analysis is ongoing as we compare the previous years to 2009-2010. We anticipate further analysis will show rises in other achievement indicators as well as lower stress levels for our students.

Another positive has been the technology support we have received from the community. Thank you! Smart Boards and Centeo systems have been ordered and should be up and running in a few months. These systems will greatly enhance instruction. Teachers who have this technology at other schools have been able to engage many more students in learning and provide instant feedback on assessments. Plus, the transfer of information from classroom to Blackboard.com becomes less labor intensive.

The Langley community has always come through for our school. The technology initiative is just one example of how much support we get from parents. You have fed our faculty on numerous occasions, you have lent your time in our clinic, library, main office, and in classrooms, and you have organized programs for families and for students. Most importantly though, you have been cordial and patient with the Langley staff during very stressful times. Thank you for taking care of our teachers.

I hope to see you all at Touching Bases on February 11. Many thanks!

Matt Ragone, 703-287-2704, Matt.Ragone@fcps.edu

[Back to Top](#)

MESSAGE FROM THE CO-PRESIDENTS

"Kindness, like a boomerang, always returns". ~Author Unknown

A sincere thank you to the many Langley students and families who supported the SGA's Haitian Relief Collection on January 22, and to the SGA for organizing this humanitarian effort.

FCPS budget issues loom large, and in the next few months there will be many School Board and community meetings to discuss cost-saving proposals such as increased class size, program elimination, fee increases, and decreased revenue to the county from Richmond. Please keep informed by visiting the FCPS website www.fcps.edu.

Have you joined the PTSA yet? Your membership helps to fund wonderful programs at Langley, such as our many performing arts groups, science department projects, technology improvements, and countless other programs that directly benefit our students and teachers. *"Join Early, Join Often"*, as we strive to achieve our goal of 100% membership.

The second round of parent-teacher conferences will be held Thursday, February 11, 7:30-9:30 am. Please read more about the format for conferences in the Counseling Connection section of this newsletter.

The guidance counselors and administrators enjoyed a wonderful dinner on Junior College Night. A community-wide Family Network program called *The Adolescent Brain*, by Dr. William Stixrud, brought a big crowd of interested parents to Langley's auditorium. A link to Dr. Stixrud's presentation can be found on the PTSA website. We would like to thank Betsy Shomaker and Susan Mayman for organizing these two events.

After enjoying the school holidays this month, show your support for the wonderfully talented students at Langley by attending performing arts, scholastic or athletic events. Check the school website for a complete schedule.

Our next PTSA meeting is on Wednesday, February 3, 7:30 pm in the PTSA conference center. We hope to see you there.

Andrea Sotter, 703-356-2488, andrea4@cox.net
Stacey Wood, 703-757-4412, woodsgf@aol.com

[Back to Top](#)

PTSA Committees

FAMILY NETWORK

Thank you to everyone who came to the program *The Teenage Brain* on Jan 14. Approximately 300 people attended the program. If you were not able to be there, but have heard how informative it was, you can download Dr. Stixrud's outline which has been posted on the PTSA website.

Our next program will be Wed, March 10, 9 am in the auditorium. Ashley El-Zein, Injury Prevention Coordinator for INOVA, will discuss the long-term effects of teen drinking and drug use. The program is titled *So What's The Big Deal, Kids Will Be Kids!* As you know, the results of the Fairfax County Youth Survey demonstrate that Langley students report the highest level of alcohol use in the county. What's the big deal? Research shows that teens who begin drinking before age 15 are four times more likely to develop alcohol dependence at some time in their lives compared with those who have their first drink at age 21 or older. It used to be thought that early drinkers were somehow predisposed to alcoholism, but research now shows that early drinking may actually create future alcoholism. Likewise, those persons who begin drinking early tend to indulge in binge drinking, which can lead to myriad long-term health effects. Teen drinking is a big deal; come and learn more.

If you have any questions about these programs or ideas for future programs, please email me.

Betsy Shomaker, shomaker.jb@verizon.net

[Back to Top](#)

NOMINATING COMMITTEE

We are looking for interested candidates for the 2010-2011 PTSA. There is no time like the present to get involved in your child's school and there is no better way to get to know what is going on at Langley and make friends than by being active in the PTSA. A nominating committee is currently being formed to recommend the 2010-2011 slate of officers for the May election. We are looking for current and new parents to join us in the coming year. If you don't want to take on a job by yourself, consider doing it with a friend. We can also find someone to work with you. In addition to the six elected positions described below, we also need to fill many committee chairs. Anyone interested in becoming an officer or committee chair should contact Gail Welch, gailwelch@hotmail.com, or Tracey Liberson, Tracey.Liberson@gmail.com.

