



High School
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Middle School Sports
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Want to Play a Sport this
Year? You need a 2.0 GPA
or better and a Sports
Physical!
Scan on QR Code for
VHSL Physicals Form



Follow Us on Instagram
rps_spark_rva
District Director of Athletics

Dr. Stefanie Ramsey
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Richmond Public Schools Athletics

*"You Dream· You Plan· You Reach·
There will be obstacles· There will be
doubters· There will be mistakes·
But with hard work, with belief,
with confidence and trust in yourself
and those around you, there are
NO limits." —Michael Phelps*



Middle School Activity Offerings

Fall:

- Girls Basketball
- Cheerleading
- Fall Track & Field
- Coed Soccer

Winter:

- Boys Basketball
- Cheerleading

Spring:

- Coed Softball
- Outdoor Track
- Girls and Boys Tennis

Exploratory Activities:

- Volleyball (Fall 2023)
- Forensics
- Sports Broadcasters



Definite Dozen System for Success

- ⇒ Respect Yourself and Others
- ⇒ Take Full Responsibility
- ⇒ Develop and Demonstrate Loyalty
- ⇒ Learn to be a Great Communicator
- ⇒ Discipline Yourself so NO one else has to
- ⇒ Make Hard work your Passion
- ⇒ Don't just Work Hard, Work Smart
- ⇒ Put the Team before yourself
- ⇒ Make Winning an Attitude
- ⇒ Be a Competitor
- ⇒ Change is a Must
- ⇒ Handle Success Like you Handle Failure



High School Activity Offerings

Fall:

- Football
- Girls and Boys Volleyball
- Cheerleading
- Cross Country

Winter:

- Girls and Boys Basketball
- Wrestling
- Indoor Track
- Cheerleading

Spring:

- Girls Softball
- Baseball
- Outdoor Track
- Girls and Boys Tennis
- Soccer

Clubs & Exploratory Sports

Vary by School

- Golf
- Swim
- Girls Flag Football
- Student Council
- Art Club
- Choir
- Creative Writing Club
- Debate & Forensics
- FBLA
- FCCLA
- DECA
- Marching Band
- National Honor Society
- Student Broadcasters