

Parent/Athlete Handbook

Revised Sept 2015

Welcome to Valhalla Athletics

Your decision to be a part of the Valhalla Athletic Program has the potential to make a huge impact on our school and the students of Valhalla, as well as yourself. I want to first thank you for making the decision and therefore the commitment to participate for your respective team. I want to encourage you to compete with pride in everything that you do.

This handbook is designed to better inform both the athletes and the parents of the “Do’s and Don’ts” of the Valhalla Athletics. Please read this handout completely as it is filled with information including the Six Pillars of Success, Code of Ethics, eligibility rules, absence policies, PE exemptions, lettering requirements and much more.

I again, thank you for taking the first step toward an incredible experience. You get out of anything you do, only what you put into it. Enjoy every minute of this experience. Work hard and you will reap the benefits of your labor. Proudly Bear the Norsemen Shield of Vibrant Orange and Sparkling White.

Robert Wilson
Athletic Director

Valhalla Athletic Administration

Principal—Mary Beth Kastan
Asst. Principal—Eric Jesperson
Athletic Director—Robert Wilson
Athletic Secretary—Debi Mclean
Manager of School Facilities—Jason Brust
Equipment Manager—Cindy Williams
Athletic Trainer—Rodrigo Otero

District Athletic Administration

Conference President—Brian Wilbur
Conference Secretary—Mary Price

CIF San Diego Administration

Commissioner—Jerry Schniepp
Asst. Commissioner—John Labeta
Administrative Secretary—Stacy Candia

Valhalla Alma Mater

Hail the Norsemen of Valhalla
Marching Forth we see the Light
Proudly Bear the Noble Colors
Vibrant Orange and Sparkling White

Set the Standards for our Future
Fight for Right and Never Yield
For the Glory of Valhalla
Bear the Norseman Shield

THE SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

Be honest • Don't deceive, cheat or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends and country

RESPECT

Treat others with respect; follow the Golden Rule • Be tolerant of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults and disagreements

RESPONSIBILITY

Do what you are supposed to do • Persevere: keep on trying! • Always do your best • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your choices

FAIRNESS

Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others carelessly

CARING

Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need

CITIZENSHIP

Do your share to make your school and community better • Cooperate • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment

Event Behavior for Athletes, Coaches and Spectators

Losing as well as winning is a part of the game. All should be gracious in defeat and modest in victory. Accept loss as something with which you can grow. Set Goals and Move Forward. Good Sportsmanship is expected by all persons at all times. Discipline from coaches and the school will result if unsportsmanlike behavior is exhibited by team members. Self Control and Maturity is expected by all. Game Officials ensure that participating teams will compete fairly and safely, and they do not lose a game for a team. No one should speak to the officials except the head coach. Exceptions: official speaks directly to you or team captain has been asked to speak for the team.

Expectations of the Spectators

Refrain from the use of foul or abusive language. Show respect for injured players regardless of team affiliation. Encourage people around you to display good sportsmanship. Applaud at the end of the contest for all participants as they shake hands with each other, regardless of the outcome. Refrain from blaming the loss of a contest on the officials, the coaches, or the participants. Leave with a positive attitude. Spectators will abide by school rules regarding tobacco and alcohol. Smoking and alcohol are not allowed on campus.

Spectator removal from event by school – Return to Spectator Rule

Any spectator that is removed from an event for behavioral reasons, may be subject to a one or more game suspension from future events of that sport. After the suspension for that sport is served, the spectator may only return after certification, by a school administrator, that the spectator has completed a meeting with a school administrator. The appropriate form indicating the completion of the meeting must be filed with the Principal's office prior to attending the next event. A second ejection from an event will cause suspension for the remainder of the season for all sports.

Expectations and Grievance Process

Both Parenting and Coaching are extremely challenging in today's world. We must realize that coaches and parents should have the same goal, to see that each athlete has a positive experience and becomes a well rounded individual.

