

A stylized illustration of a Viking helmet with a dragon head, rendered in a dark green color against a lighter green background. The dragon's head is on the left, facing right, with its mouth open and tongue visible. The helmet has a band with a hexagonal pattern.

2023 Viking Football

"No Opportunity Wasted"

"Stay Hungry"

Life is continuously being hungry. The meaning of life is not simply to exist or to survive, but to move ahead, to go up, to achieve, to conquer.

Defensive Staff

Sam Bernardi- Defensive Coordinator (Linebackers) sbernardi@valpo.k12.in.us

Bill Burford- Special Teams Coordinator (Defensive Backs) wmburf@gmail.com

Joe Orlich- Defensive Backs- emails can be sent to Coach Bernardi

Brad Crossin- Defensive quality control- emails can be sent to Coach Bernardi

Todd Evans- Outside Linebackers tevans@valpo.k12.in.us

Offensive Staff

Darren Rodriguez- Pass Game Coordinator (Quarterbacks) rodrigueztd37@gmail.com

Eric Kennedy- Run Game Coordinator (Offensive Line) ekennedy@valpo.k12.in.us

Mike Ippolito-Running Backs mippolito@valpo.k12.in.us

Tom Byrne- Offensive Line emails can be sent to Coach Kennedy

Luke Patterson- Wide Receivers emails can be sent to Coach Rodriguez

Sam Bernardi- Wide Receivers

Jake Evans- Tight Ends jakeevans@valpo.k12.in.us

Freshman Staff

Michael Smiley Head Coach msmiley@valpo.k12.in.us

Paul Sciarra- Defensive Line and Defensive Coordinator

James Leftridge-Wide Receivers and Defensive Backs

Jon Davis- Running Backs jdavis@valpo.k12.in.us

Alec Judy- Linebackers

Director of Football Operations- Lauren Harlan

Athletic Trainers- Mike Ahearn and Craig Lewin

Strength and Conditioning Coach- Jeremy Pick



Mr. Jeremy Pick Head Strength and Conditioning Coach. Coach Pick is responsible for establishing and maintaining a top-tier strength and conditioning program for all student-athletes with three major goals: improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.

27th year working in athletics in the strength and conditioning field

9 years at Towson University (2009-18)

12 years at the University of Oregon (1997-2009).

