



OCEAN LAKES HIGH SCHOOL

2009-10 WINTER SPORTS SCHEDULE

BOYS' BASKETBALL HEAD COACH- MIKE HEAD

December 2	Wednesday	LANDSTOWN*	HOME	7:30 p.m.
December 4	Friday	Cox*	Away	7:30 p.m.
December 5	Saturday	MAURY	HOME	7:30 p.m.
December 8	Tuesday	KEMPSVILLE*	HOME	7:30 p.m.
December 10	Thursday	SCHOOL SPORT, Melbourne, Australia	HOME	7:30 p.m.
December 15	Tuesday	Salem*	Away	7:30 p.m.
December 16	Wednesday	BAYSIDE*	HOME	7:30 p.m.
December 18	Friday	Green Run*	Away	7:30 p.m.
December 19	Saturday	Cape Henry	Away	7:00 p.m.
December 23	Wednesday	Churchland	Scope- Norfolk	12:15 p.m.
January 6	Wednesday	KELLAM*	HOME	7:30 p.m.
January 8	Friday	Princess Anne*	Away	7:30 p.m.
January 15	Friday	Bayside*	Away	7:30 p.m.
January 19	Tuesday	PRINCESS ANNE*	HOME	7:30 p.m.
January 20	Wednesday	Kempsville*	Away	7:30 p.m.
January 22	Friday	GREEN RUN*	HOME	7:30 p.m.
January 29	Friday	First Colonial*	Away	7:30 p.m.
February 3	Wednesday	TALLWOOD*	HOME	7:30 p.m.
February 5	Friday	Landstown*	Away	7:30 p.m.
February 9	Tuesday	SALEM*	HOME	7:30 p.m.
February 10	Wednesday	Kellam*	Away	7:30 p.m.
February 12	Friday	COX*	HOME	7:30 p.m.
February 16	Tuesday	District Quarterfinals	#1 or #2 Seed	5:45/7:30 p.m.
February 18	Thursday	District Semifinals	Ocean Lakes	5:45/7:30 p.m.
February 19	Friday	District Finals	Ocean Lakes	7:30 p.m.
Feb 22-Mar 1		Regional Tournament	Scope- Norfolk	TBA
March 9-13		State Tournament	Siegel Center, VCU- Richmond	TBA



Asst Coach: Jack Wheeler *District Games

GIRLS' BASKETBALL HEAD COACH- KELSEY SEIBERT

December 2	Wednesday	LANDSTOWN*	HOME	5:45 p.m.
December 4	Friday	Cox*	Away	5:45 p.m.
December 5	Saturday	MAURY	HOME	5:45 p.m.
December 8	Tuesday	KEMPSVILLE*	HOME	5:45 p.m.
December 10	Thursday	SCHOOL SPORT, Melbourne, Australia	HOME	5:45 p.m.
December 15	Tuesday	Salem*	Away	5:45 p.m.
December 16	Wednesday	BAYSIDE*	HOME	5:45 p.m.
December 18	Friday	Green Run*	Away	5:00 p.m.
December 23	Wednesday	Churchland	Scope- Norfolk	10:00 a.m.
January 6	Wednesday	KELLAM*	HOME	5:45 p.m.
January 8	Friday	Princess Anne*	Away	5:45 p.m.
January 15	Friday	Bayside*	Away	5:45 p.m.
January 19	Tuesday	PRINCESS ANNE*	HOME	5:45 p.m.
January 20	Wednesday	Kempsville*	Away	5:45 p.m.
January 22	Friday	GREEN RUN*	HOME	5:45 p.m.
January 29	Friday	First Colonial*	Away	5:45 p.m.
February 3	Wednesday	TALLWOOD*	HOME	5:45 p.m.
February 5	Friday	Landstown*	Away	5:45 p.m.
February 9	Tuesday	SALEM*	HOME	5:45 p.m.
February 10	Wednesday	Kellam*	Away	5:45 p.m.
February 12	Friday	COX*	HOME	5:45 p.m.
February 15	Monday	District Quarterfinals	#1 or #2 Seed	5:45/7:30 p.m.
February 17	Wednesday	District Semifinals	Ocean Lakes	5:45/7:30 p.m.
February 19	Friday	District Finals	Ocean Lakes	5:45 p.m.
Feb 22-Mar 1		Regional Tournament	Scope - Norfolk	TBA
March 9-13		State Tournament	Siegel Center, VCU- Richmond	TBA