Communication from the Coach:

Coaching Philosophy
Team and Individual Expectations
Location, Times and Dates of all events
CIF, Conference, District and School Rules

Communication from the Parent:

Non-confrontational situations
Appropriate concerns should be addressed outside of practice, games, or field of play
Specific questions about their athlete's expectations
Notification of any absences prior to practice or games
Appointments should be made to address concerns

Appropriate to Discuss:

Treatment of your child
Ways to help your child improve
Concerns about your child's behavior or academics

Inappropriate to Discuss:

Playing Time
Coaching Decisions
Team Strategy
Play Calling or Substitutions
Other Athletes

Steps for Resolution:

Level One—Contact the Coach
Level Two—Contact the Athletic Director
Final Level—Contact the Asst. Principal of Athletics

Note: Anonymous communication will be disregarded as specific concerns cannot be addressed if they are anonymous.

Athletic Programs Issues and Information

1. Alcohol, Drugs, and Illegal Dietary Supplements
2. Booster Clubs
3. Clearance Packets
4. Coaching Requirements
5. Cuts
6. Dedication/Commitment
7. Early Release from Class
8. Eligibility
9. Equipment and Uniforms
10. Fundraising
11. Hazing
12. Injuries
13. Leaving a Sport
14. Lettering Requirements
15. Non-Contact Period
16. Off-Season Workouts
17. P.E. Exemptions
18. Transportation

Alcohol, Drugs and Illegal Dietary Supplements

The Governing Board of the Grossmont Union High School District is committed to its legal and moral responsibilities in safeguarding the health, character, citizenship and personality development of students. Refer to the Student Handbook and Behavior Code for information regarding Suspension/Expulsion. Students involved in possession, use, sale, furnishing, or if found under the influence of any drugs or alcohol should expect to be removed from the team for at least the remainder of the season.

Booster Clubs

The Booster Club's purpose is to support the program by conducting fundraisers so that they might honor the needs and requests of the program. Booster Clubs should be run under the direction of the Head Coach and all finances should be run through the school trust account.

Clearance Process

All students playing a sport at Valhalla must complete two things. The first is a physical form that you can download from the VHS website. That form can be completed by your doctor or by a doctor from one of our school offered physical dates. The second thing is an online submission. Available on the VHS website, the forms are completed and submitted electronically. Once complete, the system will print a confirmation and consent page. The parent and athlete will sign the document and then turn in copies of both the consent and the physical.

Coaching Requirements

Head Coaches are hired by a group of interviewers after the position has been advertised. Every attempt is made to hire the most qualified coach. Assistant and JV Coaches are hired by the Head Coach under the supervision of the Athletic Administration. All coaches must register at the district office where they are fingerprinted, TB tested, First Aid/CPR Trained, and must complete a coaching course offered by the NFHS. Head Coaches are required to attend Pre and Post Season Conference meetings.

Cuts

Valhalla encourages any student with a desire to compete to go out for a sport. While our coaches want to include as many students as possible, they will only take as many students as they can accommodate. Each coach will determine their own specifications and will conduct the tryout to select the most capable student for their particular team. **THE COACH MAKES THE FINAL DECISION ON WHO WILL PARTICIPATE ON THEIR TEAM.**

Dedication/Commitment

The student athlete must be willing to dedicate himself/herself to sports. Accomplishments come from hard work and a sincere desire to succeed. The athlete must work out of season as well as during the season to get better. He/She must be willing to sacrifice his/her own desires for the good of the team. Conflicts between activities are difficult on all groups. Please communicate with your coaches well in advance of the events. Learn to Prioritize.

Early Release from Class

It is the responsibility of the athlete to communicate with their teachers before they depart for their athletic contest. Athletes should remind their teacher before class begins and do everything they can to not disrupt class. Athletes are responsible for any and all work and tests missed due to early release. It is an athlete's privilege to leave early and a teacher's choice to release a student. Please do not call the attendance office to excuse your athlete for a contest. All Early Release Lists go through the Head Coach and the Asst. Principal's office.

