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**Welcome to Vista Athletics**



# Assistant Athletic Director Welcome

- Thank you for being here to support your athlete!
- Vista PURPOSE based Athletics:

I lead to develop work ethic and teamwork in athletes so together they can learn to chase excellence.

I want to begin to redefine success by striving for excellence, embracing accountability and responding to adversity. The wins will be a byproduct of our teams culture.



***Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.***

John Wooden

# Athletics Introduction

- Vista Athletic Boosters/Talon Club
  - <http://vistaathleticboosters.org/>
  - Major Fundraiser: Jeans and Jewels
- On Campus Trainer
  - <https://macperformancept.com/>
  - Hours: Open for an hour after school Monday-Thursday.



# Athletics Introduction cont.

- Sport Performance
  - <https://www.vpsc.fit/y>
  - Tuesday and Thursday 7:00am - 8:00am
- Advance Conditioning
  - All Athletes Welcome
  - Fall Athletes take in Spring
  - Winter/Spring Athletes take in Fall



# Fundraising

Our teams rely on your donations, efforts, and fundraising to have our programs.

We will not mandate any fees but know your fundraising goes directly to your program.



# Transportation

Unfortunately, FCUSD does not have the drivers to supply us any buses for the spring term.

There are forms that can be found on our website that your coach will be collecting in regards to any carpools



# Athlete Expectations

Student Athletes, maintain a 2.0 GPA

To play in a game or practice, you have to go to school!

Athletes will be held to a higher standard on and off the field

- Sportsmanship, social media, illegal substances

[Athlete Handbook](#)





# Parent Expectations

Enthusiastic support of our teams.

Sportsmanship and integrity even in adversity.

Encourage communication between player and coach.

[Parent Handbook](#)



# Reminders

Letter of Intent Signing Night - May 3, Contact Athletic Office if you have a senior signing to play college sports.

Varsity Scholar Athlete 3.5 and above

TRANSFER STUDENTS: if you are a parent of a transfer student, please come see me prior to going to your coaches room.



# Locations

Lacrosse-Boys-K-103

Lacrosse-Girls-K-102

Baseball-Library

Softball- H-208

Swim- Small Gym

Tennis-Boys-Main Gym

Track and Field-Black Box

Volleyball-Boys-Main Gym

Golf-Boys-H210

