

VAN VLECK ATHLETIC DEPARTMENT



PARENT ORIENTATION 2023-2024

Philosophy/ Participation:

- 1) Our primary goal is to produce young people who will become winners in life. We set our goals to win championships with athletes that are respectful, disciplined, and enjoy being a member of a TEAM. We teach young people how to be successful on the playing field, as well as in life.
 - 2) Foundation of our program is BUILT on "MUTUAL RESPECT" and "TRUST". Nobody is perfect but kids must see adults that live by this code. Parents must see Coaches that Coach by this Code. Coaches need help from Parents in this area.
 - 3) Multiple sport/Activity participation is encouraged. We strongly recommend that our athletes try to participate in non-athletic events within our school as well. All extracurricular programs build well rounded students and strengthen their educational foundation.
 - 4) Students who participate in outside leagues (Non School related organizations or Clubs) must understand that they are required to participate in all VVUSD practices, games, and conditioning programs during the season as well as the offseason of the school year. Outside leagues DO NOT take precedence over our VVUSD athletic or extracurricular programs.
 - 5) Athletes will be expected to conduct themselves in an appropriate manner both on and off the field of play. Our coaches will monitor grades and discipline to maintain high academic and behavioral standards for all our athletes in the classroom. If an athlete is failing or becoming a discipline problem in the classroom our coaches will enforce disciplinary correction as follows:
 - Discipline will be consistent and fair, and will meet the violation. There will be standard discipline procedures for some behavioral problems. Other infractions that are not listed are the responsibility of the coaching staff or the head coach of each sport. Discipline procedures will be similar among all sports and each sport's guidelines will be approved by the Athletic Director.
 - There will be make-up activities required for the athlete to learn any skills or to make-up conditioning they may have missed while absent.
 - PLEASE SEE Below: Player Personal – Technical Foul – Or Poor Sportsmanship Policy.
- Poor Sportsmanship is defined as any action verbal or non-verbal that demeans the Van Vleck team, school, or an individual. All Poor Sportsmanship issues will be reviewed and handled at the discretion of the Head Coach of that Sport first. If at any time the Athletic Department sees a pattern we will reserve the right to begin the phases listed below.

Personal-Technical Foul /Sportsmanship Policy

Van Vleck Players

Generic Phases of Disciplinary Actions: (Without Question of why this occurred)

1st - Offense-

Head Coach of that sport will discipline the student athlete through means of extra conditioning, loss of playing time, and/or verbal communication and explanation of why the behavior is not acceptable as a Van Vleck Student Athlete.

2nd - Offense

The Athletic Director will enforce Athletic participation contract to be signed by player and parents. Head Coach punishment increased and Head Coach is allowed AND EXPECTED to limit playing time. Coach and Player will meet with the Athletic Director. Parents will be notified by the Head Coach.

3rd - Offense

Suspension of the athlete for multiple games (2 or more depending on the severity of the offense as interpreted by the Athletic Director) will be enforced. At this time, consideration of removal from the sport and/or the Athletic Department will be discussed with the coaching staff, VVISD Administration, parents, and the student athlete.

DISCLAIMER: THE ATHLETIC DIRECTOR HAS FULL DISCRETION TO ENFORCE THE REMOVAL OF AN ATHLETE FROM BOTH THE SPORT AND THE DEPARTMENT AS A WHOLE, REGARDLESS OF THE NUMBER OF OFFENSES THE STUDENT-ATHLETE HAS COMMITTED.

- 6) In today's athletic programs, in order to remain competitive, ALL our athletes are required to lift weights and condition throughout the entire school year. If they are not in season they are required to go through a "LTP" (Leopard Training Program) which will work out daily. If they choose to not participate they can be removed from athletics. With the Van Vleck program we know "The Bar" has been raised and with that comes a "Higher Commitment" level. Conditioning is the best example of a personal commitment to our program. So, in order to maintain the path of success for this program and safety of our students, those who did not make this commitment will be required to close the gap and get caught up. Poor conditioning is not punishment but a safety issue for all our athletes and teams.
- 7) A student is not required to take part in athletic activities, nor is participation a requirement in order to graduate. **Participation is a Privilege; therefore; when the rules and standards of Van Vleck Athletic Department are violated this privilege can be revoked by the Athletic Director.** Students must realize that at all times they represent our school, community, and themselves. Athletes can and will be held to a "HIGHER STANDARD" than other students.
- 8) PDA (Public Display of Affection) is not allowed at any VVUSD events.
- 9) Practice Attendance Issues: If a student misses a practice or the athletic period one of the following absence policies will apply.