Asst Coach: Mike Maloney, Hershel Mack*District Games

GYMNASTICS**HEAD COACH- JENNIFER GRINNELL**

December 14	Monday	SALEM*	HOME	6:00 p.m.
		COX*	HOME	6:00 p.m.
December 17	Thursday	Princess Anne*	Kempsville	6:00 p.m.
		Green Run*	Kempsville	6:00 p.m.
January 11	Monday	Landstown*	Landstown	6:00 p.m.
		Kellam*	Landstown	6:00 p.m.
January 14	Thursday	Kempsville*	First Colonial	6:00 p.m.
		First Colonial*	First Colonial	6:00 p.m.
February 1	Monday	TALLWOOD*	HOME	6:00 p.m.
		BAYSIDE*	HOME	6:00 p.m.
February 6	Saturday	District Tournament	Bayside	10:00 a.m.
February 13	Saturday	Regional Tournament	Green Run	TBA
February 19-20	Fri-Sat	State Tournament	TBA	TBA



*District Matches

INDOOR TRACK**HEAD BOYS' COACH- MIKE NESTOR****HEAD GIRLS' COACH- TOM WETZEL**

Dec 7> & 9+	Mon & Wed	Princess Anne	Tallwood	3:00 p.m.
		Salem	Tallwood	3:00 p.m.
		Tallwood	Tallwood	3:00 p.m.
Dec 14> & 16+	Mon & Wed	Green Run	Landstown	3:00 p.m.
		Salem	Landstown	3:00 p.m.
		Landstown	Landstown	3:00 p.m.
Jan 8-9	Fri – Sat	Christopher Newport Invit	CNU	TBA
Jan 14	Thursday	First Colonial	Boo Williams	1:30 p.m.
		Salem	Boo Williams	1:30 p.m.
		Green Run	Boo Williams	1:30 p.m.
		Landstown	Boo Williams	1:30 p.m.
		Cox	Boo Williams	1:30 p.m.
Jan 19> & 20+	Tues & Wed	Salem	First Colonial	3:00 p.m.
		First Colonial	First Colonial	3:00 p.m.
Jan 29-30	Fri – Sat	St. Christopher's Invitational	Richmond	TBA
February 12	Friday	District Meet	Boo Williams	TBA
Feb 19-20	Fri-Sat	Regional Meet	Boo Williams	TBA
Feb 26-27	Fri- Sat	State Meet	Boo Williams	TBA

Assistant Coaches: Andrea Bowman, Michael Greene *District Matches >Field Events +Running Events No Regular Season Champion. Any meet not made up during the week it is scheduled will be cancelled. Cancellations are determined by the home school.

SWIMMING**HEAD GIRLS & BOYS' COACH- DAVID BOSTIC**

December 11	Friday	Cox	Princess Anne RC	7:30 p.m.
December 18	Friday	Kellam	Princess Anne RC	7:30 p.m.
January 8	Friday	Tallwood	Princess Anne RC	7:30 p.m.
January 9	Saturday	Kecoughtan Invit- Midtown Aquatic Ctr	Hampton	8:00 a.m.
January 15	Friday	Kempsville	Bayside RC	5:00 p.m.
January 22	Friday	First Colonial	Bayside RC	7:30 p.m.
January 29	Friday	Princess Anne	Bayside RC	5:00 p.m.
Feb 5-6	Fri – Sat	District Meet	Princess Anne RC	3 p.m./3 p.m.
Feb 12- 13	Fri – Sat	Regional Meet	TBA	TBA
Feb 19- 20	Fri – Sat	State Meet	TBA	TBA

**DIVING**

December 10	Thursday	Cox	Princess Anne RC	5:00 p.m.
December 16	Wednesday	Kellam	Bayside RC	5:00 p.m.
January 7	Thursday	Tallwood	Great Neck RC	5:00 p.m.
January 13	Wednesday	Kempsville	Bayside RC	5:00 p.m.
January 21	Thursday	First Colonial	Princess Anne RC	5:00 p.m.
January 29	Thursday	Princess Anne	Great Neck RC	5:00 p.m.
February 6	Saturday	District Meet	Great Neck RC	9:30 a.m.
Feb 12-13	Fri – Sat	Regional Meet	TBA	TBA
Feb 19-21	Fri – Sat	State Meet	Princess Anne RC	TBA



Assistant Coach: Laura Eldredge, Andy Bedinger No regular season champion. If a meet is cancelled, then it will not be made up.