President Elect: Acts as an aide to the president, performs the duties of the president in their absence.

1st Vice President: Assists the president, coordinates the distribution of monies through the Educational Enrichment Fund, and coordinates the Teacher-of-the-Year nomination.

2nd Vice President: Responsible for membership recruitment and the nominating committee.

3rd Vice President: Chairs the curriculum and education committee.

Recording Secretary: Records the minutes of all meetings, maintains a current copy of the bylaws, and handles correspondence.

Treasurer: Keeps a full and accurate account of receipts and expenditures, makes disbursements in accordance with the adopted budget, and presents a financial statement at meetings.

Committee Chairs: All Night Grad Party, Student Directory, Clinic Coordinator, Family Network, Hospitality, Landscaping, Library, Newsletter, Professional Development Fund, Publicity, Reflections and many others (see pages 18-19 of the Student Handbook & Directory).

[Back to Top](#)

FINE AND PERFORMING ARTS SOCIETY

Thanks to your generous contributions, we have distributed funds to the Arts departments for their fall activities. We helped fund the orchestra's fantastic winter concert celebrating Russian culture. Additional funds went to band to help purchase an Apple laptop computer. Many programs written for Apple allow students to record their music, play along to practice, and develop their tuning skills. As our Arts departments plan for their spring concerts and exhibits, please continue to help fulfill their wish lists by contributing to FAPAS. Please send your tax-deductible donation and form, available on the PTSA website, to the main office, attention FAPAS. Thank you for your continued support.

*SueAnn Morabito, rs4mor@verizon.net
Heide Zufall, Heide@Zufall.com*

HOSPITALITY

The committee and parent volunteers will host a Chinese luncheon on Fri, Feb 19, 11 am - 1:15 pm in the Chili Room for our faculty, administrators and staff. Parent donations of bite-sized desserts are tremendously appreciated. To donate, contact Michelle Dymont Fanning, thedymont@aol.com. Thank you in advance for your contribution. The PTSA really appreciates its outstanding faculty, administrators and staff.

[Back to Top](#)

PROFESSIONAL DEVELOPMENT FUND

We have processed applications from many teachers. We have made the following disbursements since our last announcement:

Amanda Archibald - Virginia Art Educators Association annual conference

Timothy Ready - American School Counselors Association annual dues

Julia Ventimiglia - World Literature class at NVCC

Brian Lamb - Masters coursework at George Mason

We would like to take this opportunity to thank Marc Leblanc for adding to the contributions. Please look for the thank you letters which will be mailed out this month. You can use these letters as proof of your tax-deductible donations.

If you would like to contribute to this important fund, there is still time. All contributions are tax-deductible and greatly appreciated. Please send contributions to LHS PTSA - PDF, 6520 Georgetown Pike, McLean, VA 22101. Please make checks payable to LHS PTSA with PDF on the memo line.

*Leslie Anderson, 703-757-6601, lkaleslie@aol.com
Insun Hofgard, 703-759-7877, jhofgard@aol.com*

REFLECTIONS

The 2008-2009 winner at the national level in the category Visual Arts was Langley's William Park. He was honored with the winners in all other categories on Fri, Jan 15 at the U.S. Department of Education. His work will be exhibited there until Feb 19.

The 2009-2010 winners at the school level have moved to the county level. Winners will be announced in the next newsletter.

It is never too early to get started on your entries for next year's program. The theme is *Together We Can*. Learn more at PTAreflections.org.

Alexandra Bechter, cfs234@gmail.com, 703-992 9612

[Back to Top](#)

Class News

CLASS OF 2013 (Freshmen)

Hard to believe that we are through the first two quarters of our freshman year!

Parent-teacher conferences will be Thu, Feb 11, 7:30-9:30 am. There will be a three-hour delayed opening for students that day; classes will begin at 10:20 am. Buses will run on a three-hour delayed schedule.

As testing is such an integral part of high school, our next coffee will cover the ACT Explore test our freshmen took in October. Jan Dabroski, Assessment Coach at Langley, will speak. She will discuss the scores that were sent home last month. The coffee is on Feb 23, 9:30 am at the home of Una and Tim Higgins, 621 Nalls Farm Way, Great Falls, VA.