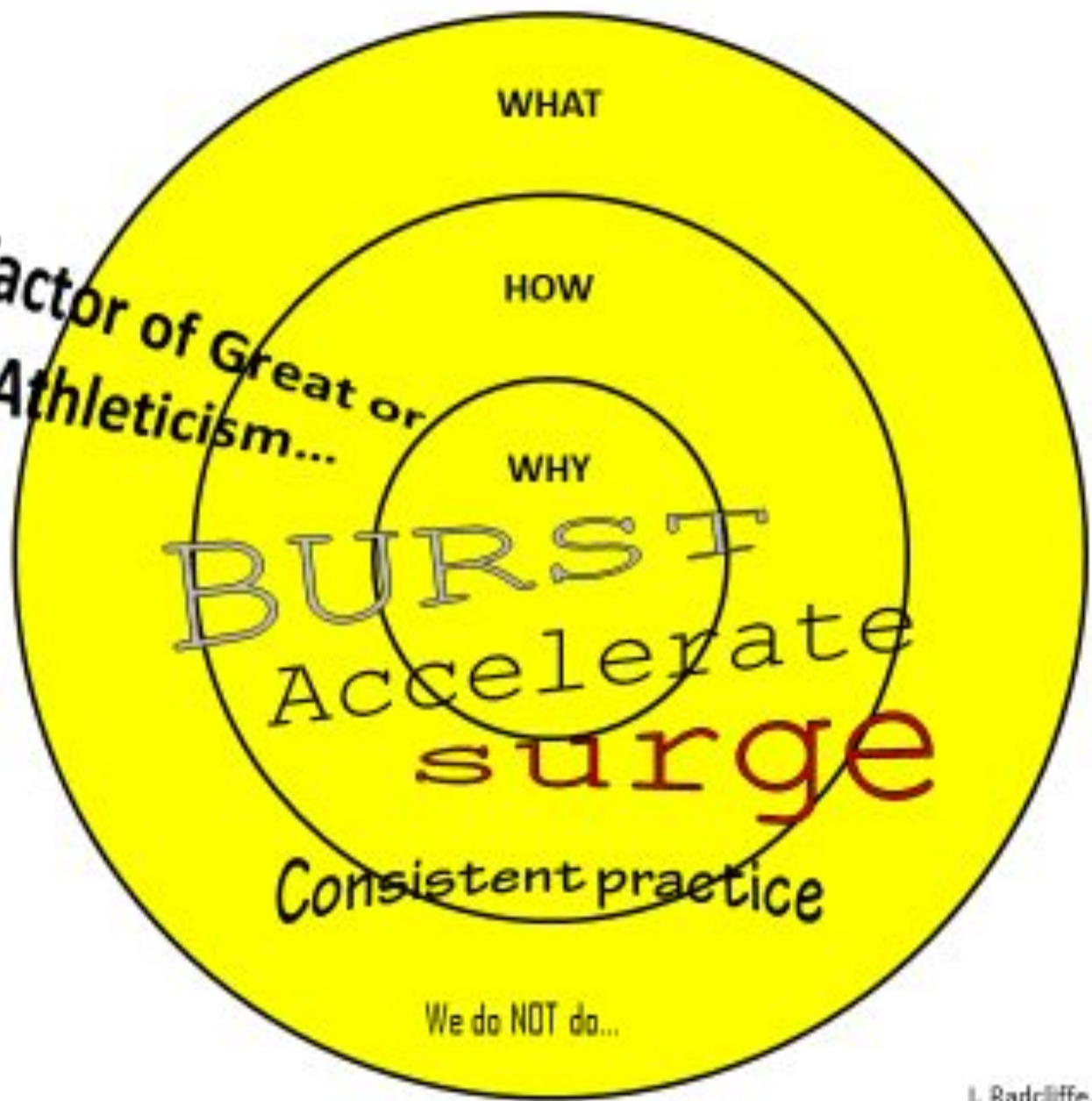
Most recently, Coach Pick was the Head Strength and Conditioning Coach at Midwestern State University in Wichita Falls, Texas.

Coach Pick is Strength and Conditioning Coach Certified (SCCC), and he earned a Bachelor's of physical education from Greenville (Ill.) College prior to obtaining his Masters in Exercise Physiology from Southern Illinois-Carbondale.

