

MVHS Flag Football 2025 Parent Handbook

Coaches:

Varsity Head Coach: Dana Srdoc (Doc) dsrdoc@dcsdk12.org

Varsity Assistant: Garrett Looney glooney@dcsdk12.org

Varsity Assistant: Kenny Ortega kortega@dcsdk12.org

JV Head Coach: Adam Bittler akbittler@dcsdk12.org

JV Assistant: Ben Nordloh bnordloh@dcsdk12.org

Team Parents:

Michelle Akey 303-868-6735 mikiakey@comcast.net

Kim Hansen 303-883-5603 kimberly_m_hansen@yahoo.com

Dist fee/Program Fee:

District Fee of \$200 is collected when you register for the season. In addition you will have to register on the crossbar to be completely registered for the team.

Link: <https://www.register.vistagoldeneagles.com/registration/37457>

We will have an additional program fee of \$550.00 you may pay this in full or partial. These dues must be paid in full by September 2nd, 2025, thank you. It's one fee per family, but any extra donation would be greatly appreciated!

Finances:

5 Coaches x \$2711 est = 13,555

Uniforms: \$ 5675.01 + \$2358.50 = 8033.51

Pennies: \$1226.30 + \$787.25 = 2013.55

Shorts: 1,044

Tees: \$425.00 + \$538.00 = \$963.00

Camp: \$2819.00

Flags: \$300

Banquets: \$

Fundraising:

Extra Fundraising: This will include but is not limited to, restaurant nights, King Soopers cards, online gear purchases. If you have ideas or contacts for good fundraising please volunteer for this position.

Practice:

Practices are from M-F 5:30pm - 7pm, (most of the time we are over in an hour and a half) and when turf is available 3:15 to 5:15. Practices before a game will be one hour.

Missed Practices Communication:

All varsity and JV players will have Coach Doc's or JV's Coach Bittler cell phone and will be responsible for contacting their respected coaches for any missed practice. You may also update your status on Crossbar.

(That does not mean they text the asst coach and expect that to be communicated with the head coach)

All missed practices will be handled on a case by case basis and it will be up to the coaches for any disciplinary action. We are all aware of the requirements of club sports and the general rule is making over 80% practices and over 80% of games. There will be a consequence for missed time. The coaches have full discretion on playing time.

Academics:

It is a privilege to represent the Mountain Vista's Girls Flag Football team. The Girls Flag Football program rules for playing academically are as follows: **Vista on Mondays will put out weekly grade reports. If a player has an F on this day, they have until Friday to get an eligibility card from the Vista AD secretary to show that the F is being worked on.**

In accordance with CHSAA all players must be passing a minimum of 5 classes. Most of our players have 6 to 7 classes. It is our team standard that our players will not be able to play with an F. It is a standard that I feel all our players will be able to abide by.

Coach Communication:

We believe that players need to be their own advocate for themselves as far as playing time. My Staff and I are always available for players to speak to us about playing time.

If this discussion does not satisfy the player then a meeting between player, coach, AD, and parent will be arranged at a date convenient to all as soon as possible.

Sportsmanship:

Please Cheer for your daughter, and her team.

Being positive sometimes is difficult especially when dealing with calls we don't like, but believe me I will do just fine dealing with the refs and calls. So please refrain from yelling at the refs and focus on encouraging the team.

Parent Volunteers:

We will need parent volunteers to help with team dinners, Senior night, the end of season banquet, Photography, and game transportation coordination.

Doc