Please consider volunteering to be a table leader at the Senior Ethics Forum. It will be Thu, April 15, 8 am-2 pm at the Gannett/USA Today headquarters in Tysons Corner. Each table leader will be assigned a group of 8 senior students and your role as a table leader is to encourage and facilitate conversation while rotating through four modules. There will be a training session on Tue, Apr 6, 7 pm at LHS. They cannot use senior parent volunteers so they rely on non-senior parents to volunteer for this important annual event. If you can volunteer, please contact Susan Mayman, smayman@verizon.net.

Just a note, Lucy Gunter is now the President of the Freshman Class Student Government Association.

If you are not receiving the Freshman Class emails (for parents), please write to us at Langley2013@gmail.com to be added to our distribution list.

Freshman Class Parents

[Back to Top](#)

CLASS OF 2012 (Sophomores)

We hope you had a wonderful holiday break and wish you the best in 2010. As students approach the end of the second quarter on Jan 28, they will start thinking about their courses for next year. The counselors start the registration process in February and March.

Our next class coffee will be Mon, Feb 8, 9:15 am in the auditorium. Representatives from the Student Services department will provide an overview of course selection for junior year, including a discussion of the decision-making process for considering AP courses. They will also discuss AP tests, ACT and SAT test preparation and timing, and SAT 2s (SAT subject tests). We look forward to seeing you there.

Parent-teacher conferences will be Thu, Feb 11, 7:30-9:30 am. There will be a three-hour delayed opening for students that day; classes will begin at 10:20 am. Buses will run on a three-hour delayed schedule.

Please consider volunteering to be a table leader at the Senior Ethics Forum. It will be Thu, April 15, 8 am-2 pm at the Gannett/USA Today headquarters in Tysons Corner. Each table leader will be assigned a group of 8 senior students and your role as a table leader is to encourage and facilitate conversation while rotating through four modules. There will be a training session on Tue, Apr 6, 7 pm at LHS. They cannot use senior parent volunteers so they rely on non-senior parents to volunteer for this important annual event. If you can volunteer, please contact Susan Mayman, smayman@verizon.net.

Please contact us, Langley2012@aol.com, with any questions, concerns, or suggestions. Thank you for your involvement!

Sophomore Class Parents

CLASS OF 2011 (Juniors)

There will be a Prom planning meeting for both the student and the parent committees on Thu, Jan 28, 2:15 pm.

Parent-teacher conferences will be Thu, Feb 11, 7:30-9:30 am. There will be a three-hour delayed opening for students that day; classes will begin at 10:20 am. Buses will run on a three-hour delayed schedule.

Our rising seniors will be selecting their classes for next year Feb 2-19!

The next class coffee will be Fri, Feb 12, 9:15 am at the home of Jane Abraham, 8016 Greenwich Woods Drive, McLean 22102. Betty Schneider of the Career Center will be our featured speaker.

The next principal's coffee will be Wed, Feb 24, 9:15 am, in the auditorium.

Please consider volunteering to be a table leader at the Senior Ethics Forum. It will be Thu, April 15, 8 am-2 pm at the Gannett/USA Today headquarters in Tysons Corner. Each table leader will be assigned a group of 8 senior students and your role as a table leader is to encourage and facilitate conversation while rotating through four modules. There will be a training session on Tue, Apr 6, 7 pm at LHS. They cannot use senior parent volunteers so they rely on non-senior parents to volunteer for this important annual event. If you can volunteer, please contact Susan Mayman, smayman@verizon.net.

Please send pictures of your child for the graduation video. This will be shown at our ANGP in 2011! Send one picture of your child from each year – freshman, sophomore, junior. It needs to be from an LHS event. Send the pictures to Lhsphotos2011@gmail.com. Thanks!

Junior Class Parents

[Back to Top](#)

CLASS OF 2010 (Seniors)

We are in the home stretch! Once those "seventh semester" grades are on the books, seniors think it's time to relax. Not so! Colleges are looking for strong year-end grades, and good results on AP exams can translate into valuable college credit. Please join us for our next class coffee on Tue, Feb 9, 9:30-11 am, in the auditorium. Our guest speakers, School Psychologist Jason McBeth and Social Worker Donna Bardsley, will join us to discuss strategies on how we can keep our students "motivated and on track" and share tips for parents on "letting go". Contact Teresa Hyatt, TCH_design@yahoo.com, if you can help with hospitality.