Minimum Examples are as follows:

a) Unexcused Absences-

Athlete will make up any missed practices. Unexcused is when an athlete does not call, send a SportsYou message, talk to a coach in person prior to practice or a game or contest. We will not accept parent phone calls or notes (But we do encourage the communication just have the Athlete follow up with contact with their coach). We are trying to teach these athletes to become responsible young people and to have a personal investment in the program. Obviously, there are times that this rule can be waived, based on circumstances. (Must be a legitimate reason, ex. death in the family)

b) Excused Absences-

Will be a make-up that is half of the unexcused absences set by each sports Head Coach. An Excused Absence is when the athlete (not the parent) calls, sends a SportsYou message, or talks to a coach in person well in advance to explain why they are going to miss practice.

We know students get sick, need to go to doctor's appointments, and have family issues. Please make your best effort to be at practice every day. Not being at practice is a **safety issue** for both your athlete and the others around them.

10) In order to participate ALL athletes must have the following:

- a) Completed and Passed a Physical
- b) Signed Rules Acknowledgement Form
- c) Enrolled in appropriate athletic period in Team Sports
- d) ALL Rank One Paperwork
- e) Parents have met with Coach Permenter to accept and sign Van Vleck ISD Athletic Policy sheet. This meeting counts as our meeting if not please contact me ASAP.

Participation Rules

- 1) *Playing time*- At the Junior High Level, All kids will play. The amount of playing time may vary from athlete to athlete but all kids will play. At the JV level, we will do our best to get ALL kids in the game but circumstances can/may affect the amount of playing time. At the Varsity level there are no guarantees on playing time.
- 2) *No Pass/ No Play*- Athletes will abide by all athletic policies, school rules and UIL rules. The no pass/ no play rule eliminates students who fail from playing for a three-week period after the one-week grace period ends. They may have the opportunity to regain eligibility every three weeks if they are passing ALL their classes at that time.
- 3) *Sportsmanship* - Players playing time can be affected at the Coach's discretion either before, during, or after the game for issues of poor sportsmanship. We strongly encourage good sportsmanship from our athletes as well as our coaches, fans, and parents. We as adults must set the standard for great team work.

Practice Plan : JUNIOR HIGH

Junior High Football will practice after school from 3:30-5:30pm Monday through Wednesday, Games on Thursday, No practice on Friday.

Practice Plan : HIGH SCHOOL

High School Football will practice after school from 3:30-6:00 (approximately) on Monday and Tuesday. 3:30-5:30 on Wednesday. 3:30-4:30 on Thursday. Game on Friday.

Equipment Issues:

- 1) Male Athletes are NOT allowed to bring home any equipment - including workout clothes (we now have the means to do laundry and we will wash daily). Only Junior High / Junior Varsity Athletes are allowed on away games to take home equipment if they are signing out to go home with parents. They **MUST** bring equipment back washed and clean the next school day. They are required to turn in all game jersey and washables after the game.
- 2) If an athlete loses equipment they will be charged for the replacement of the equipment. If they do not pay for lost items they will do a workout every day until the equipment is paid for or returned.
- 3) For Sub Varsity / Junior High teams can provide limited quality cleats or shoes but athletes can buy their own provided they have White, Grey, Black, or Orange as the dominate color of the shoe. Absolutely no head, wrist, ankle, leg, or arm sleeves/ bands are allowed during games. This includes helmet rags or hair bands. Head Coaches are responsible for their sport. Some of this becomes a Safety issue.
- 4) Athletes will be provided football pads but you are allowed to purchase your own girdles, practice shoes or sub varsity game shoes, and accessory pads that are approved by a Coach. All accessory pads / cleats that show will be one of the following colors (White, Black, Orange, or Grey). **YOU ARE NOT ALLOWED TO WEAR YOUR OWN HELMET OR SHOULDER PADS.**
- 5) Absolutely zero different colored socks allowed. Only white or black socks.