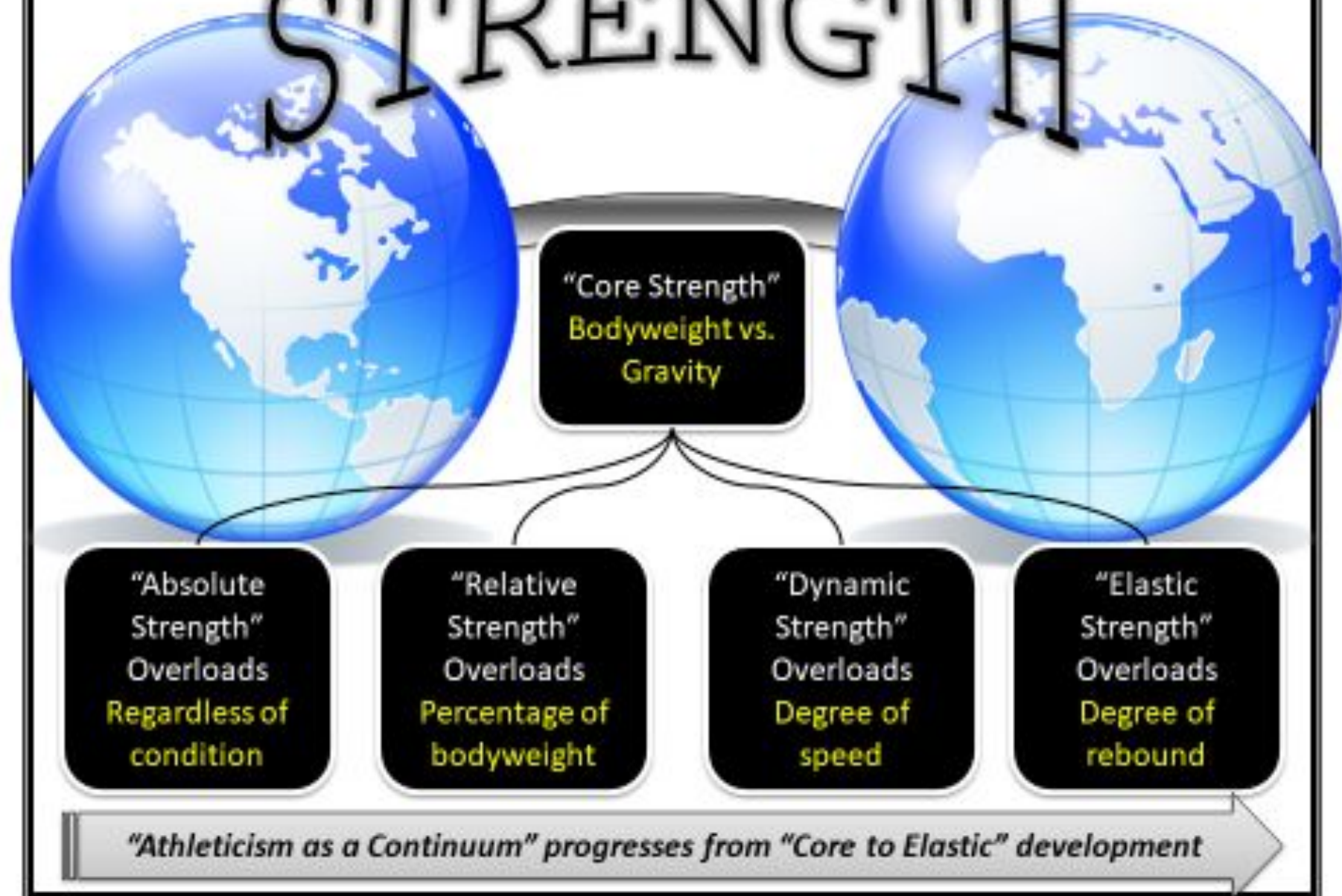
He and his wife, Rita, have family in central Indiana, southern Illinois and the Chicago area.



**#1 Factor of Great or
Elite Athleticism...**



STRENGTH



Fundraising Transparency

Position Group Shirts
Hard Work Shirts
Helmet Decals
Mouth Pieces
Weight Lifting Shirts
Pop Warner Shirts
Gatorade/Powerade
Viking Challenge (Competition)
Food
Season Meals/Snacks
Financial Assistance for Athletes
(package, cleats, girdles, Olivet)
Locker Name Plates

Replacement Black Jerseys and
Pants
White and Black game socks
Team competition incentives
DAC Shirts
Sectional Shirts
Regional Shirts
Semi-State and State Shirts
Pride Point Awards (trophies,
apparel \$100-\$200 value)
QBC Banquet Plaques and
Trophies
DAC Patches/Postseason Patches
Reduced Price for camp and
package \$14 off of package and
\$35 off of camp
Managers packages and camp fees

Why Olivet Camp?

- Team Building Exercises / Camaraderie
- Practice, Meetings, Film
- 3 days 2 nights
- 7 meals
- 6 Practices
- \$100 Cost (actual cost \$135)
- Movie Night
- Recreation Night



WHAT DO MY DUES COVER?