Yearbooks are still for sale. The price is now \$85.85. Visit www.yearbookordercenter.com. Our Job # is 4159.

It looks like we'll have space to accept a few more senior ads. If you still wish to place an ad, there's a good chance we can fit it in.

The yearbook staff is collecting childhood photographs for the senior collage. Photographs that include groups of friends who have grown up together are preferred (class photos, team photos, Thanksgiving feast, Halloween, 6th grade party, birthdays, etc.) Images should be scanned at 300dpi, saved as jpg files and emailed to langleyYRBK@gmail.com. If you'd prefer to submit prints, the photos will be returned if you put your name on the back. Also, it is not guaranteed that the photo will be used in the collage. It will depend on space available and how many photos are received. All photos must be submitted by Feb 5.

Please note that ANGP and Baccalaureate need many parent volunteers. Sign up to help with these important events!

It's never too late to add your address to our email list. Contact Langley2010@gmail.com.

Senior Class Parents

BACCALAUREATE

We know that graduation and all the celebrations are months away, but we need to start planning our Baccalaureate celebration. Baccalaureate, which will be Sun, June 13, 5 pm in the auditorium, is a voluntary interfaith and multicultural program that celebrates graduation for seniors, their families and faculty. The program is planned and performed by seniors with parent support. We are having a planning meeting on Thu, Feb 4, 2:20 pm in the PTSA conference center (the PTSA trailer). All seniors are invited to help plan this event. Also, tax-deductible contributions are still needed. If you have any questions please contact Christine Purcell, Christine.Purcell@cox.net, or Laura Mendelsohn, smendelsohn@cox.net.

[Back to Top](#)

Counseling Connection

REGISTRATION 2010-2011

Registration for the 2010-2011 school year is underway. Please go to the school website for detailed information.

TOUCHING BASES (PARENT-TEACHER CONFERENCES)

Parent-teacher conferences will be on Thu, Feb 11. There are no specific appointment times, and each session is limited to three minutes on a first-come, first-served basis. These mini-conferences are an opportunity to meet briefly to talk about specific areas such as grades, attendance, and work habits. The doors will open at 7 am for parents to stand in line for the teacher(s) they want to meet. Teachers will be in the cafeteria and main gym. The teachers will be available 7:30-9:30 am. If after the allotted three minutes it is determined that more discussion is needed, then an appointment should be scheduled for a later time. With this system, teachers can have approximately 35-40 mini-conferences and parents should not be closed out of seeing teachers. It is important to know the names of your student's teachers as this will help you locate them. There will be a three-hour delayed opening for students that day; classes will begin at 10:20 am. Buses will run on a three-hour delayed schedule.

SENIORS and MID-YEAR INFORMATION (Seventh Semester Reports)

Mid-year reports (Seventh Semester Reports) will be mailed to all colleges where a senior has applied. We do not complete Mid-year College Information Sheets. Only the grades are sent and colleges are aware of this. If your son or daughter has applied online to a college and the counselor is not aware of this application, please notify us ASAP to have this college included in the mid-year report. **IMPORTANT** – Please read your college applications carefully. Some colleges require that the student send the semester report card directly to the college within a certain period of time. It is the student's responsibility to mail the report card.

TESTING

ENGLISH WRITING SOL

The English Writing SOL exam will be given March 1-4. This two-part exam given over two days is required for all students enrolled in English 11 or AP Language and Composition and is one of the SOLs necessary for a Virginia high school diploma. The first part, a multiple-choice section testing writing skills, will be given in Humanities classes on March 1 or 2. The second part, an essay, will be given on Wed, March 3. **School will start at 7:20 on Wed, March 3;** there will be no PLC late opening. The make-up day will be Thu, March 4, for both parts. Students who miss one part of the exam will not receive a score and will need to make up the entire exam during the October 2010 test window or the March 2011 test window.

PSAT/ACT EXPLORE SCORES AND BOOKLETS

All scores have been mailed to students who paid to receive a score report. If you did not pay and still wish to receive a score report (freshmen and juniors only), send a check for \$17 made payable to Langley HS. The check can be given to the front office (Attn: Jan Dabroski) or the student's counselor. Please include a self-addressed stamped envelope. PSAT and ACT Explore test booklets were distributed in 7th-period classes the first week in January.

