

SONOMA VALLEY ATHLETICS



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Dear parent(s) or legal guardian:

Your child has been selected for participation in the Sonoma Valley High School Athletic Program. We ask that at least one parent and each student-athlete sign below stating they have read the **Dragon Way**. We would like to encourage your cooperation in developing an understanding of our program. Your enthusiastic support and encouragement are important to their success.

This is the **Dragon Way**, which we respectfully ask you to read in order to become more familiar with our athletic program. The athletic program members will be asked to make many sacrifices, accept discipline, and endure demands not asked of the average student. For this reason, it is imperative that the parents have a clear understanding of what is expected of their child. Positive support and guidance provided by the home can be invaluable to the student-athlete, the coach, and parents.

We ask you to give special attention to the **Dragon Way**. The help given to your child towards the self-discipline that these guidelines demand will be most beneficial. Interest and positive encouragement from the home is significant for the student-athlete.

Communication between the home, coaches, and student-athletes is essential. However, there are two issues (playing time and strategy) that will not be discussed with parents. If you have a specific issue (document it) and immediately contact the Coach, even if it on the Frosh or JV level. Varsity Head Coach will schedule a time convenient for everyone. Student-athlete, coach, and parent need to be present at the meeting. If further resolution is necessary, Athletic Director shall intervene. Please do not confront any coach with the issue before, during, or after a game. Please take some time to read the **Dragon Way**, sign down below, and return to your Coach. We are here to assist and provide whatever support is needed.

Thank you and welcome to the Sonoma Valley High School Athletic Program!

Mike Boles

Mike Boles, Athletic Director
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707 933-4010 x 5070

I have read the **Dragon Way**.

Student-athlete's signature: _____

Parent's signature: _____

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Become a **Dragon**,

Athletics are an important medium for learning. To be a successful student-athlete, it takes countless hours of hard work each and every day. None of these skills come easy or naturally; they must be acquired through hard work. If you are to become a good student-athlete, you must be willing to pay the price by putting in the time and effort it takes to master the finer points of the game.

However, skills alone are not what make a complete student-athlete. **Discipline, Respect, Attitude, Greatness, Opportunity, and Next action** are the ingredients for the true athletic student-athlete. These are the standards required, combined with the fundamental athletic skills that will make the team and yourself successful. It is necessary to have both the physical skills, as well as the mental makeup to be a **Dragon**.

Each **Dragon** wants to leave the mark of their will, their signature, on the important act they touch. This is the voice of the human spirit, rising up and declaring their passion. In every contest, there comes a moment that separates winning from losing. The true **Dragon** is prepared for; and understands and seizes that moment by giving an effort so intense it comes from the heart.

Many student-athletes have the same desire to make the team. Discipline and motivate yourself so no one else has to. The **Dragon** student-athlete always works on improving his game. The average student-athlete merely goes home, stops training, and awaits the beginning of the season. How great a **Dragon** can you be? It's up to you.

Work hard to be a **Dragon**! Work harder to remain a **Dragon**!

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BASIC DRAGON PHILOSOPHY

The philosophy of a student-athlete at Sonoma Valley High School is that *all* student-athletes are dedicated to the contributions they can make to the *team*.

If we are to be successful:

- We must excel in the *team* aspects of the game.
- We must be more dedicated than our opponents.
- We must be in superior physical condition.
- We must be willing to sacrifice personal glory for the good of the *team*.
- We must be loyal to the *team*, our school, and coaching staff.
- We must be tougher physically, mentally, and defensively than anyone we play.
- We must model our Dragon values.

We must also possess a self-discipline and a *team* discipline based on mutual respect for one another that will enable us to get the maximum *team* performance at all times. Anything other than this *team* philosophy will not be acceptable and is non-negotiable.

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DRAGON BELIEFS

We believe.....

1. It is a privilege to play athletics at Sonoma Valley High School.
2. Both coaches and student-athletes must have mutual respect for one another.
3. You must not fall behind in your studies.
4. There is no place for profanity.
5. Conditioning will become an important factor in our success.
6. Team and student-athlete success is in direct relation to individual sacrifice.
7. We must respect all opponents but fear none.
8. We must give maximum effort.
9. We must have a positive attitude.
10. No one likes to be criticized, but student-athletes must learn to accept constructive criticism.
11. We must work hard to improve individually without being forced. By improving yourself you help the team.
12. It is forgivable to be outscored; it is unforgivable to be out-hustled.
13. Each student-athlete is an ambassador for Sonoma Valley High School and must attempt to create and leave a favorable impression wherever we go.
14. We must be prepared, through hard work, to be successful.

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DRAGON PROGRAM GUIDELINES

Being a student-athlete at Sonoma Valley High School brings added responsibilities, which a student-athlete must accept. Many people will know you by your appearance at games, your name, and by pictures in the newspaper, or by your reputation. These people will be observing your actions. Especially important are the younger student-athletes who look up to you. Our conduct on and off the court should always be such that it brings credit to yourself, your parents, your school, and your community.

- Comply with the Sonoma Valley High School Athletic Code and other school rules.
- We are attempting to develop fine athletic student-athletes and fine citizens.
- Do not use tobacco, drugs, performance enhancing drugs, or alcohol.
- Do not blame others or look for excuses. Be responsible for your actions.
- Take an active role in your classes. Sit up front in the classroom and participate in your education. Your academic priorities should be paramount for you, your parents, and all your coaches. We build our athletic program around individuals that want to be successful in the classroom.
- Do not engage in any activity that will embarrass the school, the team, your teammates, or yourself.
- Do not listen or participate in hearsay or gossip. If you did not hear it from your head coach then it is not true.
- Don't ask for favors that are not in the best interest of the team.
- Absolutely no trash talking about the program, teammates, opponents, or coaches. If you don't have anything nice to say, then don't say anything.
- If taping or treatment is needed, allow time to get taped/treated and be to practice on time.
- Never miss a practice/game unless excused by head coach prior to practice/game.
- Injured student-athletes are expected to attend all practices to observe.
- Schedule your appointments so they do not conflict with practice.
- When a member of the coaching staff is talking, give them your undivided attention (eye contact).
- Do not offer excuses when corrected. Take criticism and try to improve yourself without alibis.
- No cliques, no criticizing, no jealousy, no egotism, no envy, and no excuses.
- You play like you practice. Foolish, disruptive behavior, profanity, and temper tantrums will not be tolerated.
- Your positive attitude towards practice and the hard work you do will better prepare you for the most difficult game situation. Never give less than your best.
- Always cheer, celebrate, and support your teammates.
- Remain positive. No profanity.
- When not in the game, observe carefully to make sure you are prepared to perform when you enter the game.
- Do not talk to the officials, opponents, or people in the stands. Be respectful to all.
- Pick up your towel, water bottle, warm-ups, etc after the game. Clean up our area.

D iscipline

R espect

A ttitude

G reatness

O pportunity

N ext