



VALOR ATHLETICS: GENERAL OVERVIEW AND VISION

Sport Overview and Vision

Valor is excited to begin our Athletics Program during the 2016-2017 school year.

At Valor, athletics is an extension of our Compass approach to balanced education. We believe, that high-quality athletic experiences, when coached the right way, develop character and build community in important ways. So, our intention is to provide our scholars with coaches and an environment that is both character-focused and competitive.

The Athletics Program will grow and develop in stages, following the overall growth and development of the school. We will be offering competitive sports for grades 7-8 (with club/developmental opportunities for grades 5-6). Below is a further description of each stage, with a description on the following page of athletic teams and club opportunities.

Stage 1 (5th/6th Grade) Overview:

Grades 5-6 will begin their Valor athletic journey through on-site or off-site clubs. The focus in these environments is threefold:

1. to encourage interest and participation - to try something new
2. to focus on developing individual and team skills - to prepare them for Stage 2 competition
3. to develop a sense of community - to begin playing on teams comprised of Valor students

These opportunities may involve participation in outside leagues (WNSL, Flight, etc.), which is determined on a sport-by-sport basis. *See attached table for details.*

Stage 2 (7th/8th Grade) Overview:

Grades 7-8 will compete in the Harpeth Valley Athletic Conference (HVAC). In the 2016-2017 school year, all teams will play a JV schedule since we will not have an 8th grade class. All games will be “away games” as Valor facilities are still being completed.

We will compete in a four-season calendar:

1. Fall 1 (August - September) - Boys/Girls Cross Country, Girls Volleyball
2. Fall 2 (September - November) - Boys/Girls Soccer
3. Winter (November - February) - Boys/Girls Basketball
4. Spring (February - May) - Boys/Girls Track, Lacrosse (club)

Stage 3 and Future (High School) Overview:

Starting with 9th grade, Valor will begin its high school athletics program and will compete in the TSSAA against other MNPS and local high schools. Teams will move from a JV schedule as 9th graders to a full varsity schedule beginning in 10th grade. Additional sports may be offered at the high school level. More details will be available in the coming year regarding Stage 3 athletics.

Contact information:

Please email Athletic Director D’Juan Epps depps@valorcollegiate.org with general Athletics questions.



VALOR ATHLETICS: TEAM AND CLUB COMPARISON

	Athletic Team	Sports Club/Developmental
General	<i>Grades 7-8</i> Participates with other schools in formal leagues	<i>Grades 5-8</i> In-house (primary), but can compete outside (not required - see below)
Values	Compass/Character Development Diverse – reflective of school Inclusive – opportunities to participate	
Focus	Skill Development Character through Competition	Skill Development Encourage interest & participation
Support	AD and Coach Mentor (primary) Sport Lead	Parent (primary) Sport Lead
Coach/Instructor	Interviewed and selected by Valor	Parent-led & Parent-provided
Competition	Full schedule vs. other schools	Optional
Fee/Expense	Combination of budget AND family fee - budget to cover coaches, uniforms, referees	Family-funded (Families to pay a participation fee to cover all costs)
Time Commitment	<i>Required</i> 3-4 days per week: · 2-3 practice days (1-1/2hr per day) · 1-2 game days Some Saturday games	<i>Encouraged</i> 1-2 days per week 1-1/2 hours per day (Games optional – may include a Saturday tournament)
Travel	Moderate to High (multiple schools/locations)	Minimal (typically 1 location close to Valor)
Player Eligibility and Compliance	- Re-calibration + MASH to influence weekly - Q2 eligible = <i>no more than</i> 1F with GREAT EFFORT exception Must fill out and submit appropriate documentation to compete	Must meet Valor requirements only Must fill out appropriate forms - concussion, physical, etc.



VALOR ATHLETICS: CROSS COUNTRY OVERVIEW

Sport Overview:

Valor is excited to be offering Cross Country as an official sport during the 2016-2017 school year.

We will be offering both boys and girls in the 7th grade the opportunity to train and compete in XC meets from August-October.

Valor will compete at the Junior Varsity level in 2016-2017 in the Harpeth Valley Athletic Conference (HVAC), which includes schools like Harding Academy, Franklin Road Academy, Ensworth, Christ Presbyterian Academy, and others. At this time the schedule is not set, but it will likely include 6-8 meets throughout the season and 2-3 practice days, depending upon meet schedule.