AP EXAMS

Home-schooled students or students desiring to take an AP exam for which they are not enrolled in a corresponding FCPS course should contact Jan Dabroski, Janice.Dabroski@fcps.edu or 703-287-2922. The

necessary paperwork and a non-refundable check made out to Langley HS for \$100 is due no later than Feb 12. Dates for specific AP exams can be found at www.CollegeBoard.com.

[Back to Top](#)

Performing Arts

BAND: Our musicians have set a new record. Out of 778 students auditioning from District 12 the following Langley students have achieved 2010 District 12 All District Band:

Wind Ensemble (also state band eligible): Kyle McConnaughay, Jeffrey Principe, Craig Hunter and Sae Hashimoto.

Symphonic Band: Tim Donley, David Parker, David Case, Laura Grems, Adele Wheeler, Rachel Bardwell, Nicole Chung, Christie Goddard - alt, David Zandona - alt1, Natalie Duncan - alt1, Andrew Workman - alt3, Liana Kramer - alt1 and Aiden Fitzmorris - alt1.

The Wind Symphony has been selected to perform at the Music For All National Concert Festival to be held this March. They were selected by blind-audition unedited performance CD, and were one of 13 wind ensembles selected from hundreds of entries from throughout the US. Congratulations to the Wind Symphony for this amazing accomplishment.

The band program is considered one of the premiere programs in Fairfax County, as well as throughout the nation. Registration is happening now for the 2010-2011 school year. Students in middle and high school are encouraged to register for band and enjoy the many opportunities the program offers. For additional info visit www.langleybands.org or call Mr. Gekoskie, 703-287-2820. Placement auditions will occur in April; you must be registered for band in order to audition.

CHORAL: The department will hold a pyramid concert on Wed, Feb 3, 7 pm in the LHS auditorium. Students from Cooper and all of the pyramid elementary schools will perform in addition to all the Langley choirs.

The District 12 Honors Choir concert on Sat, Feb 12, 2 pm in the Oakton HS auditorium will include 66 students from the LHS Choral department. The students were selected during auditions held in October. In addition to having so many students selected to participate in District Choir, the department was honored to have many students place in the top four. The students who placed in the top four in Mixed Choir were Soprano 1: Caroline Dunigan (1st); Alto 2: Arianna Zell (1st) and Jessica Bumsted (2nd); Tenor 1: Adam Check (2nd), Craig McKenzie (3rd) and Brian Niu (4th); Tenor 2: Ben Koppier (3rd); Bass 1: Cameran Alavi (2nd); and Bass 2: Matt Goudreau (2nd) and Matt Anderson (4th). In the Women's Choir, students who placed in the top four included Soprano 1: Sonia Zell (1st); Soprano 2: Mia Englehardt (2nd) and Sarah Etherton (4th); and Alto: Jessica Bumsted (1st), Isabel Hefner (2nd), and Jenny George (4th).

[Back to Top](#)

ORCHESTRA: The orchestras will perform their Pre-festival concert on Feb 23, 7:30 pm in the auditorium. They will perform works by Mozart, Berlioz, Dvorak, Mendelssohn, Grieg, and others. A very unusual piano piece titled *Souvenir of Hot Springs* will be performed on one piano with 8 hands. The pianists in this piece are Michelle Park, Victoria Youn, Craig Hunter, and Taihei Yamaguchi.

If you would like to support the Philharmonic Orchestra as they perform with other high school orchestras in the District Orchestra Festival, save the date of Sat, March 6. Details will be available on the orchestra website www.langleyorchestra.org.

The orchestras are preparing for their upcoming trip to perform in Orlando, FL. Over 90 students and chaperones have signed up. It is not too late to join. Anyone interested in joining the trip should contact Tina Kao, tina_kao@yahoo.com.

THEATRE: Saxon Stage's spring play is *Deadwood Dick or The Game of Gold*, a rootin', tootin' western! This show is set in a typical Wild West saloon, with villains, heroes and ladies in distress. *Deadwood Dick* promises a couple of hours of pure enjoyment. Mark your calendar – the play will be performed March 18 – 20, 7:30 pm in the auditorium.

Theatre Honor Society (THS) sponsored a bake sale Jan 18 at the Great Falls Safeway. This service project benefited Heifer International (www.heifer.org) and monies raised were earmarked for Haiti relief efforts. Heifer International has helped 10.5 million families in more than 125 countries move towards self-reliance since 1944. Students collected approximately \$1500. Thanks to THS President Kate DaRocha and parent liaison Linda DaRocha for their leadership in this THS outreach endeavor.

