 Valley Christian Athletics

**2019-2020**

The one common bond we all have is “life.” Even though we may define it differently, experience it differently, and walk very different paths, we still share that common bond. Life can be tough at times. We know that to be a fact, but we also know life can go much more smoothly if coupled with a team effort. The Bible tells parents that it is their responsibility to raise their child. Valley Christian Academy Athletics can be a part of the team effort to aid in this challenging, God given task.

As the VCA Athletic Director, I pledge to help in any way I can. It is my desire to make athletics fun and competitive for our students, and I would love to see each student play at least one sport. Making friends, learning teamwork and sportsmanship, managing time and learning to focus, building physical fitness, and strengthening a college resume are just a few of the many benefits to be gained by participating in athletics.

I would actually like to see students play all three sports and strive for the coveted Iron Lion title. It is a true honor to earn this title and something of which to be very proud.

To kick off our 2019 season, please note the following important dates.

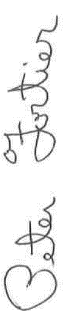
**July 22** - Sports physicals at VCA 5:00-7:00 pm for only $10

**August 5** - Volleyball practice from 9:00-12:00 noon

**August 8, 9, 10**  - Football conditioning from 9:00-12:00 noon

**August 24** - VCA Football Carnival 10:00 am

Please be sure to get your sports physical completed before the first day of practice. For your convenience, there are CIF sports physical forms in the school office or you may download and print the forms from vcalions.com or the CIF Southern Section website.

If you have not yet communicated with either the volleyball coach or me as the football coach about joining any of the teams, you can contact Coach Rebecca Maples at [rmaples@vcalions.com](mailto:rmaples@vcalions.com) or text/call her at 805-867-7157 or you can call/text me at 805-260-5951or email me at [pfortier@vcalions.com](mailto:pfortier@vcalions.com).

We are looking forward to a great year of athletics. **GO LIONS!**

Pete Fortier

Athletic Director