

# PLAYERS' CHECKLIST

## Baseline Impact Concussion Test

- All freshman and new students are required to take this test

## Current Physical

- Must not expire before the end of the sports state tournament. Physicals good for 18 months.

## ArbiterAthlete Registration

- Complete all registration forms at [www.arbiterathlete.com](http://www.arbiterathlete.com)

## Sports Fee

- \$100 payment due before first contest. Checks or cash are submitted to VCS Activities Director, Todd Wegner.

## CROSS COUNTRY RUNNING



**Head Coach:** Mel Koontz  
[mkoontz@valdezcitieschools.org](mailto:mkoontz@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, July 30th  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, July 31st

## FOOTBALL



**Head Coach:** Lee Chadwick  
[lchadwick@valdezcitieschools.org](mailto:lchadwick@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, July 30th  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, July 31st

## VOLLEYBALL



**Head Coach:** Adam Sharrai  
[asharrai@valdezcitieschools.org](mailto:asharrai@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, Aug. 6th  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, Aug. 7th

## SWIMMING AND DIVING



**Head Coach:** Leo Overduyn  
[loverduyn@valdezcitieschools.org](mailto:loverduyn@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, Aug. 6th  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, Aug. 7th

## RIFLE



**Head Coach:** Jim Larcom  
[jlarcum@valdezcitieschools.org](mailto:jlarcum@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, Sept. 10th  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, Sept. 11th

## WRESTLING



**Head Coach:** Tyler Calvert-Thompson  
[tthompson@valdezcitieschools.org](mailto:tthompson@valdezcitieschools.org)

**Parent Meeting:**  
Tuesday, Oct 1st  
H.S. Library, 7:00 p.m.

**1st Practice:** Wednesday, Oct. 2nd

# BUCCANEERS

Achieving Excellence



# VALDEZ HIGH SCHOOL

Fall Sports

Cross Country Running • Football  
Volleyball • Swim and Diving  
Rifle • Wrestling

**For more information or  
questions please contact:**

**Activities Director:** Todd Wegner  
twegner@valdezcityschools.org  
(907) 255 - 1671

**VHS Principal:** Mr. Jon Berkeley  
jberkeley@valdezcityschools.org