

Some A to Z thoughts on athletics at VASJ

A Attitude – Have a positive attitude, and encourage your student to have one as well.

Attendance – Make sure your student attends games. It's part of the high school experience that can't be recaptured.

B Bus – Make sure to tell your student when on the way home on the bus to call you so you can pick them up for their ride. We'd like you to meet the bus at school if at all possible, so that at the end of a long day and night our coaches don't need to wait for your child to get a ride home.

C Class Coaches – Involve your student in sports so they can meet and be shaped by our many great class coaches. These men and women not only know their sport, they have great life lessons they can share to enrich the life of your student.

D Driver – Be a driver and take your young student and their friends to games. You'd be surprised how much fun it is, and how much you'll learn just by listening.

E Encourage – Be an encourager. It matters.

F Fees – See the Athletic Director with any sports fee questions.

Friends – Make it a point to make friends with the other parents you meet. Life is short and precious, and we need all the friends we can get. It also helps to have others who echo our encouragement, share our beliefs, and can cheer for our child too.

G Go the extra mile – If it looks like it needs to be done, and you can do it... volunteer, or just step to the plate and do it. We need all kinds of people with all kinds of skills to run a sports program. You are wanted and needed.

H Health – The health of your student is very important. Make sure they get a yearly physical for sports. Check online for details of the baseline concussion testing program with Cleveland Clinic.

I IDs – Student IDs are their free ticket to all home games. Make sure they take care of it, and bring it with them so that they can be admitted free.

J Jet – These four years will not fly by, they will jet by. Enjoy the ride.

K Kindness – Set the example of kindness and help your student to practice kindness as well.

L Listen to Announcements – Encourage your student to listen to the announcements. Important game and sport tryout information is given daily. For a recap, check on vasj.com for each day's announcements.

M Managers – The job of team manager is an important one. We need students who want to be part of our program even if they do not have the skill level to be a player. Often the team manager can be a rehabbing player as well. The team manager from the SJ '89 team was the one who helped organize our well-attended Coach Bill Gutbrod night, and spearheaded the team reunion.

N Nourishment – Make sure that your students get what they need to fuel them for school and sports.

O Oarsmen – Our Oarsmen are our major all-team booster club who meet on the last Wednesday of the month at 7:30 p.m. Be there and be part of helping sports to grow and thrive.

P Participate – Get your student to participate in at least one sport.

Patience – Please show patience with us; we make more mistakes than we want. One is too many. Know that we do truly try to get things right, and we could really use your help.

Q Quiet time for Concussions – Take away the video games, the cell phone and the TV, and make quiet time for healing when your student athlete suffers a concussion. The brain needs to heal. Stimulation is like picking the scab on the sore. Give it a rest!

R Rest – Make sure your student athlete gets adequate rest. School is not where they sleep; it needs to be done at home... or on the bus...

S Scholars – We care more than you can imagine that your student athlete is a scholar first. It does us no good to have students who cannot qualify for competition on the next level, not because of their skill but because of their lack of academic achievement. Start strong, and finish strong.

T TV raffle – Our Oarsmen booster club is involved in having a TV raffle at our home games. Buy some tickets, get a new TV and help our teams.

U Uniforms – You don't need one more thing at home, and most of our team uniforms belong to us. They are not meant to be kept at the end of the season. You will be billed for uniforms that are not turned in. The cost tends to be higher than you'd expect, since we are then buying fill-in pieces.

V Village – WE are the Viking Village. Be there for each other.

W Weather – Check for our cancellation policy on games – league as well as independent games.

X xtra help – It's always needed. Don't be shy. We need cooks and bottle washer (not even kidding).

Y Young – They are young – we know that, and you need to remember that too. They are not to be babied, but they will make mistakes.

Z Zen – Meditate. Pray. Know that we are praying for you. Please pray for us, and pray for each other.