

RIVER VALLEY ATHLETICS

INCOMING 8TH GRADERS PACKET

IMPORTANT DATES

May 15 at 6pm in the Main Gym for Player/Parent Meeting

May 20 at 6pm in the Library for River Valley Sports Association Meeting

May 30 at 6pm in the Aux Gym for Physicals \$20

Phil McCaulley

Athletic Director

530-822-2593

pmccaulley@ycusd.org



River Valley High School

2019-2020

General Sports Information

Mascot: Falcon

School Colors: Green/Silver/Black

League: Capital Valley Conference (CVC)

Antelope **Bella Vista** **Inderkum** **Roseville** **Woodcreek** **Yuba City**

Fall Sports: Boys: Football, Cross Country and Cheerleading
 Girls: Tennis, Cheerleading, Golf, Cross Country, Girl's Volleyball, Field Hockey

Winter Sports: Boys: Basketball, Soccer, Cheerleading and Wrestling
 Girls: Basketball, Soccer, Cheerleading and Wrestling

Spring Sports: Boys: Baseball, Track & Field, Golf, Tennis, Swim/Dive, Boy's Volleyball
 Girls: Softball, Track & Field, Swim/Dive, Stunt

Fall Coaches

Football: Brennan McFadden
 Girl's Volleyball: Grayson Agpawa
 Girl's Tennis: Gabe Ramirez
 Cross Country: Marie Kroeger
 Cheerleading: Becca Tillson
 Girl's Golf: Brent Campfield
 Field Hockey: Erin Cunningham

Winter Coaches

Boy's Basketball: David Williams
 Girl's Basketball Tom Zaragoza
 Wrestling: Ron Benton & Jason Ramos
 Boy's Soccer: Abel Franco
 Girl's Soccer: Gabe Coomes
 Cheer: Becca Tillson

Spring Coaches

Baseball: Brian Fernandez
 Softball: Chanell Battaglia
 Boy's Tennis: Gabe Ramirez
 Boy's Golf: Craig Taylor
 Track/Field: Marie Kroeger
 Boy's Volleyball: Amy Lopez
 Swim/Dive: Shelby Guillory
 STUNT: Becca Tillson

Eligibility: To be eligible to try out for any sport at River Valley you must:

1. Online Clearance
2. Have a physical (Green Form)
3. Cleared of all Fines and Fees
4. Have a current 2.0 (C) average in all your school work with no more than one "F" being allowed. You will not be allowed to participate for a team in the Fall unless you meet this requirement in the proceeding semester.

Note: No student will be allowed to try out for, or practice with, any team without the necessary paperwork.

Important Dates:

Player/Parent Night: **Wednesday, May 15, 2019 6pm RVHS Main Gym**
Physicals: **Thursday May 30, 2019 6pm RVHS Aux Gym \$20**
Fall Sports Start: **August 5, 2019 (Football July 29, 2019)**
Winter Sports Start: **November 4, 2019**
Spring Sports Start: **February 10, 2020**

Athletic Website: <http://rvhs.ycusd.k12.ca.us/athletics>

Social Media: Twitter and Instagram: @rvfalconsad and www.facebook.com/rvfalconsad

Principal: Lee McPeak

Athletic Director: Phil McCaulley Phone: (530) 822-2593 Fax: (530) 822-2520 Email: pmccaulley@ycusd.org

Athletic Secretary: Tonja Robinson Phone: (530) 822-2594

Online Athletic Clearance

1. Visit www.AthleticClearance.com and choose your state.
2. Watch quick tutorial video
3. **Register.** PARENTS register with valid email username and password. You will be asked to type in a code to verify you are human. If this step is skipped your account will not activate. (If this step is skipped, please contact us to activate your account)
4. Login using your email address that you registered with
5. Select “**New Clearance**” to start the process.
6. Choose the School Year in which the student plans to participate. *Example: Softball in Feb 2018 would be the 2017-2018 School Year.*
Choose the School at which the student attends and will compete for.
Choose Sport (see step 10 for multiple sports)
7. Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. **(If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages)**
8. **Donate** to your athletic program.
9. Once you reach the **Confirmation Message** you have completed the process.
10. If you would like to register for additional sports/activities you may check off those sports below the Confirmation Message. Electronic signatures will be applied to the additional sports/activities.
11. All of this data will be electronically filed with your school’s athletic department for **review**. When the student has been **cleared for participation**, an email notification will be sent.