Practices will be held at an off-site location close to Valor (details being finalized, but likely Ellington Agricultural Center/Greenway), and meet locations will vary. Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Stage 2 (7th/8th Grade) Overview:

Expected Start Date: **Early August 2016**

Expected End Date: **End of September 2016**

Expected Practice/Meet Schedule: **2-3 practices weekly (1.5hr per practice) / 1 meet per week**

Expected Participation Fee (for players who MAKE the team): **\$50**

Stage 1 (5th/6th Grade) Overview:

To develop future runners in 5th and 6th grade, we will focus on opportunities that encourage participation and skill development. For those interested, we will compete in the program offered by Nashville Youth Athletics (<http://www.nashvilleyouthathletics.org/programs-overview.html>). A few details:

- These clubs will be *parent-led and family-funded* (parent coach will be needed for the NYA season)
- Expected fee for the NYA season is \$45 (after school Fortify Clubs will not require a fee)
- Transportation to/from practice and meets will be parent responsibility (carpooling is an option)
- Practice location TBD (likely Whitfield Park or Ellington Ag Center)

Cross Country Committee Chairs and Contact information:

Cross Country Sport Lead Brooke Widmer brooke@nashvillebrandcompany.com

Athletic Director D’Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: GIRLS VOLLEYBALL OVERVIEW

Sport Overview

Valor is excited to be offering Volleyball as an official sport during the 2016-2017 school year, with developmental opportunities as well.

Valor will play a JV schedule in the Fall of 2016 as part of the Harpeth Valley Athletic Conference (HVAC), and will hold practices and hosted tournaments at Club West Volleyball (15115 Old Hickory Blvd, Nashville, TN). Additional game locations will vary.

At this time the schedule is not set, but it will likely include a combination of 1-2 games per week and 2-3 practice days, depending upon game schedule.

Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Stage 2 (7th/8th Grade) Overview:

Expected Start Date: **August 1, 2016**

Expected End Date: **end of September 2016**

Expected Practice/Game Schedule: **2-3 practices weekly (2hr per practice) / 1-2 games weekly**

Expected Participation Fee (for players who MAKE the team): **\$50**

Stage 1 (5th/6th Grade) Overview:

There are many summer camps and developmental opportunities to introduce beginners to the sport of volleyball through Club West Volleyball, Alliance Volleyball Club, or other facilities.

During the JV season, 5th/6th graders can engage in fall programs as a group or individually at the nearby Club West facility. Should there be a parent that would like to offer an after school club, practices can be held at the Club West facility during the JV season.

Volleyball Committee Chairs and Contact information:

Volleyball Sport Lead Sandy Cherry bandolira@gmail.com

Athletic Director D'Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: SOCCER OVERVIEW

Sport Overview

Valor is excited to be offering Soccer as an official sport during the 2016-2017 school year.

With competitive and recreational teams for both boys and girls, soccer will be offered during the fall sport season beginning late August.

Valor will participate in the Harpeth Valley Athletic Conference (HVAC), which includes schools like Harding Academy, Franklin Road Academy, Ensworth, Christ Presbyterian Academy, and others.

Valor will play a Junior Varsity schedule for the 2016-2017 school year. At this time the schedule is not set, but it will likely include a combination of 1-2 games per week and 2-3 practice days, depending upon game schedule.

Practices will be held at an off-site location close to Valor (details being finalized), and game locations will vary. Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Stage 2 (7th/8th Grade) Overview:

Expected Start Date: September 2016

Expected End Date: end of November 2016

Expected Practice/Game Schedule: 2-3 practices weekly (1.5hr per practice) / 1-2 games weekly

Expected Participation Fee (for players who MAKE the team): \$50

Stage 1 (5th/6th Grade) Overview:

We look forward to providing developmental opportunities to upcoming 5th and 6th graders through soccer camps and/or clubs, which will focus on participation and skill development. For those interested in competitive options, the Soccer Committee will be organizing a Valor Rec Team in a local league to help develop rising players. These clubs and teams will be parent-led and family-funded.

