

Parent/Student Meeting
2023-2024



Wes-Del Warrior Athletics

STRENGTH & CONDITIONING COACH



BRANDON VANMATRE

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ATHLETIC TRAINER

TONY COX, MA, LAT, ATC
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[@hcsm1number1](https://twitter.com/hcsm1number1)



Wes-Del Athletic Boosters

Supports Wes-Del Athletics with letterman jackets, patches, athletic awards, supports athletes needs and always a great representation of Warrior pride!

Current officers

- President: Jennifer Hudson-Rohlf
- Vice President: Kris Nauman
- Secretary: Open
- Treasurer: Barb Ward



Stop by the Booster table in the hallway to see how you can help support your athlete!



Warrior Athletic Office

Phone: 358-4091 Fax: 358-3514

**Hours 7:30 am – 3:30 pm
or by appointment**

Athletic Director

Mr. Kye Denney

kdenney@wes-del.org

Athletic Secretary

Mrs. Vertie McFalls

vmcfalls@wes-del.org



**Check Out Our
Website:
www.wdathletics.com**

**Please Follow Us on
Twitter and Instagram
[@WD_Athletics](#)**



Mid-Eastern Conference

**Blue River Valley
Cowan
Daleville
Eastern Hancock
Monroe Central
Randolph Southern
Shenandoah
Union
Wapahani
Wes-Del**



Athletic Picture Days!



High School is on Wednesday 8/9/23

Middle School is on Wednesday 8/23/23

Order Online!



SCAN ME

Forms will be given
out at practice!



High School Sports

Fall

- Football
- Cheer
- Volleyball
- Girls Golf
- Cross Country



Winter

- Girls/Boys Basketball
- Cheer
- Wrestling

Spring

- Baseball
- Softball
- Track
- Boys Golf

Middle School Sports

Fall

- Football
- Cheer
- Volleyball
- Cross Country



Winter

- Girls/Boys Basketball
- Cheer
- Wrestling

Spring

- Baseball
- Softball
- Track

High School Coaching Staff

Cheerleading
Cross Country

Football

Golf

Volleyball

Wrestling

Boys Basketball

Girls Basketball

Baseball

Softball

Track



Tori Perdue

David Lamb

Matt Nuckols

Nick Rocco

Biff Wilson

Cole Chambers

Josh Burkett

Tod Windlan

Daniel Hanson

Andy Swift

David Lamb

Middle School Coaching Staff



Cheerleading
Cross Country

Football
Volleyball

Lexi Watt
David Lamb
Devin Nannie
Caleb Mills
Aerionna Strahan (8)
Tiffany Gaddis (6/7)



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Required Forms for Participation

- **Physical on File in Athletic Office**
 - History Form
 - Physical Examination Form
 - Consent & Release Certificate
 - Concussion/Cardiac Arrest Form



Mission

The Mission of the Wes-Del Athletic Department is to create an environment which prepares our student-athletes to become men and women of character. To accomplish this goal our program must reflect values such as honesty, respect, responsibility, and pride while demonstrating the importance of great individual effort within a team concept.



Philosophy

Wes-Del Middle/High School considers participation in athletics to be an integral part of the educational experience. Athletics provides opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as valuable experience because it challenges each student-athlete to strive for excellence, discover their physical limits, and work cooperatively as a member of a team. While winning is the natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition always takes precedence and enhances the educational value of all contests.





Wes-Del Core Values

1. WE WORK HARD!

- * Everyday is a tryout

2. WE CHOOSE TO BE POSITIVE AND FACE ADVERSITY WITH INTENSITY

- * Nothing can upset us—Negative circumstances do NOT affect us

- * Tough Times and opposition makes us stronger

- * We do NOT get down or pout when mistakes or bad situations happen

- * We control what we can control

3. WHEN WE DON'T PLAY AS MUCH AS WE WOULD LIKE, WE STILL SUPPORT OUR TEAM

- * We place the team above ourselves

- * We support our teammates because we want them to succeed

- * We cheer from the sidelines



Wes-Del Core Values

4. WE CARE FOR EACH OTHER AS TEAMMATES AND HUMAN BEINGS

- * We avoid negative comments and body language toward our teammates**
- * We help our teammates through drills no matter position or age**

5. WE DON'T WHINE OR COMPLAIN BECAUSE WE ARE TOUGH

- * We never complain on or off the field/court**
- * Challenges are opportunities**

6. WE ARE LEADERS

- * We treat everyone around us with respect**
- * We make those around us better**
- * We are not concerned about popularity and more concerned about holding everyone to their highest standard and driving our teammates toward their potential**



Expectations of Coaches

- **Develop excellence in our student-athletes both on and off the field/court**
- **Build a sense of Warrior Pride and Loyalty**
- **Increase knowledge of players and coaching staff**
- **Display and teach servant leadership**
- **Show the importance of preparation and how that leads to success/confidence**
- **Promote unselfishness within a team**
- **Show the need to do the little things well and attention to detail**
- **Inspire, motivate, and produce positive change in our student-athletes**
- **Build Rapport**
- **Effectively Communicate with all stakeholders**