Questions? Go to Support.AthleticClearance.com and submit a ticket.

Online Athletic Clearance FAQ

What is my Username?

Your username is the email address that you registered with.

Multiple Sports

Once you complete a clearance for one sport and arrive at the Confirmation Message, you will have the option to check off additional sports/activities for the current school year.

If you decide to participate in an additional sport/activity later on, you can access the multiple sport check boxes by clicking on "Print" under the Confirmation Message of your original Clearance for that specific year.

Physicals

The physical form your school uses can be downloaded on Physicals page. We will accept the physical online (done by uploading the completed form on Step #1) as well as turning in a hard copy to the athletic department.

Document Library

This area is meant to store your files so they can be accessed later in the year or perhaps years following. You can either upload your files to the Document Library then apply them to your Clearance on the Physical page OR you can choose/browse for the file on the Physical page and the file will save to the Document Library for future use.

Why haven't I been cleared?

Your school will review the information you have submitted and Clear or Deny your student for participation. You will receive an email when the student is cleared.

My sport is not listed!

Please contact your school's athletic department and ask for your sport to be activated.

Questions? Go to Support.AthleticClearance.com and submit a ticket.

PRE-PARTICIPATION HISTORY & PHYSICAL EXAM

Name: _____ Sex: F M Age: _____ Date of Birth: _____
 Grade: _____ School: _____ Sport(s) Please list ALL: _____

Address: _____ Phone: _____
 Personal Physician: _____ None
 Emergency Contact : Name: _____ Relationship: _____ Phone#(s): _____

Attention parent or guardian and athlete: answers to the following questions are very important!!!
Please take the time, read through the questions, and answer to the best of your knowledge.

General Medical History:

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Do you have asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have diabetes? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have seizures? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have sickle cell trait? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have any other major medical problem? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever been hospitalized or had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you cough, wheeze or have trouble breathing with exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you use an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you have a single organ (testicle or kidney)..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Are you currently taking any medicines or do you take any medicines on a regular basis (prescription or over-the-counter)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you ever taken any supplements or vitamins to help with weight loss, weight gain, or improve performance? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Do you have any allergies (seasonal, insects, food, or medicines)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do you have any skin problems other than acne? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Have you ever had a head injury, been knocked out, lost your memory, had your "bell rung," or a concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Have you ever had numbness or tingling in your arms, hands, legs, or feet? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you had mononucleosis or any significant illness in the last 60 days? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Do you have trouble with your eyes/vision/ wear glasses? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Do you have trouble with your hearing/wear hearing aid(s)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Do you want to weigh more or less than you do now? | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Do you lose weight regularly to meet weight requirements for your sport or other reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Do you feel stressed out, tired, or depressed? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Are there any other issues you would like to discuss with the doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Are your immunizations up to date? | <input type="checkbox"/> | <input type="checkbox"/> |

FEMALES ONLY

- | | | |
|---|--------------------------|--------------------------|
| 28. Are your periods regular (every month)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Are your periods heavy? | <input type="checkbox"/> | <input type="checkbox"/> |

Explain "YES" answers here (use back/page 2 if needed): _____

Cardiac History:

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Have you ever passed out during or after exercise?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you ever had chest pain or chest pressure during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you tire easily or more quickly than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever been told you had a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever been told you had an enlarged or weak heart? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Has any member of your family: | | |
| • died of heart problems or sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| • been told they had a serious heart problem before age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| • been told they had Marfan's syndrome? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has a physician ever denied or restricted your participation in sports? | <input type="checkbox"/> | <input type="checkbox"/> |

Explain "YES" answers here: _____

Orthopedic History:

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Have you ever broken or fractured any bones? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever subluxed or dislocated any joint? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you had any other problems related to your: | | |
| • neck, spine, or back? | <input type="checkbox"/> | <input type="checkbox"/> |
| • shoulders? | <input type="checkbox"/> | <input type="checkbox"/> |
| • elbows? | <input type="checkbox"/> | <input type="checkbox"/> |
| • wrists, hands, or fingers? | <input type="checkbox"/> | <input type="checkbox"/> |
| • hips? | <input type="checkbox"/> | <input type="checkbox"/> |
| • knees? | <input type="checkbox"/> | <input type="checkbox"/> |
| • ankles, feet, or toes? | <input type="checkbox"/> | <input type="checkbox"/> |
| • other? | <input type="checkbox"/> | <input type="checkbox"/> |