Academic Scholarships

Special Events: EX) Viking Family Bowling Night

Thursday Night Dinners for JV/Varsity Players

Freshman Pizza Meals Olivet Camp Meals

Senior Banquet Dinner (Players & Managers eat at no cost to them)

Gatorades, Flavor Pods & Snacks for Home & Away games

Fireworks at Viking Field every Home game

Senior Parent Night gifts Golf Outing Support

Gifts for the Seniors (Senior Banquet)

Senior Banners Locker Decorations

Team Equipment (Outside of the School's Budget)

Protein Shakes & Protein Bars for players in the weight room



QBC Positive Impact
2022 Support = \$49,348.66

VALPO FOOTBALL

PLAYER PACK 2023



Player Package







Physicals

**Must be submitted to Athletic Office
Before participation on May 30th**

2023 Varsity Schedule

Penn- August 18th 6:30PM-Senior Night

@Andrean August 25th 7PM

@Laporte September 1st 7PM

Michigan City - September 9th 7PM-Patriot Night

@Chesterton September 15th 7PM

@Crown Point September 22nd 7PM

Merrillville - September 29th 7PM-Homecoming

@Portage October 6th 7PM

Lake Central - October 13th 7PM-Meet the Vikes

Sectional Game 1 - October 27th

Sectional Championship - November 3rd

Regional Championship - November 10th

Semi-State - November 17th

State - November 25th

Valparaiso Football Philosophy

Our mission is to develop future contributors, family members, parents, and leaders for the betterment of our society, through the lessons learned in football. Our program will focus on academic and athletic excellence, accompanied by a sense of pride in belonging to the greater Valparaiso Community. While we will have a plan for winning every season, the true accomplishment of our mission is measured by something larger than the scoreboard.

Valparaiso Football Program Goals

A. Develop lifelong relationships

- i. Building the number one element of relationships “Trust”
- ii. Being there through good times, bad times, and discipline
- iii. Empathy and genuine care for each player, as an athlete and a person

B. Academics and college and career readiness

- i. Being a part of the program is not a right, but a privilege earned through academic eligibility
- ii. Our game’s purpose is to refine life skills to prepare for life outside the game
- iii. Collaboration with high school staff and student self-sufficiency is at the core of academic success

C. Developing a culture of individual accountability to a broader unit and bigger cause

- i. Collaboration with other high school organizations and groups
- ii. Youth program relationships (Pop Warner and Middle Schools)
- iii. Community service

Valparaiso Football Championship Approach

A. Our belief (coaches and players)

- i. We control effort, discipline, maturity
- ii. Be honest with ourselves
- iii. Remain passionate and have an All-in mindset
- iv. Commit to a dream, we are on a mission.

B. Step by step plan (Goal-setting)

- i. Day to day plan
- ii. Recognize our weaknesses and confront them
- iii. Small steps lead to larger successes
- iv. Critique ourselves and stay the course

C. Maintain a positive approach

- i. Cut loose the cynics
- ii. The more trying the times, the more positive the approach
- iii. Forget what happened yesterday, but learn from the past

Valparaiso Football Championship Approach

D. Develop good habits

- i. Proper technique and purpose, master the art of repetition
- ii. Purpose for each day and everything we do
- iii. Must be organized to eliminate distractions and wasted energy

F. Use veteran players as team leaders

- i. Veteran players are resources for our younger players
- ii. Younger players look at and learn from the veterans who journeyed before them
- iii. Life skill teams and implementation of Leadership Council

E. Our teammates and staff must feel we care about them

- i. Open door policy
- ii. Interact in a meaningful way
- iii. Develop good lines of communication with administration, coaches, parents, and players
- iv. Create allies and trust must be earned by all involved

Valparaíso Football Championship Approach

G. Deal with pressure

- i. Perception- how you choose to view the pressure
(good or bad)
- ii. Pressure is an ally it should be motivating, stress is the enemy
- iii. Stress appears if you cut corners and take shortcuts in preparation

H. Be consistent and persistent

- i. Success is a marathon, can't be determined by one act or event
- ii. Go above and beyond
- iii. Consistent good habits
- iv. Do not become complacent