The Shakespeare Monologue competition is Thu, Feb 17 after school. It is open to all LHS students. The winner will move on to the DC area competition at the Shakespeare Theatre Company, Landsburg Theatre. The winner of that round goes on to the Nationals in New York. Pick up info from Ms. Jaffe or Ms. Cohen.

We are planning a Student Video Festival on Feb 13, a competition open to all LHS students. Also, Saxon Stage will have a "Retro Coffee House" on Feb 27. Reminiscent of the 60's beatniks clubs, students will perform scenes, monologues, poetry and music. The audience will be able to order coffee-type drinks and desserts.

Saxon Stage On Cue (SSOC) continues to work behind the scenes to support the theatre arts. At our December meeting, we discussed how to allocate donations received this fall for department enhancements, including new video cameras and microphones for the video broadcast class, a ghost light for the stage, and audio/sound improvements for Room 101, the Theatre Arts Lab. Thank you for your support.

Our next SSOC parent meeting is Tue, Feb 2, 6 pm, in Room 101. Please join us. We will be making plans for the spring play and other events.

Visit our new website saxonstage.com for specifics and updates.
[Back to Top](#)

Winter Sports

BOYS BASKETBALL: The team finished as a finalist in the 2010 Bulldog Bash. The Saxons currently are 11-2 overall and 6-0 in the Liberty District. The Saxons traveled to arch-rival McLean on Jan 22 for the annual battle for the Rotary Cup.

GIRLS BASKETBALL: The varsity team is currently 5-6 overall and 4-1 in the Liberty District. We continue to work hard, get better every day, and prepare one game at a time! All of our players are making us a better team. We are also very happy with the player development of our JV and freshman teams. Please come and support your teams, and show your school spirit!

CHEERLEADING: Congratulations to all the cheerleaders for showing continuous spirit and support this season while cheering on both the boys and girls basketball teams. The girls work very hard at practice to be prepared for games and have learned many new skills that will help them in the seasons to come! Good luck to our graduating seniors Meggie Bentz, Bianca Beran, Brooke Brown, Shannon Engel and Alyssa Miravi. We will miss you!

CREW: Mark your calendars for the Mid-Atlantic Erg Sprints on Sat, Jan 30 at T.C. Williams HS. Varsity, JV, and novice rowers will all compete in this indoor rowing event. Our major fundraiser, the Ergathon, will be held Sun, Feb 7 at West Springfield HS. To date the Ergathon continues to be a huge success bringing in over \$25,000 annually for the crew team. To show your support, visit the team website and make a pledge.

Please join me in welcoming Coach Eric Underhill to the team. Coach Underhill joined Langley Crew on Jan 4. A current rower and coxswain who has been on the water since 1999, Eric teaches at Yorktown HS. He will work with the women for the rest of winter training as well as the coxswains, an all-too-often-neglected group. The team still has at least two (ideally three) open coach positions which we are actively working to fill. If you know of current or former rowers/coxswains or recent college graduates looking to coach part time, please direct them to the team's website www.teampages.langleycrew.com.

DANCE: Our dancers are in the full swing of competition season. They placed 5th at the American University Dance Invitational on Dec 10 and head to their next competition at The Show Place Arena on Jan 31. To wrap up their competition season the dancers will head to Ocean City Feb 26-28 to compete for the title of grand champions at the Reach the Beach National Dance competition hosted by American Cheer and Dance Academy. You can also catch the dancers performing another amazing routine on Feb 12 at the senior night boys basketball game! We hope to see you at the game or at one of our competitions. Go Saxons!!

[Back to Top](#)

GYMNASTICS: Congratulations to our gymnasts who are 7-1 in the District. Please come support our gymnasts at the Liberty District meet on Feb 1, 6 pm at Stone Bridge. The team will be led by seniors Jordan Kaihara and Alice Ryland and junior Caitie Simpson. Freshmen Malia Berner and Gina Li will be key competitors as well. Good luck girls!