Leopard Game Day Rule:

- 1) On bus rides to the games: Each Head Coach is allowed to set their bus rules. They are encouraged to do the following:

Talking is prohibited. Head phones are allowed but we must not be able to hear the music. Teaching kids how to mentally prepare for a game is an important concept that must be learned at an early age. Locker room music is not allowed without headphones. Weight Room or Warm up music must be regulated by a Coach.

Students will be asked to not bring valuables on bus rides, however, we will have a valuables box for all sports. This box will be locked until the game is over.

- 2) *We are NOT responsible for lost or stolen items. Phones are not allowed during practices, games, pep rallies, team meetings, bus rides, or half times.*
- 3) During all games and timeouts athletes are required to participate and not be looking in the stands, sitting on the bench away from the team, or talking while a coach is talking. Each sport will be different in this area but that is up to the Head Coaches of that sport.
- 4) Helmets/ Caps/ Shoes should be on your head, in your hand, or on your feet at all times during games. **YOU WILL NEED NORMAL SHOES TO LIFT IN THE WEIGHT ROOM.**
- 5) All School and Athletic dress codes are required on game days. See Athletic Game Day Grooming Code.

6) Refusing to go in a game or to not play for any reason is grounds for future discipline and can result in your removal from the team or Athletic Program. Leaving practice without permission or not finishing practice can be grounds for future disciplinary action and can result in your removal from the team or the Athletic Program.

Parent Involvement:

- 1) We strongly encourage parent support and involvement for all our athletic programs. Please respect the job of our coaching staff and support them and the athletes, so we can show our kids how to be great TEAM PLAYERS BY WORKING TOGETHER.
- 2) Parent Conferences: Please be aware when and where you choose to approach coaches with problems. We are always glad to meet with you in an appropriate time and place.
*NOTE: Please do not approach coaches with issues immediately after games/ practices or immediately before games/ practices. Call in advance and set up an appointment.

3) Parent Conference Guidelines:

- * In all conferences all parties involved will be present (Including the Athlete, Parents, and Coaches involved)
- * We can talk about anything dealing with your athlete but not anyone else's athlete.
- * Please follow the chain of command and always start with the Coach first.

Proper Athletic Chain of Command

Junior High:

- 1) Directly to the Coach that is involved or Coaching your Athlete
- 2) Direct problem to either the Junior High Coordinators
Girls Coordinator (Evaree Ray)
Boys Coordinator (Marty Van Dyke)
- 3) Direct Problem to Assistant Athletic Director
Assistant Athletic Director (Tracy Simien)
- 4) Direct Problem to Athletic Director
Athletic Director (Shannon Permenter)

High School:

- 1) Directly to the Coach that is involved or Coaching your Athlete
- 2) Direct problem to either of the High School Coordinators
Girls Coordinator (Rebecca Hanson)
Assistant AD (Tracy Simien)
- 3) Direct Problem to Athletic Director
Athletic Director (Shannon Permenter)

“Athletics does not Build Character it REVEALS IT”

In order to be a Lady Leopard / Leopard athlete there are some huge commitments and requirements by ALL athletes in this program. Being a Lady Leopard / Leopard is not for everyone but only the ones who are willing to commit to a common goal and sacrifice for the good of the team first.

The following are things that are must to be in our program:

- *All athletes are required to learn proper lifting techniques for safety and injury prevention as well as strength building.*
- *All athletes will be required to participate in mat drills to build speed and flexibility.*
- *Running and conditioning is a part of ALL sports- It is a huge safety issue to place an unconditioned athlete in games.*
- *Being unselfish and a TEAM player is a priority!*

GREAT DAY TO BE A LEOPARD”



“Leopards always FIND AWAY”



What to expect from the Van Vleck Leopard Athletic Program

What you can expect from our coaches:

- 1) To respect and have a healthy concern for your athlete as a person first.
- 2) To honor the Team First Concept.
- 3) Work hard and demand the same from the athletes.
- 4) To be as knowledgeable as we possibly can about our sports.
- 5) To be as fair and consistent as we can.
- 6) To NOT be perfect and work to fix those things too.