I. Be prepared for adversity

- i. Accepting of your role
- ii. Stick to the plan and don't lose faith
- iii. Whenever we fail we must:
 - Examine why
 - Accept responsibility
 - Rededicate ourselves
 - Don't wallow and move forward
 - Focus on what we need to do not what is in our way

J. Handle Success

- i. Don't relax in the glow of success, stay hungry
- ii. The journey is never over
- iii. Attitude is contagious
- iv. Constantly setting a higher standard

Standards of Performance

Communication (What we say, how we say it, body language)

Availability (timely and committed to doing extra) **A**ttention (paying attention and attention to detail)

Respect (in public, in the building, with our opponents, most importantly within)

Effort (We are in complete control of effort)

Team Goals

Improve every day
Improve with every game
Day by Day

Win the Duneland Athletic Conference
Win the Sectional
Win the Regional
Win the Semi-State
Win State (14-0)

What we accomplished yesterday can only
push us to achieve more today!



Summer Calendar

Mondays, Tuesdays, Thursdays (1 exception)

Contact Days 4:00PM-7:40PM

Non-Contact Days 5:00PM-7:30PM

Exceptions (Competition Days and Olivet Camp)

Varsity Competitions

Hammond Morton and Hobart

Elkhart and Warsaw

Lafayette Jefferson, Lawrence North, Zionsville

Hammond Central and Boone Grove

Typical Practice Week

Varsity/JV- Monday-Film or walk through 2:30-3:00-Practice 3:15-5:45-Lifting 6:00-6:30 Non-APC

Tuesday-Film or walk through 2:30-3:00-Practice 3:20-6:00

Wednesday-Lifting 4:00-4:45 Non-APC- Practice 5:30-7:30 (Time to meet with teachers/appointments)

Thursday-Practice 2:30-5:00-Character Building/Team Meal 5:30-6:30

Saturday-Varsity Films 8:30AM-9:30AM

Freshman- Monday-Practice-2:45-5:15

Tuesday-Lifting 2:45-3:30- Practice 3:45-5:45

Wednesday-Practice 2:45-5:15

Friday- Film/walk through 2:45-3:45 (may be cancelled at times)

Saturday- Practice 8:00AM-10:00AM

2 unexcused absences will lead to removal from the team (Please contact your coach)



Important Practice Dates

- We will practice in the evening (5PM) on Labor Day.
- We will practice on Fall Break October 16th and 17th.
- If we are fortunate, we will practice on Thanksgiving morning.

Varsity Level: Play the best players at each position.

JV Level: Play the best players available, we will try to play everyone in every game.

Ninth Level: We will try to two platoon. We will try to play everyone in every game.

Playing Time

Protocol for addressing playing time:

1. Player talks to position coach
2. Player talks to coordinator
3. Player talks to head coach at their level.
4. Parent talks to position coach
5. Parent talks to coordinator
6. Parent talks to head coach at their players level.

Managers speak directly to Mrs. Harlan

Injury

Practice

1. Inform coach/trainer (if not apparent)
2. Coach informs trainer (Ahearn/Lewin)
3. Trainer will suggest if a doctor may be needed. Upon your request they can recommend a doctor as well.
4. Trainer will follow up with parents if player does not return to practice
5. Trainer will follow up with position coach and head coach.
6. If player needs to leave practice or does not return to practice position coach will follow up that evening with parents.

Game

1. Inform coach/trainer (if not apparent) may utilize opponents trainer if at away game
2. Coach informs trainer (Ahearn/Lewin or opponent trainer)
3. Trainer will suggest if a doctor may be needed. Upon your request they can recommend a doctor as well.
4. Trainer will follow up with parents if player does not return to game
5. Trainer will follow up with position coach and head coach.
6. If player needs to leave game or does not return to game the position coach will follow up that evening with parents.

All injuries, no matter how small, need to go through our training staff.

