

Sherando Warriors

Information for Freshmen
Class of 2020

Meet the Sherando Counselors

Mrs. Potter

A-DeHaven

Mr. Ruddek

Deignan-Irby

Mrs. Mcgann

Ireland-Orndorff

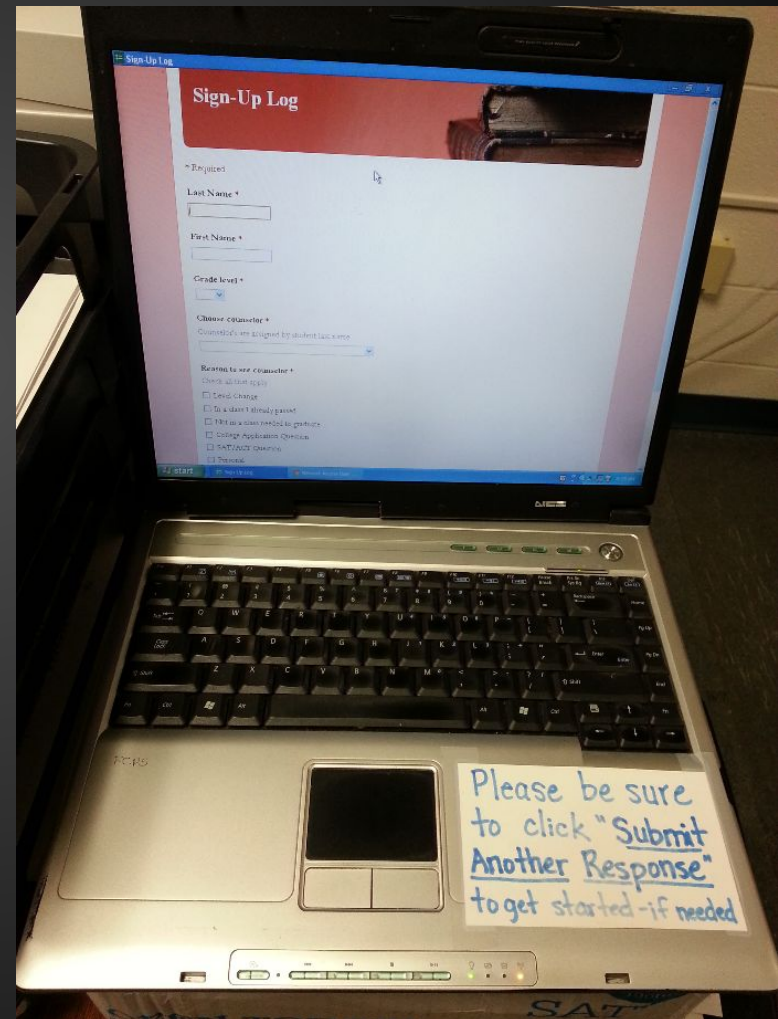
Mrs. Jeran

Orrison-Sullivan

Summers-Z

Signing-up to See Your Counselor

- Stop by the Guidance Office before school, after school or in between classes
- Use the Sign-up Form on the computer at the front desk in Guidance
- Be sure to utilize our **Career Coach- Mr. Bucher.** He is here Tuesdays-Fridays in guidance.



Graduation Requirements

Standard Diploma – 22 credits

- 4 English
- 4 Social Studies
- 3 Math
- 3 Science
- 2 Health (1/2 credit each)
- 2 PE (1/2 credit each)
- Economics & Finance
- 2 World Lang, Fine Arts or CTE
- 3 Electives (2 in a sequence)
- 6 verified units or SOL tests
- 1 CTE credential

Advanced Studies Diploma – 26 credits

- 4 English
- 4 Social Studies
- 4 Math
- 4 Science
- 2 Health (1/2 credit each)
- 2 PE (1/2 credit each)
- Economics & Finance
- 1 Fine Arts or CTE
- 3 Electives
- 3 World Language (or 2+2)
- 9 verified units or SOL tests

Just How Important Are My Grades This Year?

Your Grades this year do matter and will have an impact on your overall high school GPA

9th Grade	10th Grade	11th Grade
1.5	3.0	3.0

Cumulative GPA

2.5

GPA /Grade Points

A = 4.0

B = 3.0

C = 2.0

D = 1.0

F = 0.0

Your GPA is the Average of your Grade Points earned for each class.