What we expect from our parents:

- 1) To support ALL kids.
- 2) To honor the Team First Concept.
- 3) To Love your Child.
- 4) To respect our coaches and the program.
- 5) To promote positive reinforcement for all kids.

What we expect from our athletes:

- 1) To honor the Team Concept (Do Not be Selfish).
- 2) To work hard every day.
- 3) To be coachable.
- 4) To be a good student.
- 5) To be a good family member.

THE LEOPARD WAY!!



**“Discipline is what you do when nobody is
watching”**

Participation in Various Sports / Quitting Policy

Quitting Policy / Violation of School Extra Curricular Code of Conduct:

All boys and girls are to be encouraged to participate in as many sports as their interests and abilities allow. If an Athlete chooses to quit and not complete a season, game, or practice the Athletic Department can remove him/her from the program. However, all athletes will be granted a “trial period” of 5 calendar days to drop a sport without penalty only to be allowed within the first week of the start of that sports season. After the 5 day “grace” period if an athlete wants to drop a sport, they should first be directed to the Head Coach of the sport. At that time the coach will discuss the matter with the athlete. However, the Head Coach of that sport may deny the athlete’s participation in that sport in the future. An athlete dropping/dismissal/quitting of a sport after 5 calendar days will not be allowed to participate (practice or contest) in another sport while the sport they are dropping is still in season. If any Athlete has quit/dropped/dismissed from a sport during the season or practice period of that sport and wants to return to play at any time (including the next calendar year) then the following steps must occur.

- 1) An Athletic Conference with **both** parents/ guardians (If they are involved in their athletes life), the Athlete, the Athletic Director, and the Head Coach of that sport must be called and all parties must be present. If all parties cannot be present this meeting cannot occur and no decision can be made in this matter. If the Head Coach approves with the consent of the Athletic Director for reinstatement then the Athlete must complete Step 2 listed below.
- 2) The Athlete requesting to be reinstated must run 20 miles within a prior to his/her next event or within a 6-week period (they CAN NOT PARTICIPATE UNTIL THESE ARE COMPLETED.) These miles will be counted only by a Van Vleck ISD Coach and one mile is the least amount that will be allowed to count in one setting (No Half Miles are allowed) but there is no limit on the maximum miles in a single setting. If this is not completed within a 4-week period the reinstatement will not be allowed. This rule does apply to the extra-curricular code of conduct set up by VVISD.



Athletic Dress / Grooming Requirements

Game Day Grooming

Games will be approached different. It is our job as Coaches to set the tone that this is important and a business-like approach will be required.

- 1) Each Sport is allowed to set their own Game Day attire and dress, as long as it is approved by the Athletic Director prior to the season. (Please See Sport Specific Game Day Grooming Sheet)
- 2) Due to the fact that we are in the public eye and represent our school, all athletes will be required to groom themselves on Game Day. Each sport will have a grooming policy that is approved by the Athletic Director and these can be stricter than the school adapted grooming policy (please see sport specific game day grooming sheet). EX. Football players due to safety will be required to keep their hair length to no more than 2 inches below their helmets on gamedays and will need to not have any facial hair. If a student athlete fails to comply to this they may be denied their right to participate in that sport and ultimately can be removed from athletics.
- 3) Football and facial hair issues. Due to the fact that Colleges and Pro's can afford to tailor make helmets and chin straps to fit their beards or any hair concerns but High Schools must put the safety concerns of the child in the forefront. Please understand Why weekly grooming is important for your Helmet to safely be able to protect you. Game day Grooming will solve this problem and protect us ALL.
- 4) Ear/Nose/Face rings of any kind are **Not** allowed in the gym, track, or fieldhouse. This is a safety issue and the athletes will be asked to remove them. If they refuse they can be removed from athletics or that particular sport.

***The Above rules are in effect whether you sign off on them or NOT. By your Athlete's participation that is an agreement on all above policies.**