

# **VALLEY UNION HIGH SCHOOL**

## **RULES 2025-2026**

Welcome to Valley Union Athletics! We are so excited to see what this new season has in store for us. As a coaching staff we are passionate about sports, teaching and developing young athletes. We believe that participation on a high school team gives these young men and women the ability to learn a wide range of skills that will help them become successful in life. Through their participation in our programs they will learn all the fundamentals and skills they need to be outstanding players. We also strive to teach them teamwork, good sportsmanship, dedication, commitment, confidence, communication skills, responsibility and a hard work ethic. We have high expectations for our players and will hold them accountable as students and athletes representing Valley Union High School. Here are the rules and expectations for all participating in our programs.

**Practice is held every day and all players are expected to be in attendance at every practice.**

**ALL student athletes must have a “C” in ALL classes at the start of the week to participate in competition for that week. (see student handbook for more details)**

### **I. UNEXCUSED ABSENCE FROM PRACTICE OR A GAME**

- A. First Absence - miss the next two matches
- B. Second Absence - Dismissal from the team
- C. Practice times vary from sport to sport.

### **II. EXCUSED ABSENCE**

- A. Excused absence from school
- B. Dental or doctor appointment. Please bring a note from the doctor's office when you return to practice or to the following practice.
- C. Emergencies in the home - the parent is asked to contact the coach as soon as possible. If a player misses practice for a non-emergency family reason they may be played or benched at the coaches' discretion. At the very least they will be expected to perform some sort of physical consequence for the practice that they missed.
- D. Illness at school - Please call, text, or stop by practice before going home to talk to the coach if you are leaving due to illness.
- E. There will often be practice on Fridays. We will make sure the athletes know in advance when to expect a Friday practice, but if one is held all players will be expected to attend. These practices will be held earlier than regular practice when possible.

### **III. TARDIES**

- A. Practice will always start on time. Players are expected to be ready to go at the appointed time.
- B. Any player who is late will perform the consequence for that day to make up for what they have missed.
- C. Tardiness will be accepted if a player has a pass from a teacher stating that he/she was in the classroom seeking help in the subject that applies. A time that the player arrived and left the classroom is mandatory.
- D. It is the coach's discretion concerning excessive tardiness after 15 minutes that day and may result in missing the next game as well as other punitive measures.

#### E Late for Match

1. Players are required to be at the gym/field at least 45 minutes before scheduled time for a home game. Lateness may result in player being withheld from the game as well as being required to do some sort of consequence for their lateness.
2. Away games - Players must be at the school at least 15 minutes before scheduled departure time. Running will be assigned for lateness at the following practice. If a player misses the bus and does not travel to the game with the team, he/she

CANNOT play with the team that day. **WRITTEN**

**notice must be given to the coach for approval to leave the match site with anyone other than a parent, and it must be signed by the athletic director. When leaving with a parent, the player must notify the coach before leaving.**

3. Players are required to dress appropriately when traveling. The school dress code applies. Players will not travel if dressed inappropriately.

#### V. USE OF ALCOHOL, TOBACCO AND NICOTINE

- A. Use of alcohol, tobacco, nicotine or any other form of illegal drug will result in immediate dismissal from the team.
- C. Players are expected to avoid even the appearance of participating in any of these activities. If you are associated with, or have been found to be in attendance at a party or other activity where these abuses are taking place, even though you yourself did not participate, you will be benched from the next match.

#### VI. FUNDRAISERS

- A. Fundraisers will be done periodically throughout the season, and sometimes later in the year. All players on all teams are expected to participate in any fundraisers done.
- B. Money raised will be used for equipment, uniforms, tournament fees, varsity camps and summer tournaments, and awards given at the end of the season.

#### VII. ATTITUDE

- A. Disrespect to coaches or team members will not be tolerated. Such disrespect may result in dismissal from the team. The second incident will be automatic dismissal. A player may be asked to leave practice and on return to practice the following day must have a better attitude or will be dismissed from the team.
- B. Failure to put forth maximum effort in practice will be considered justification for forfeiting the privilege to play in the following match.**
- C. The players should show pride in their appearance, as they are representing themselves as well as VUHS.

#### VIII. PARENTS

Please support our players! Allow the coaches to do the coaching from the bench while you cheer from the stands. We have been working hard at our practices to prepare them to play, but remember that these players are young and they are not perfect. We need parents to be positive role models, setting the tone for the attitudes of our athletes and encouraging your own son/daughter as well as their teammates. Feel free to talk to coaches with any concerns you might have during the season, we only ask that you do not ask or approach coaches after the game/competition. Please give coaches 24 hours post game/competition then feel free to reach out or approach them. Coaches put a lot of time and effort into each of their sports. Many hours are spent preparing for practices and games. Coaches have been hired for those roles because administration believes that they are capable of putting the best athletes on the field or court. That being said playing time is nonnegotiable.

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I HAVE READ THE RULES AND REGULATIONS AND AGREE TO ABIDE BY SUCH.

Player's Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent's Signature\_\_\_\_\_ Date\_\_\_\_\_