Soccer Committee Chairs and Contact information:

Soccer Sport Lead Marc Shaver marc.shaver@comcast.net

Athletic Director D'Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: BASKETBALL OVERVIEW

Sport Overview:

Valor is excited to be offering basketball as an official sport during the 2016-2017 school year.

With competitive and recreational teams for both boys and girls, basketball will be offered during the winter sport season.

Valor will participate in the Harpeth Valley Athletic Conference (HVAC), which includes schools like Harding Academy, Franklin Road Academy, Ensworth, Christ Presbyterian Academy, and others.

Valor will play a Junior Varsity schedule for the 2016-2017 school year. At this time the schedule is not set, but it will likely include a combination of 1-2 games per week and 2-3 practice days, depending upon game schedule.

Practices will be held at an off-site location close to Valor (details being finalized), and game locations will vary. Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Stage 2 (7th/8th Grade) Overview:

Expected Start Date: November 2016

Expected End Date: mid-February 2017

Expected Practice/Game Schedule: 2-3 practices weekly (1.5hr per practice) / 1-2 games weekly

Expected Participation Fee (for players who MAKE the team): \$50

Stage 1 (5th/6th Grade) Overview:

We look forward to providing developmental opportunities to upcoming 5th and 6th graders, which will focus on participation and skill development. These clubs will be parent-led and family-funded. Planned options to include the following:

1-day per week Recreational option

- Club meets at 4PM early in week (Mon/Tues)
- Camp-like skill development, light conditioning/exercise, teaching rules, introducing character-first Valor strategies
- Parent led, with potential help from Stage 2 Valor faculty assistant coaches
- Engage in 1-on-1, 2-on-2, 3-on-3 games to build athleticism and sport awareness.
- Hosted at Valor outdoor courts (probable)

2-day per week Competitive option

- Includes/requires early-week skill development
- Adds Thurs eve team practice in preparation for Saturday games in community leagues (WNSL, BA Flight, etc.)
- Parent-led teams, off-site practices

Basketball Committee Chairs and Contact information:

Basketball Sport Lead Terry Watson beatshop@mac.com

Athletic Director D’Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: TRACK OVERVIEW

Sport Overview:

Valor is excited to be offering Track & Field as an official sport during the 2016-2017 school year.

We will be offering both boys and girls in the 7th grade the opportunity to train and compete in Track meets from March-May.

Valor will compete at the Junior Varsity level in 2016-2017 in the Harpeth Valley Athletic Conference (HVAC), which includes schools like Harding Academy, Franklin Road Academy, Ensworth, Christ Presbyterian Academy, and others. At this time the schedule is not set, but it will likely include 6-8 meets throughout the season and 2-3 practice days, depending upon meet schedule.

Practices will be held at an off-site location close to Valor (details being finalized), and meet locations will vary. Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Stage 2 (7th/8th Grade) Overview:

Expected Start Date: **Early March 2017**

Expected End Date: **Mid-May 2017**

Expected Practice/Meet Schedule: **2-3 practices weekly (1.5hr per practice) / 1-2 meets per week**

Expected Participation Fee (for players who MAKE the team): **\$50**

Stage 1 (5th/6th Grade) Overview:

To develop future runners in 5th and 6th grade, we will focus on opportunities that encourage participation and skill development. For those interested, we will compete in the program offered by Nashville Youth Athletics (<http://www.nashvilleyouthathletics.org/programs-overview.html>). A few details:

- These clubs will be *parent-led and family-funded* (parent coach will be needed for the NYA season)
- Expected fee for the NYA season is \$45 (after school Fortify Clubs will not require a fee)
- Transportation to/from practice and meets will be parent responsibility (carpooling is an option)
- Practice location TBD

Track and Field Committee Chairs and Contact information:

Track and Field Sport Lead Brooke Widmer brooke@nashvillebrandcompany.com

Athletic Director D'Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: BOYS LACROSSE 5TH/6TH GRADE CLUB OVERVIEW

General Club lacrosse is for 5th and 6th grade scholars and is focused on skill development and sportsmanship. The club will compete in a 6 week 7v7 Tournament in the spring on Sundays. The objective of the club lacrosse team is to feed the growing lacrosse program and to develop interest and commitment among players as they move to 7th/8th grade level.

