



VHS VIKINGS ATHLETICS BULLETIN

Vol. 1, Ed. 4, 6 Oct-25

“ON THE HORIZON” WINTER SPORTS:

**Basketball, Soccer, and Wrestling
(for Boys and Girls)**

**Begin officially
Monday, November 3rd**

**Register for participation via:
[Arbiter Sports](#)**



COMING SOON:

**Inaugural class of the Vanden Vikings Athletics Hall of Fame
First HOF class to be inducted Fall 2026 (announced Spring 26)**

List of Potentials (nominees are eligible 5 years after VHS graduation)

Let us know who we are missing from our list! Email: edwilson@travisusd.org

Follow us on Instagram: [@vanden_hof](#)

PRACTICAL NUTRITIONAL ADVICE FOR VANDEN VIKING STUDENT-ATHLETES

EAT BALANCED MEALS

WITH CARBS, PROTEIN, HEALTHY FATS, FRUITS, AND VEGETABLES

STAY HYDRATED ALL DAY

WATER FIRST, SPORTS DRINKS ONLY FOR LONG/INTENSE WORKOUTS

FUEL BEFORE ACTIVITY

WITH A LIGHT SNACK (30-60 MINUTES PRIOR)

RECOVER AFTER ACTIVITY

WITH PROTEIN + CARBS WITHIN AN HOUR

DON'T SKIP MEALS

ESPECIALLY NOT BREAKFAST

LIMIT JUNK FOOD

MAYBE JUST SOME IN MODERATION

VIKING COMMAND: COACH SPOTLIGHT

**Anna Chavez
Girls Soccer**



Coach Anna Chavez, who has coached soccer for 16 years, has been the leader of the girls' soccer program at Vanden for the past 8 seasons. A sport that requires both physical competition and mental strategy, Coach Chavez fell in love with soccer and views her time working with Vanden's players as a privilege. She appreciates her players' dedication to the program and finds their growth as players and as strong, confident women most meaningful. "Being a part of the girls' journey at Vanden has made every challenge worth it."



VIKING FORGE: BIGGER, FASTER, STRONGER

The Vikings use the weight room to improve athletic performance, to reduce injury, to develop discipline and work ethic, to enhance individual player's confidence, and to build team chemistry. One rep at a time, the Vanden Athletic Department understand that championships are won in the weight room.

Push your limits and find your strengths!



HUDL LIVESTREAM: WATCH THE VIKES FROM ANYWHERE

Many of our games (home and away) are available for live viewing for free using Hudl Fan using this [link](#).

**Sports currently streaming:
Flag Football, Tackle Football, Girls' Volleyball**

**Upcoming winter sports:
Basketball, Soccer, Wrestling**



CHEERING FOR NORTHBAY'S NICU'S 40th ANNIVERSARY

Vanden Cheer represented all Vikings at NorthBay Health's Neonatal Intensive Care Unit's 40th anniversary in Green Valley, where hundreds of former patients, families, and staff reunited to celebrate the center and the children who persevered through difficult beginnings. Our team helped decorate the facility into a Disney-themed wonderland and welcomed returners with a spirit tunnel.

**VANDEN VIKINGS
COLLEGE BOUND ATHLETES (CBA)
NCAA AWARENESS CLUB**

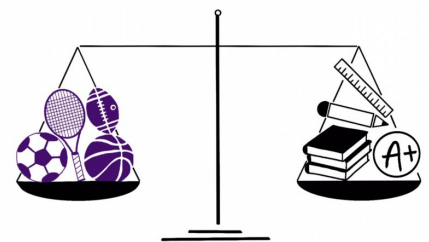
**ORGANIZED TO PROMOTE AWARENESS OF NCAA
ELIGIBILITY REQUIREMENTS AND PROCESSES**

**MEETING SOON!
JOIN VIA GOOGLE CLASSROOM**

**FALL ACADEMIC SUCCESS:
CHAMPIONS IN THE CLASSROOM**

TEAM GPA (WEIGHTED)

- 1. G TENNIS 4.03**
- 2. G GOLF 4.00**
- 3. VAR G VOLLEYBALL 3.80**
- 4. JV FLAG 3.70**
- 5. CROSS COUNTRY 3.61**
- 6. JV G VOLLEYBALL 3.54**
- 7. VAR FOOTBALL 3.47**
- 8. FROSH G VOLLEYBALL 3.47**
- 9. VAR FLAG 3.40**
- 10. JV FOOTBALL 3.32**
- 11. FROSH FOOTBALL 3.32**



CONTACT US

**VANDEN.TRAVISUSD.ORG
@VANDENATHLETICS**

**SEAN MURPHY
ATHLETIC DIRECTOR
SMURPHY@TRAVISUSD.ORG
(707) 437-7333**

**EDDIE WILSON
ATHLETIC DIRECTOR
EDWILSON@TRAVISUSD.ORG
(707) 437-7333**