



2024 Valor Leander Flag Football Information Letter

Welcome to our Valor Flag Football family! We are excited to have you join us as we continue to build our Valor Leander Football program.

Dedication and hard work are required in order to have a successful season and a strong football program. By holding each other accountable we pursue excellence both on the field and in the classroom. *We want the athletes to have fun while learning how to push themselves to their limits.*

The goals of our football program are to develop well-rounded athletes through teaching sportsmanship, fundamentals, and team camaraderie. We will concurrently educate the athletes on the significance behind our drills, practices, and conditioning so that they not only can perform well this season but can continue to improve after the season ends.

Expectations:

Our expectation for members of the Valor Flag Football team is that this team is the priority during the season. The expectation is that our athletes are at every practice and every game.

- Practices are not optional.
- Games are not optional.

We'd ask that if you are planning vacations or going to be out of town, that you work around the team schedule. If your student-athlete is going to miss a practice or game due to illness, we ask that you'd let the coaching staff know as soon as possible. The primary reason for this policy is that our time together as a team is more than playing. As a team, we value discipline, dedication, commitment, and togetherness. We are a team growing and striving together. We understand that this means that

students may have to choose between Valor football and other activities, but we believe this will create the best team experience for Valor football players.

Expectations of Parents:

1. Read the Valor Athletic Handbook.
2. Ensure your child arrives on time to practice and early for games.
3. Pick up your child from practice on time or make arrangements for their supervision.
4. Be the voice of encouragement and positivity for your student-athlete at home.
5. Avoid saying negative comments to players, coaches, or referees.
6. Address any concerns with the head coach first.
7. Remember that this is not a premiere club team. We are in the building years.
8. Consider volunteering at games when needed.
9. Cheer for your child and the entire Valor Leander team!

Expectations of Players:

1. Read the Valor Athletic Handbook.
2. Be at every practice and game.
3. Have a teachable spirit. Obey coaches' directions.
4. Be responsible to bring your gear and equipment.
5. Drink water every day.
6. Stay on top of schoolwork and grades.
7. Arrive on time to practice and 30 minutes early for games.
8. Remind parents to arrive on time to pick up from practice and games.
9. Remember this is a team sport – be encouraging to your fellow teammates.
10. Display good sportsmanship to your opponents and the officials.
11. Work hard on forming good habits and focusing on skills.
12. *Be ready to have fun and give it your all!*

Equipment:

- Practices: water bottle, football cleats, mouth guard (*recommended but not required*), modest athletic wear (refer to family handbook for further guidelines). Personal football is optional.
- Games: water bottle, football cleats, mouth guard (*recommended but not required*), uniform.
- Jersey tops will be provided by the school and collected at the end of the season. Flag belts will be handed out each practice and game.
- Shorts for games: All black (no stripes or design); NO POCKETS. Here is a viable option:
https://www.amazon.com/MIER-Quick-Dry-Athletic-Basketball-Training/dp/B09B3WC4BL/ref=sr_1_1_sspa?crid=1VWUYF5DDB656&keywords=men+black+shorts+no+pockets&qid=1689970078&srefix=%2Caps%2C184&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcf9hdGY&psc=1

Communication:

1. **BAND app:** The primary means of communicating with parents will be via the BAND app. This is also where our practice and game schedules will be located. Be on the lookout for an invitation to the Valor Leander Flag Football group. Please download the app, create an account, and **TURN ON** your notification settings.
2. **Email:** Parents will also receive emails from the coaches. In the meantime, if you have any questions, you can contact Mr. Visy at svisy@valoreducation.org.

Registration, Physicals, and Fees:

Parents must complete the online registration, upload their child's physical, and provide payment at least one week before our first tryout (HS: Aug. 5; MS: Aug. 19).

1. **Registration:** sign up on [FamilyID](#), create a profile, and add Valor Leander as your home team. From there, you are ready to add athletes to your account and register for specific sports.
2. **Physicals:** Please upload the physical on the online registration site rather than turning in a paper copy. The physical exam must be less than a year old by the end of the season (so October 26th, 2023 or more recent) and should be on the UIL physical forms provided on the online registration site.
3. **Fees:** There is a \$310 fee for student athletes. Fees are discounted for families who apply and qualify for Free (\$155) and Reduced Lunch (\$205). Preferred payment method is on the registration site but alternately, cash or check payment may be submitted to the front office in person. Please notify Mr. Visy if you pay in person rather than online.

Valor Leander Coaches:

HS Head Coach – Eric Jackson

MS Head Coach – Fred Reyna

MS Asst. Coach – Tyler French

Schedules:

A full practice and game schedule will be available on the Band app.

A general rule of thumb: HS League (HCAL) games will primarily be on Wednesdays and Saturdays throughout the season. MS League (VaL) games will primarily be on Thursdays throughout the season. There will be 2-3 practices a week on average with limited practices on the weekends and over holiday breaks.