SWIM & DIVE: As of Jan 15, both the boys and girls are 5-1 in dual meets having defeated South Lakes, Fairfax, Marshall, Stone Bridge and McLean. Both teams lost to Madison early in the season but hope to avenge these losses at Liberty District Championships on Jan 29-30 at Audrey Moore RECenter. The boys are two-time defending District champions and the girls are ready to regain the title from two-time defending champion Madison. Northern Region Championships are Feb 2-6 at Oak Marr RECenter and State Championships are Feb 19-20 in Virginia Beach. Nine swimmers and divers and all six relays have qualified for the Northern Region Championship meet and the following individuals and relays have qualified for the VA AAA State Championship meet: Stephen Richards (three events), Chuck Katis (five events), Ryan Natal (four events), Jayme Katis (one event) and all three boys relays. To date, Chuck Katis has set two new school records (200 free and 200 IM) and Ryan Natal has established a new school record in the 100 fly. Please check www.langleysports.org to follow along with the team and come to the pool to support your swimmers and divers. GO SAXONS!

WINTER TRACK: The team's final regular season meet was Jan 23 at Episcopal HS in Alexandria. The varsity team will compete for the Liberty District Championship over two days, Jan 29 and Feb 4, at the PG Sports Complex in Landover. Several athletes have already qualified for Regional and State competitions including Alex Maybury, Efosa Guobadia, Peter Sanson, Thomas Robinson and the boys 4x200 relay team. For more team information please visit our website www.langleysports.org. Go Saxons!

[Back to Top](#)

Spring Sports

In order to participate in any spring sports team, practice or tryout, each student-athlete must have submitted and *completed in full* the New Revised (4/07) Virginia High School League (VHSL) physical form to the Student Activities office prior to the Feb 22 tryouts. The physical exam date must be on or after May 1, 2009 for the 2009-2010 school year. The form can be downloaded at www.langleysports.org or www.vhsl.org. Also, complete two copies of the Emergency Care form also found on the website to turn in to the coach. Please call the Student Activities office, 703-287-2750, with any questions. Go Saxons!

BASEBALL: Varsity and JV tryouts will begin Feb 22, 3 pm on the baseball field. Prior to trying out student-athletes must have a physical and Emergency Care card on file. Any questions should be sent to Kevin Healy, Kevin.Healy@fcps.edu.

BOYS LACROSSE: A parents' meeting will be held on Thu, Feb 11, 7 pm in the cafeteria. All information for the coming season will be made available as well as an opportunity to meet the coaching staff. For more information please contact the head coach, Earl Brewer, Earl.Brewer@fcps.edu.

GIRLS LACROSSE: Tryouts for JV and varsity start on Feb 22. Our schedule this year is challenging as usual. We will play four games out of District against teams that went to either the Regional Finals or Semifinals last season - Loudoun Valley, Battlefield, Woodson and W. Springfield. Our varsity girls are looking forward to their first scrimmage vs. Bishop O'Sullivan, and an overnight trip to Virginia Beach. We are also pleased to have added Gary Morgan as goalie coach and Michelle Colville as head JV coach. For information about the Langley Lady Saxons program contact Coach Richard DeSomma, rdesomma@aol.com, or check our websites www.langleysports.org and www.laxpower.com.

BOYS SOCCER: All athletes must submit a current VHSL physical form and new Emergency Care form to Coach Jones in room 128 by Fri, Feb 5. NO FORMS, NO TRYOUTS! Tryouts begin Mon, Feb. 22, 3 pm.

GIRLS SOCCER: Tryouts for varsity and JV begin Mon, Feb 22. Tryouts will be from approximately 3:30 – 5:30 pm. Field locations are yet to be determined. Girls should be dressed weather appropriately, be prepared for indoor practice, AND have running shoes with them each day. Each player should bring their own, properly inflated soccer ball and water. Physicals need to be turned in to the Activities office ASAP. Emergency Care cards need to

be turned in to the girls soccer mailbox in the Activities office. YOUR CHILD CANNOT TRY OUT WITHOUT THESE TURNED IN!

The website www.langleysports.org is your best source for schedules, contacts and updates to tryout information: Click on Girls Varsity Soccer, then News for all tryout and pre-season information. Once teams are selected, the JV section will have all the information for the JV squad. Contact Coach Hamm, gretchenhamm16@hotmail.com, with questions.

[Back to Top](#)

GIRLS TENNIS: Even though there is still snow on the ground we are gearing up for tryouts. An interest meeting will be held on Mon, Jan 25 in Room 106. If you are unable to attend the meeting or have questions, please contact Coach Vincent, sevincent@fcps.edu. Tryouts will begin on Mon, Feb 22, 2:30 pm. You must have an updated physical in order to try out. See you on the courts!