Values All interested Valor scholars are welcome to participate. There are no try-outs. The club is for beginners interested in joining the sport as well as those who may have been playing for some time. The focus will be on sportsmanship, learning the game of lacrosse, character development and establishing teamwork skills.

Support/Transportation The majority of the support for the lacrosse club will come from parents. Transportation needs will be determined and solutions discussed (carpool, etc.) as the schedule and number of participants are determined.

Coach David Lomascolo is the Valor lacrosse Head Coach. He will be coaching the 7th and 8th grade for the Fall '16 and official Spring '17 season. He welcomes all players (including 5th and 6th) to attend Fall Ball lacrosse. David's brother, John, will be the head coach for the 5th/6th grade team for the 2016-17 school year.

Competition The boys' lacrosse club will play in the Irish 7v7 League every Sunday for 6 weeks during the Spring (April-May). The league is focused on development and new players within the 5th and 6th grade age grouping. They will play 2 games each Sunday. Most if not all teams in the league are new to lacrosse and are focused on proper game play and development.

Fee/Expense Expected to be \$65 in the FALL and \$85 in SPRING plus \$25 US Lacrosse registration fee. Some player equipment has been donated to Valor, but some equipment purchase should be anticipated.

Time Commitment 2 practices weekly after school (1.5hr per practice) / 2 games weekly (April – May 8th). Occasional Saturday practices. Saturday practices, when held, are likely to be joint practices with the 7th/8th grade team. At times, the club team may practice with the 7th and 8th grade team if coaches decide.

Player eligibility Players must meet Valor requirements and register with US Lacrosse.

Lacrosse Chairs and Contact information:

Lacrosse Sport Lead Mike Cull michael.cull@gmail.com

Head Coach David Lomascolo dj20loma@gmail.com

Athletic Director D'Juan Epps depps@valorcollegiate.org



VALOR ATHLETICS: BOYS LACROSSE 7TH/8TH GRADE LACROSSE OVERVIEW

General The Varsity Lacrosse team will consist of 7th and 8th grade. The objective of the official team will be to compete with surrounding middle schools and build a strong foundation for a Valor Lacrosse program as these players move into high school together. As a team, we seek to foster a strong bond between players so that they may stick together as a unit throughout all of high school to make Valor one of the leading lacrosse programs in the area.

Values ONLY 7th and 8th grade Valor scholars will be eligible to sign up. The focus of the official team will be on character development, competitive play and skill advancement. Players that are serious about lacrosse and are committed to engaging in a more challenging schedule are encouraged to join. This team is for those that have experience playing lacrosse and are interested in making lacrosse their sport of choice at Valor. We seek to develop a strong and dedicated team that is rooted in sportsmanship, commitment, teamwork and positive attitude.

Support/Transportation Support for Valor Varsity lacrosse will come from the school, parents, and coaches. Transportation needs will be determined and solutions discussed (carpool, bus, etc.) as the schedule and number of participants are determined.

Coach David Lomascolo is the Valor lacrosse Head Coach. He will be coaching the Varsity for the Fall '16 and official Spring '17 season. He welcomes all players (including 5th and 6th) to attend Fall Ball lacrosse.

Competition The Varsity team will engage in a full schedule with other middle schools in Nashville. Games will be full contact and will be a step above the player development stage. Many of the teams that we will be competing against have experienced players and are in the process of feeding their high school JV and Varsity teams - Valor will be striving to do the same with this team.

Fee/Expense Expected to be \$65 in the FALL and \$130 in SPRING plus \$25 US Lacrosse registration fee. Some player equipment has been donated to Valor, but some equipment purchase should be anticipated.

NOTE: Spring fee is only for players who make the spring team.

Time Commitment

Expected Season: February - May 2017

Expected Practice/Game schedule: 2-3 practices weekly (1.5hr per practice) / 1-2 games weekly

Occasional Saturday practices. Saturday practices, when held, are likely to be joint practices with the club team. At times, the club team may practice with the 5th/6th grade team at discretion of the coaches.

Player Eligibility Players must meet Valor, League and State requirements and register with US Lacrosse.

Lacrosse Chairs and Contact information:

Lacrosse Sport Lead Mike Cull michael.cull@gmail.com

Head Coach David Lomascolo dj20loma@gmail.com

Athletic Director D'Juan Epps depps@valorcollegiate.org