WRESTLING**HEAD COACH- JACK HARCOURT**

December 2	Wednesday	Kempsville	Kempsville	6:00 p.m.
	Wednesday	Cox	Kempsville	7:30 p.m.
December 9	Wednesday	LANDSTOWN	HOME	5:00 p.m.
		SALEM	HOME	8:00 p.m.
December 12	Saturday	Ocean Lakes Duals – Grassfield, Norview, Hickory, Indian River, Salem	HOME	TBA
December 16	Wednesday	Tallwood	Away	7:00 p.m.
Dec 18-19	Fri – Sat	Richmond Invitational	Hermitage HS	TBA
Dec 28-29	Mon – Tues	Zack Jarzynka Invitational	Florida	TBA
January 6	Wednesday	Bayside	Bayside	5:00 p.m.
		First Colonial	Bayside	6:30 p.m.
January 8-9	Fri – Sat	Virginia Duals	Hampton	TBA
Jan 15-16	Fri – Sat	Free Lance Star Super 32 Individual Tournament	Riverbend	TBA
January 20	Wednesday	KELLAM	HOME	7:00 p.m.
January 23	Saturday	Princess Anne	Green Run	2:00 p.m.
		Nansemond River	Green Run	3:30 p.m.
		Green Run	Green Run	5:00 p.m.
Jan 29-30	Fri – Sat	Ocean Lakes Invitational- 16 teams	HOME	4 pm/1 pm
February 5-6	Fri – Sat	District Tournament	Cox	3:30/12 pm
Feb 12-13	Fri – Sat	Regional Tournament	Oscar Smith HS	TBA
Feb 19-20	Fri – Sat	State Tournament	Robinson HS	TBA

ASSISTANT COACH: TRAVIS FERGUSON

*DISTRICT MEETS

JUNIOR VARSITY BASKETBALL**HEAD GIRLS' COACH- HERSHEL MACK****HEAD BOYS' COACHES- JACK WHEELER**

December 3	Thursday	Kempsville	Away	5:45 pm Girls / 7:30 pm Boys
December 7	Monday	Tallwood	Away	5:45 pm Girls / 7:30 pm Boys
December 17	Thursday	BAYSIDE	HOME	5:45 pm Girls / 7:30 pm Boys
December 21	Monday	Green Run	Away	5:45 pm Girls / 7:30 pm Boys
January 4	Monday	Landstown	Away	5:45 pm Girls / 7:30 pm Boys
January 7	Thursday	FIRST COLONIAL	HOME	5:45 pm Girls / 7:30 pm Boys
January 13	Wednesday	SALEM	HOME	5:45 pm Girls / 7:30 pm Boys
January 21	Thursday	KELLAM	HOME	5:45 pm Girls / 7:30 pm Boys
February 1	Monday	Bayside	Away	5:45 pm Girls / 7:30 pm Boys
February 4	Thursday	LANDSTOWN	HOME	5:45 pm Girls / 7:30 pm Boys
February 8	Monday	PRINCESS ANNE	HOME	5:45 pm Girls / 7:30 pm Boys
February 11	Thursday	Cox	Away	5:45 pm Girls / 7:30 pm Boys

**JUNIOR VARSITY WRESTLING****HEAD COACH- TRAVIS FERGUSON**

Dec 3	Thurs	First Colonial, Kempsville, Tallwood, Bayside, Princess Anne	Princess Anne	5:00 p.m.
Dec 17	Thurs	First Colonial, Kellam, Kempsville, Salem, Landstown	Landstown	5:00 p.m.
Jan 7	Thurs	Kellam, Cox, Princess Anne, Tallwood	Tallwood	5:00 p.m.
Jan 14	Thurs	FIRST COLONIAL, BAYSIDE, SALEM, GREEN RUN, KEMPSVILLE	HOME	5:00 p.m.
Jan 21	Thurs	First Colonial, Tallwood, Landstown, Salem, Bayside	Bayside	5:00 p.m.

BE A SPORT

Good sportsmanship is viewed by the Dolphin Community as a commitment to fair play, ethical behavior and integrity. In perception and practice, good sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

BE A FAN NOT A FANATIC