TRACK AND FIELD: Interest meetings will be held in late January and early February. Students should check the Saxon Scroll Announcements for exact dates! Tryouts begin on Feb 22 and last all week. Athletes should meet on the track each day at 3 pm. Please contact Coach Joshua Culver, Joshua.Culver@fcps.edu, with questions. Event groups include sprinters, jumpers, distance runners, pole vaulters, and throwers. For more information visit our website www.langleysports.org. Go Saxons!

ATHLETIC TRAINING: SAVE THE DATE! Come support Langley's athletic trainers and receive your VHSL physical on May 26 at Langley High School. Visit www.langleysports.org under Athletic Training for more information. Registration will begin in March.

March-April Newsletter deadline:

Tuesday, February 23

To cover dates 3/1/10 through 4/26/10

Editors:

Cindy Miller, 703-848-2567, CKM58@aol.com

Elaine Varner, 703-356-0929, emvarner@verizon.net

Newsletter Calendar:

Mary Ann Kennedy, 703-442-0299, Rose.ken@verizon.net

**Touching Bases (Parent-Teacher Conferences) Thursday,
February 11
3-Hour Delayed Opening for Students**

**School starts at 7:20 am on Wednesday, March 3.
Juniors will take the English Writing SOL on March 1-4.**

Calendar for Langley PTSA & Activities, 1/27 – 3/10/10

January 2010

27 Wed **Principal's coffee**, 9:15 am, Auditorium
Rising freshman parent orientation, 7:00 pm, Auditorium (snow date 28 Thu)

28 Thu **Second grading period ends**
Prom planning committee Meeting, 2:15 pm, location tbd

29 Fri **Student holiday/teacher workday**

15 Mon **President's Day Holiday – no school**

17 Wed **ANGP committee meeting**, 9:30 – 11:00 am, PTSA conf. center
Shakespeare monologue competition, after school

19 Fri **PTSA hospitality staff luncheon**

20 Sat **Fashion show**, time tba, Auditorium

22 Mon **Rising junior 2010-11 course registration begins** (through 5 March)

February 2010

1 Mon **Student holiday/teacher workday**

2 Tue **Third grading period begins**
Rising senior 2010-11 course registration begins (through 19 Feb)

3 Wed **Choral pyramid concert**, 7:00 pm, Auditorium
PTSA general membership meeting, 7:30 pm, PTSA conference center

4 Thu **Baccalaureate committee meeting**, 2:20 pm, PTSA conference center
Science fair, 3:00 pm, Cafeteria (snow date 5 Fri)

6 Sat **ACT at LHS**

8 Mon **Sophomore parent coffee**, 9:15 am, Auditorium
Second quarter report cards to students

9 Tue **Senior parent coffee**, 9:30 – 11:00 am, Auditorium

11 Thu **Touching Bases: walk-in parent/teacher conferences**, 7:30 am - 9:30 am, Cafeteria and Main Gym
Three-hour delayed opening for students - classes begin at 10:20 am

12 Fri **Junior parent coffee**, 9:15 am, Abraham home, 8016 Greenwich Woods Dr., McLean

13 Sat **Student video festival**, 7:30 pm

23 Tue **Spring sports season begins**
Freshman parent coffee, 9:30 am, Higgins home, 621 Nalls Farm Way, Great Falls
Newsletter deadline, 3:00 pm
Orchestra pre-festival concert, 7:30 pm, Auditorium

24 Wed **Principal's coffee**, 9:15 am, Auditorium

25 Thu **Bands pyramid concert**, 7:30 pm, Auditorium

27 Sat **Retro Coffee House**, 7:30 pm, Cafeteria

March 2010

1 Mon **English 11 Writing SOL** (through 4 Thu)
Spring sports parent meeting, 7:00 pm, Main gym

3 Wed **Regular opening at 7:20 am**
Wind Symphony trip to Indianapolis (through 7 Sun)

4 Thu **Fairfax Academy Information Night**, 7:30 – 9:00 pm, Fairfax High School Auditorium

8 Mon **Rising sophomore 2010-11 course registration begins** (through 19 March)

9 Tue **Choral pre-festival concert**, 7:30 pm, Auditorium

10 Wed **Family Network program**, 9:00 – 10:45 am, Auditorium