- Digital Student Handbook
- Under Parents/Students Tab
- Student Handbook link page 39-44 of PDF

Students are not to possess or attempt to purchase, sell, use or be under the influence of any substances represented to be illicit drugs, improperly obtained prescription drugs, alcohol, stimulant, products designed to be smoked or inhaled, or intoxicant of any kind, and/or any product whose use produces an altered mental or physical state when used. Attendance at an activity whether school related or not, where the above rule violation(s) are taking place will constitute a violation of the rule.

- 1st Violation-50% of your season (can still practice)
- 2nd Violation-1 year ban from clubs and activities (can still practice)
- 3rd Violation- Permanently ineligible for clubs and activities

Training Violation Eligibility Information

In order to be eligible for the Fall Season, student-athletes must be passing five classes at the start of mandatory practices. (July 31st this season). Students-athletes who are not passing five classes July 31st will not be allowed to participate. (VHS Rule)

At the end of the first grading period if the student-athlete is not passing five classes, the student-athlete can remain on the team, but will no longer have eligibility to play in any games (VHS and IHSA Rule, they also forfeit their ability to letter (Program Rule).

End of the regular season and beyond

- Starting with the first sectional game the IHSAA only allows us to dress 75 players per game.
- All JV and Varsity players will travel to and be on the sideline for every game (only exception for everyone being on the sideline is in the State Championship Game)
- FRESHMAN- throughout your season your coaches will be identifying players who will be invited up to the Varsity playoff roster. They will make this invite dependent on several criteria including academic eligibility, leadership, playing ability, dependability, etc. The number of freshman is typically between 10-12 players (Not all freshman will be given an invitation)
- Depending upon our success in the postseason some of the freshman may end up lettering.
- For non-varsity starters or key back ups we will rotate from game to game who dresses
- Practice times may fluctuate depending on weather, but we will keep everyone informed

Lettering

Varsity Letter: One of the following criteria must be accomplished and you must have successfully completed the season with the team.

- 9 quarters of participation
- 2 game starter on offense or defense
- 6 game starter on special teams
- Injured member (due to playing or practicing with the team) that would have lettered. Senior that has been on the varsity team who has not reached above criteria.
- Immediately as the season concludes if your student-athlete is academically ineligible or is currently serving a suspension due to a training violation at the current time, they will not letter.
If a player or manager misses more than six days of practice (exceptions would be medical reasons) player will not letter (same for freshman)
- Special situations that may occur, coaches discretion.

Ninth Participation Award:

- member of the ninth team for the entire year and does not meet the criteria for a varsity letter

Manager Participation Award: first year manager will receive a certificate

Manager Letter Award: second year manager will receive a football chevron and letter

Manager Football Award: third and fourth year manager will receive an additional chevron

Aspiring College Athletes

- What are the grades?
- GPA and SAT or ACT
- What type of leader?
- Conduct?
- Hudl?

Recommendations

- Use the PDF as a guide
- What do you want to major in?
- Exposure camps
- Choose college first then football program



SCAN ME

2023

“N.O.W. Stay Hungry”

I have had the opportunity to read and discuss the 2023 Valparaiso High School Football Rules with my student- athlete. We understand the rules and will abide by them. I understand that a full listing of team rules and expectations will be received at the parent meeting on May 18th 2023. If I am unable to attend it is my responsibility as the parent to make arrangements to get the information. I have also been informed that the VHS Athletic Code is located on the VHS website and that we (parents(s)/guardian(s) and student-athlete will go over and/or review the training rules together.

2023 Helmet and Shoulder Pad Form

Helmet

A helmet warning label is placed on the back of every helmet to remind us of the dangers involved with using a football helmet. It reads:

Warning: Do not use your helmet to butt, ram, or spear an opposing player. This is in violation of the football rules and can result in severe head, brain, or neck injury, paralysis or death to you and possible injury to your opponent. There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram, or spear. NO HELMET CAN PREVENT ALL SUCH INJURIES.

