

Welcome Viking Parents



Vanden Head Coaches





Football
Mike Clark

Meeting in Gym



Girls Golf Ryan Adams



Meeting in E3

Girls Tennis Stan Lewis



Meeting in E1



Girls Volleyball

Cindy Scolavino



Meeting in Little Theater

Cross Country Sherman Martinez

Meeting in E5



Flag Football Jon Harris

Meeting in E2



Cheerleading Bri Tarango

Not meeting today please
contact coach Tarango at
brianna.alyea@gmail.com

Vanden Athletics Mission

1. To provide our student athletes with the best possible athletic experience
2. To make our athletic programs an extension of the classroom
3. To use the field of competition as a vehicle to teach life lessons

FamilyID is now Arbiter Registration

This is our online data collection and emergency information collection system. Students athletes will need to complete the registration process and upload a current sports physical in order to participate in Vanden Athletics. Sports Physicals are good for one calendar year.

Website: <https://hello.students.arbitersports.com/>

Athletic Eligibility

In order to participate in Vanden athletics a student athlete must maintain a 2.0 GPA.

Academic Probation: Student Athletes may access academic probation if they are below a 2.0 but have earned one D **OR** one F.

Rule of 85

The Rule of 85 requires that students be in class and on time 85% of the time, calculated by school periods, in order to participate in many of the extra activities at VHS including athletics, cheer, drill team, dances, field trips etc.

A missed school day is a lost opportunity for students to learn. Our goal is to instill the belief and understanding to the students the importance of regular school attendance as chronic absenteeism will impact academic success and success in life.

Rule of 85 Continued

School related absences (e.g., field trips, sports excusals) are not counted. All other absences (excused, unexcused, truant, unverified etc.) are included in the calculation.

Tardies are also counted.

We will check for eligibility every grading period including progress reports.

Student athletes are expected to attend any detention they earn due to tardiness and or behavioral issues.

Heat and Air Quality

Heat: C.I.F requires schools to use a WetBulb Globe Temperature (WBGT). It measure heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.

- Region Category 1

<https://www.cifstate.org/sports-medicine/WBGT>

Air Quality: We follow C.I.F. regulations which align with our Travis Unified School Board policy. We suspend outdoor activities when the air quality reaches an AQI above 150 (unhealthy). We use airnow.gov to monitor air quality. We are working with the district to purchase an air quality monitoring system.

Vanden Expectations of Parents

1. KEEP ATHLETICS IN PERSPECTIVE

- Emphasize the right priorities: Family, Academics, and Athletics
- Place value in participation and giving your best effort, not the winning or losing of a contest. (We play for Championships here at VHS, and we want to win, but making sure a player gives his best effort is our primary focus.)
- Remember you as a parent at Vanden represent the school, the staff, and alumni. Be involved, be vocal, but do your best to be positive. At the end of the day, it's still just a game, and a high school game at that.
- Do not publicly demean participants in an athletic contest (Players, officials, coaches, other parents or spectators, etc.)

2. SUPPORT YOUR STUDENT-ATHLETE

Talk to your child about how things are going with his/her sport

- Come to as many of your child's games as possible
- Stress the importance of a healthy lifestyle free of drugs, tobacco, and alcohol
- Do not support "quitting" as the best way to solve problems, but rather perseverance, and how to deal with adversity

3. SUPPORT THE PROGRAM

- Be supportive of the coaching staff and respect their professional judgment, they are here to help your child grow as an athlete and as a person. (We're not always right, we will make mistakes, but we are doing OUR BEST to make decisions with THE TEAM'S best interest in mind)
- Follow the communication procedure with coaches.
- Understand the time commitment and needs of the particular sports as many of them involve significant commitments of time and resources
- Be willing to help in fundraising efforts, or work events that will benefit the athletes within the VHS Program.

Communication with Coaches

The entire coaching staff is encouraged to keep the lines of communication open with our athletes and their families. We will always do our best to supply you with all of the essential information that you will need to manage your time and commitment to the VHS Program successfully. Many times, parents will have questions and feel the need to meet with their child's coach. Our coaches are professionals. They make decisions based on what is best for the entire team, taking into account every member of the team. The coaches work extremely hard. They coach because they love working with student athletes and realize the positive benefit of participation in athletics.

Parents are encouraged to discuss:

Their child's progress and ways to help their student improve

- Concerns regarding their child's behavior
- The expectations of coaches and role for their child on the team
- Team rules and policies
- Disciplinary action incurred by their child
- The college recruiting process
- Ways in which they can help the team or overall athletic program (team parent, concessions, etc.)

Our Coaches will not discuss:

- Placement on teams
- Playing time
- Coaching strategies used during practice or contests
- Other student-athletes

Communication Procedures

If a problem should arise please make every effort to follow the steps below for a productive resolution:

1. Student-athlete contacts the coach to discuss the issue
2. If a resolution is not reached, the student-athlete should contact an athletic director to discuss the issue
3. If a resolution is not reached, the parent should contact the coach and arrange for a meeting
4. In the rare instance that there is still no resolution, the parent should contact an athletic director and arrange for a meeting

Problem Resolution – 24 Hour Cooling Off Period

- Communication with coaches is most productive when an appointment can be made to talk about the issue.
- Parents should never try to talk to a coach before or after a contest on a game day. This is the most emotional time for all parties involved and is not the time for a meeting about specific issues with your student-athlete.
- Please respect the coaches and their need to be focused on the task at hand.

Tickets

GoFan.co

All tickets are sold electronically on gofan. We suggest downloading the app.

- Profanity, degrading remarks, and intimidating actions directed at officials, coaches or competitors will not be tolerated
- Use of alcohol or other banned substances are prohibited and are grounds for removal from the event site.
- Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted.

Thank you for your cooperation in the promotion of good sportsmanship here at Vanden!

Parents are always the backbone of any high school athletic program, and we appreciate any and all support you provide. Our coaching staff looks forward to working with your student athlete and a great year for athletics.

Fundraising

- Use of funds generated by fundraising is completely at the discretion of the Head Coach.
- Bingo Thursdays and Late night Saturdays.
- Claudia Torres:
 - 707 660 1795
 - vandenvikingbingo@gmail.com

Vanden Boosters

vandenathletics.com

Contacting Athletic Director Murphy

Email: smurphy@travisusd.org

- 24 Hour Cooling off period
- Have you communicated with the Head Coach
- Is your student a transfer to Vanden (not a Freshmen)? Please email Coach Murphy.

School Supply Collection

Benefit the Western Association of Service Workers

Donations of Backpacks, school supplies, new shoes, new clothes

Please turn in your donations to Athletic Director or your sports Head Coach by August 6th.

Meeting Rooms

Football - Gym

Volleyball - Little Theater

Tennis - E1

Golf - E3

Flag Football - E4

Cross Country - E5