Expectations of Parents

- **Support your child and the team**
- **Support the coaching staff**
 - **Avoid complaining about coaches (Don't start or continue the criticism)**
- **Trust the coaching staff (They will do what is best for the team and your child)**
- **Avoid comparisons (This will create a negative attitude in your child and create problems on the team)**
- **Accept your child's role because every role is important**
- **Make sure your child attends ALL practices and contests**
- **Support the school, team, and athletic department expectations**
- **Encourage proper nutrition and sleep**
- **Make sure all Travel release forms are completed 24-48 prior to contest**



Expectations of Parents

- **Use Powerschool to monitor your child's grades and attendance**
- **Conduct yourself in a manner that is always appropriate—Promote and display good sportsmanship**
- **Communicate**



Expectations of Parents

Appropriate Concerns to Discuss with Coaches:

- **Situations Involving YOUR Child**
- **Ways to Help Your Child Improve**
- **Your Child's Work Ethic, Attitude, and Eligibility**
- **Concerns About Your Child's Behavior**



Expectations of Parents

Issues that are NOT Appropriate
to Discuss with Coaches or AD:

- Playing Time
- Team Strategy, Practice Organization, or Play Calling
- Other Student Athletes

Parent/Coach Communication

Proper Procedure (Chain of Command)

- 1. Student–Athlete meet with coach**
- 2. Parent and student–athlete meet with Coach**
- 3. Parent and student–athlete meet with coach and athletic director**
- 4. Parent and student–athlete meet with coach, athletic director and principal**



IHSAA Code of Conduct for Parents

1. Realize that a ticket is a privilege to observe a contest and support high school activities. It is not a license to verbally assault anyone or act in an outrageous manner.
2. Realize that athletics are a part of the educational experience and that its benefits go beyond the final score of the contest.
3. Respect the decisions made by officials and learn the rules of the game to better understand their decisions
4. Participate in positive cheers and refrain from encouraging those who take away from the spirit of the contest



IHSAA Code of Conduct for Parents

5. Respect and support the task of the coaches.
6. Respect opponents as students and acknowledge them for striving to do their best.
7. Be a parent your child would be proud of! Be a fan, not a fanatic!



The Parent Seat





Expectations of Student-Athletes

- **Acknowledge that Playing on a Team is an Honor and a Privilege, Not a Right**
- **Attend ALL Scheduled practices, contests, and other team related events**
- **If Absent, it is the Student-Athletes Responsibility to Contact Coach PRIOR to Practice**
- **Respect all Coaches, Officials, Teachers, Peers, and Teammates**



Expectations of Student-Athletes

- **Develop a “Team First” Attitude**
- **Be coachable and open to constructive criticism**
- **Abide by all Student and Athletic Handbook Policies**
- **When playing a sport, practice and games come before clubs and other extracurricular activities.**

DO WHAT'S RIGHT! Represent Wes-Del Middle/High School, your community, parents, and team in a positive manner at ALL times!

WARRIOR

Athletic Handbook Code of Conduct

*** Pages 29–35 in
Agenda book**

*** 365 day
commitment**





Common IHSAA Rules

During Season:

1. Must complete 5 practices before participating in a scrimmage
2. Must complete 8 practices before competing in contest; unless the student is transitioning from another IHSAA sport (one week or less) and then 5 practices are necessary before competing in an IHSAA contest
3. If practice is missed for 8 or more consecutive days, practices are required to be eligible to compete in contests – see chart – this includes injuries, vacations, etc

DAYS MISSED	# OF PRACTICES REQUIRED
8 to 14	4
More than 14 consecutive	6



IHSAA Limited Contact Period

Limited contact = 2 hrs, 2 days per week(See Below)

- Conditioning does not count in limited contact time

Winter/Spring: August 28th - October 14th

Fall/Spring: December 4th - February 3rd

Fall/Winter: April 1st - May 11th



SPORTSMANSHIP/BEHAVIOR

Computing Sportsmanship score:

-20 pts. Ejection of Administrator

-10 pts. Ejection of Coach

-10 pts. Ejection of Fan

-5 pts. Ejection of Student Athlete

Wes-Del 2022-2023 Score:

106 out of a possible 100 points



SPORTS PASSES

**Available tonight or in the athletic office
from 7:30 am – 3:30 pm**

- * Student all events \$40.00**
- * Adult all events \$80.00**
- * Family Pack \$220.00 (Immediate Family)**

**MUST SHOW PASS TO ENTER ANY EVENT
(PHONE ACCEPTABLE)**

**Senior citizens must show ID, there will not be a
designated pass from Wes-Del**

Team Meetings



MS Volleyball: Auditorium
HS Volleyball: Cafeteria
HS/MS CC: Media Center