Shoulder Pads

Shoulder pads are designed to provide protection and mobility. Some of the designed features can help protect the player's shoulder area from bruises. However, the shoulder pad cannot prevent dislocations or separations and all bruises which are caused when certain body parts are stressed by blocking and tackling.

Instructions

1. Each helmet and shoulder pad has been checked and reconditioned for the 2023 season.
2. Check your helmet and shoulder pads every day. They need to be checked on a regular basis. Only a coach or train may give air to a helmet.
3. Our trainers will double check the helmets and shoulder pads for a sure fit when we start in August.
4. Trainers will check the helmets and shoulder pads during the year to make sure they always fit correctly. This will be done in the training room or on the practice field.
5. You must wear all of your equipment and all of your protective gear at all times, unless indicated by the coach.
6. Do not modify, change, or alter your helmet or chinstrap in any way.
7. Do not remove the warning labels from your helmet and do not cover the labels with your decals.
8. Any damage to your equipment needs to be turned in immediately!

TOP TEN PICKS IN THE 2023 NFL DRAFT WORE RIDDELL HELMETS

~77%

OF NFL PLAYERS WORE RIDDELL DURING THE 2022 SEASON

Riddell®

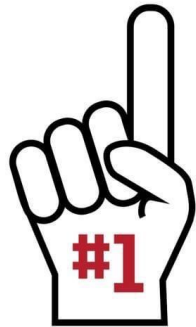
90%

OF 1ST ROUND DRAFT PICKS WORE RIDDELL HELMETS

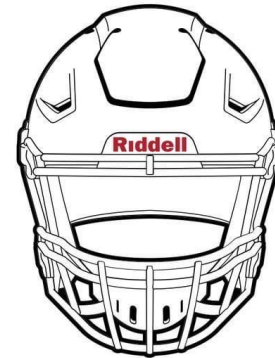
SPEEDFLEX

~86%

OF NCAA D1 PLAYERS WORE RIDDELL DURING THE 2022 SEASON



RIDDELL HAS BEEN THE #1 PICK OF THE NFL DRAFT 6 YEARS IN A ROW



CHAMPIONING THE FUTURE OF FOOTBALL



4/5

2022 HEISMAN TROPHY FINALISTS WORE RIDDELL SPEEDFLEX PLATFORM HELMETS

Riddell AXIOM

1

AXIOM HELMETS IN THE TOP TEN PICKS

2

AXIOM HELMETS IN THE FIRST ROUND



OF 1ST ROUND DRAFT PICKS WORE SPEEDFLEX PLATFORM HELMETS

THE HEAD PROTECTION LEADER

@RIDDELLSPORTS



RIDDELL.COM



Valparaiso Football Internet/Social Media Permission Form 2023-2024

I give my consent to Valparaiso Community Schools and the Valparaiso Viking Quarterback Club to post pictures and names for display on the football website as well as any social media accounts.

VALPARAISO HIGH SCHOOL FOOTBALL

2023-2024 TEAM MEMBERSHIP PLEDGE

DATE: _____

I pledge that I will:

- Do everything in my power to help the 2023-2024 Valparaiso Football team to be successful.
- Follow all of the Valparaiso Football training rules as well as those set by the High School and athletic department and outlined in the digital student handbook.
- Remember that my actions **on and off** the field represent the image of my school and athletic program as well as what my parents and coaches have taught me.
- Do nothing that hurts the team!
- Understand that I will be assigned a role by the coaching staff and will do my best to mentally and physically fulfill that role.
- Understand that as the season progresses that my role, which includes playing time, could change as the coaches see fit, for the betterment of the team
- Refrain from any negative comments, pictures, or posts on any social media sites
- Maintain a positive attitude no matter what the adversity, my attitude is contagious.
- Understand that my playing time is earned by the way I practice and maintained by the way I play in games.
- Understand that failure to do any or all of these things is grounds for removal from the team. (Head Coach's Discretion)

We Are Valpo!