Average GPA Requirements for Popular Virginia Colleges

JMU: 3.65

VT: 3.90

VCU: 3.5

Radford: 3.15

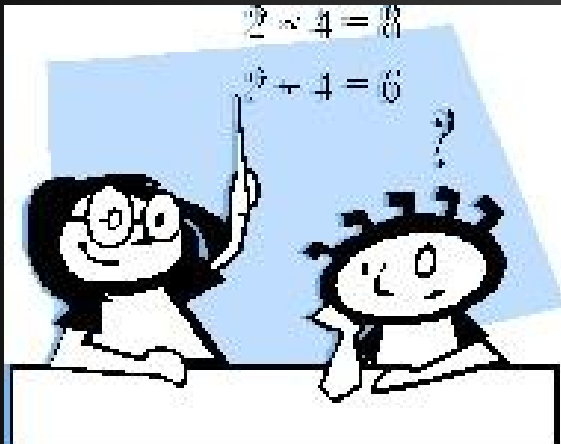
George Mason: 3.50

Resources Available to All Students



Math Tutorial

- Available each study hall period (except Mondays) in room 701



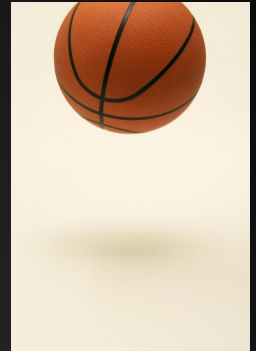
Peer Tutoring Program

- Contact your counselor or a librarian
- Complete Application Form to match you with a tutor
- Turn Application Form in to the Library
- Tutoring occurs during your study hall (usually)

Getting Involved - Warrior Pride!



Club/Activity	Sponsor(s)	Email
Academic Team	Bruce Carlton & Brian Davis	carltonb@frederick.k12.va.us davisb@frederick.k12.va.us
Astronomy Club	Debra Edwards	
Band	Ryan Dempsey	dempseyr@frederick.k12.va.us
Chess Club	Arthur Sperry	
Chorus	Dr. Steve Jennings	jennings@frederick.k12.va.us
Senior Class	Trish Arnold & Danielle Flanagan	arnoldp@frederick.k12.va.us flanagad@frederick.k12.va.us
Junior Class	Megan Hott & Lisa Mongold	hottm@frederick.k12.va.us mongoldl@frederick.k12.va.us
Sophomore Class	Heather Newlin & Molly Sharbaugh	newlinh@frederick.k12.va.us sharbaum@frederick.k12.va.us
Freshman Class	Heather Bragg	braggh@frederick.k12.va.us
Debate	Archie Painter	paintera@frederick.k12.va.us
DECA	Deborah Carper Jason Uhry	carperd@frederick.k12.va.us UhryJ@frederick.k12.va.us
FBLA	Charisse Woodward	woodwarc@frederick.k12.va.us
FCCLA	Julie Hedrick	hedricju@frederick.k12.va.us
FEA	Erica White	whitee@frederick.k12.va.us
FFA	Chrissy Whitacre	whitarc@frederick.k12.va.us
Forensics	Archie Painter	paintera@frederick.k12.va.us
French Club	Crystal Marshall	MarshaC@frederick.k12.va.us
History Club	Steve Havrda	
Interact	Dana Larrick & Rebecca Hansen	larrickd@frederick.k12.va.us hansenr@frederick.k12.va.us
Key Club	Victoria Kelsey & Laura Stulga	kelseyv@frederick.k12.va.us stulgal@frederick.k12.va.us
Latin Club	Art Sperry	sperrya@frederick.k12.va.us
Leo Club	Ruby Rohrbaugh	rohrbaur@frederick.k12.va.us
Magazine	Trevor Johnson	johnsont@frederick.k12.va.us
Math Team	Deanna Compton	comptond@frederick.k12.va.us
NAHS/Art Club	Kathy Anthony	anthonyk@frederick.k12.va.us
NHS	Doreen Pauley	pauleyd@frederick.k12.va.us
Newspaper	John Partington	partingj@frederick.k12.va.us
SGA	Shelly Andrews	andrewss@frederick.k12.va.us
Spanish Club	Elaine Bolyard	bolyarde@frederick.k12.va.us
Student Readers	Kathy Konopa	
TSA	Curtis Herman	HermanC@frederick.k12.va.us
Theatre	Archie Painter	paintera@frederick.k12.va.us
Tribes: Yearbook	Trevor Johnson	johnsont@frederick.k12.va.us
Video Club		



To be eligible to represent the school in any VHSL, Inc. sponsored interscholastic contest a student shall meet the following requirements:

SCHOLARSHIP RULE-The student shall be enrolled in no fewer than **five subjects**, or their equivalent, offered for credit and be used for graduation; **and Have passed five subjects**, or their equivalent, offered for credit and which may be used for graduation the immediately **preceding the semester**

This means that you must be passing at least 5 classes each semester to be eligible to play any high school sport!

If you are interested in playing at a Division I or Division II school, you will need to register with the NCAA at the following website:

http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA_EMS.html#

Science Course Options

- **Earth Science (Honors)**
- **Biology (Honors)**
 - ↳ **Biology II or Earth Science II or Physics I**
- **Chemistry (Honors)** *only if you have passed Geometry
- **Honors Human Anatomy**
- **AP Physics I**
 - ↳ **AP Physics II**
- **AP Biology**
- **AP Chemistry**