Eligibility

Students Must:

1. Be enrolled in at least 4.5 (5 credit) classes
2. Maintain at least a 2.0 GPA on a 4.0 scale (un-weighted)
3. Have no more than one "U" in conduct

Academic Appeals

Students, in the 9th grade only, may apply for an appeal of academic ineligibility, for one grading period (6 weeks) through the Asst. Principal's Office. No academic appeals for students in the 10th, 11th, and 12th Grades. You may appeal for more than one "U" in conduct one time per school year.

Equipment and Uniforms

Athletes shall assume responsibility for all equipment issued to them and are expected to pay for any abused or lost items. Cindy Williams is the Equipment Manager and all equipment should be checked out and turned in through her. Fines will be issued and no equipment for future sports will be issued until equipment is turned in, or fine is paid.

Fund Raisers

Teams may fund raise during various times throughout the year. This is done to supplement money distributed by the ASB and can be used to purchase equipment, hire additional coaches, enter tournaments, and other needs as requested. Fundraisers must be approved by the school by use of a Master Calendar Request and Fund Raiser Analysis Form. Funds raised by students must be placed in the school's trust account.

Hazing

Hazing is a direct violation of school, district, state rules and may result in an athlete's removal from the team. School disciplinary action may also be required. Violations include physical, verbal, and/or emotional varieties.

Injuries

Coaches make every attempt to provide a safe environment to prevent injuries. An athletic trainer is available for consultation when on campus. Coaches are First Aid/CPR trained and have the emergency cards with them or have them available to them online. If an injury occurs, a coach should fill out an Accident Report Form within 24 hours. Forms are available in the Nurse's Office.

Leaving a Sport

A student cut from one sport may want to try-out for a second sport during the same season and are encouraged to do so. Students should contact the second coach immediately as teams are formed quickly. A student that leaves a sport on their own after making the team will not be allowed to play another sport until that season is over.

Lettering Requirements

Varsity Letters are given at coach's discretion. Students should finish the season on Varsity, must have participated (as a player or spectator) in a minimum of 50% of Varsity Events (Practices and Games), and must finish the season in good standing (Conduct and Eligibility). Letters should be participation based and not achievement based.

Non-Contact Period

CIF requires a two week window of time for families to receive a break from High School Sports. This no contact period is set by the AD/Head Coach of each sport and may be different for each sport. The no contact period will be between the last day of school and the first day of school.

Off-Season Workouts

CIF does not permit school teams to work out as school teams during the off-season. Many opportunities are made available for athletes to sharpen their skills, develop their strength and maintain conditioning through AAU, and other clubs or agencies. Out of Season teams are not sponsored groups of Valhalla. Participation in any of these programs will not be a factor in making the team in the following year.

P.E. Exemptions

A student may earn an exemption for their second year of P.E. by completing two seasons of sport during their Sophomore and/or Junior Year. (One Season equals One Semester) The student must be in attendance for a minimum of 95% of all activities for that season (Generally that means 5 or 6 absences at the most—excused or unexcused). NOTE: Exemption does not mean credit and students must still pass the Fitness Gram Test.

Transportation

Athletes will ride on a school provided bus to and from contests, when provided. In some cases, students may ride with parent. Students wishing to ride with parent must submit a written request to Asst. Principal Sam Lund at least 48 hours in advance and it must have the head coach's signature. Parents must complete a Use of Private Vehicle Form if they will be transporting students other than their own students to events. These forms are available in the Asst. Principal's office.

Organizations Contributing to this Handbook

National Federation of State High
School Athletic Associations

www.nfhs.org

California Interscholastic Federation

www.cifstate.org

San Diego Section

www.cifsds.org

Grossmont Conference

www.guhsd.net/excurricular/athletics

Valhalla High School

<http://valhalla.guhsd.net>