Explain "YES" answers here (put date of injury if known): _____

Parent's Permission & Acknowledgement of Risk for Son or Daughter to Participate in Athletics

As the parent or legal guardian of the above named student-athlete, I give my permission for his/her participation in athletic events and the physical evaluation for that participation. I understand that this is simply a screening evaluation and not a substitute for regular health care. I also grant permission for treatment deemed necessary for a condition arising during participation of these events, including medical or surgical treatment that is recommended by a medical doctor. I grant permission to nurses, trainers and coaches as well as physicians or those under their direction who are part of athletic injury prevention and treatment, to have access to necessary medical information. I know that the risk of injury to my child/ward comes with participation in sports and during travel to and from play and practice. I have had the opportunity to understand the risk of injury during participation in sports through meetings, written information or by some other means. My signature indicates that to the best of my knowledge, my answers to the above questions are complete and correct. I understand that the data acquired during these evaluations may be used for research purposes.

Signature of athlete _____ Date _____

Signature of parent/guardian _____ Date _____

PRE-PARTICIPATION SPORTS PHYSICAL EXAM

Height _____ Weight _____ Pulse _____ B/P (R arm) _____

Medical	Normal	Abnormal Findings
Appearance/Emotional Affect		
Head/Eyes/Ears/Nose/Throat		
Lymph Nodes		
Heart (squatting to standing and supine)		
Lungs		
Abdomen		
Genitalia (males only)		
Skin		
Musculoskeletal	Normal	Abnormal Findings
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot		

May Participate in all sports, **EXCEPT** those listed below:

May Participate after completing evaluation/rehabilitation for: _____

May Not Participate – Reason: _____

Recommendations: _____

Signature of Medical Practitioner: _____ **Date of Exam:** _____

Printed Name: _____

Phone Number: _____

Extra Space for "YES" answers from the front: _____



Social Media for River Valley Athletics

Twitter

Athletics - @rvfalconsad

Baseball - @RV_Falcons

Football - @RVHSfootball

Golf - @rvhsgolf

Girls Volleyball - @RV_vball

Boys Volleyball - @RV_Boys_VB

Boys Soccer - @RVboySoccer

Instagram

Athletics - @rvfalconsad

Track and Field - @rvtrackandfield

Facebook

Search for these sports on Facebook

Athletics

Football

Cheer

Volleyball

2019-2020 Sac-Joaquin Section Sport Calendar

Sport	Preseason Dead Period Begins	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	End of Season Dead Period	Out of Season Period	Limited or Out of Season Period	Summer Period 2020
Football	July 8	July 29	August 16	10	August 23	Sept. 27	Nov. 1	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 5
Cross-Country	July 15	August 5	August 16	14	August 23	Sept. 27	Nov. 2	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 12
Girls Golf	July 15	August 5	August 16	24	August 23	Sept. 17	Oct. 15	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 12
Girls Tennis	July 15	August 5	August 16	24	August 23	Sept. 24	Oct. 25/30	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 12
Girls Volleyball	July 15	August 5	August 16	28	August 23	Sept. 24	Oct. 24	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 12
Boys Soccer	July 15	August 5	August 16	28	August 23	Sept. 24	Oct. 24	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 12
Water Polo	July 29	August 19	August 24	28	August 30	Sept. 30	Oct. 30	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 19

For Tennis: Oct. 25 is the final date for a team match. Oct. 30 is the final date for a league individual tournament.

- Football** *Official practice starts July 29 (Bylaw 2007.2). The mandated minimum number of practices (team and individual) prior to any scrimmages or contests must be followed. (Bylaws 2001 and 2002).
 *The five day acclimation period is mandatory for all teams and individuals (Bylaw 2003.4).
 *August 22 is the first contest date for frosh football, August 23 is the first contest date for frosh-soph and varsity (Bylaw 2007.5).

Sport	Out of Season Period	Limited or Out of Season Period	Preseason Dead Period Begins	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	End of Season Dead Period	Out of Season Period	Summer Period 2020
Basketball	July 29-Sept. 8	Sept. 9-Oct. 13	Oct. 14	Nov. 4	Nov. 15	28	Nov. 22	Jan. 2	Feb. 14	March 15	March 16-May 31	June 1-July 26
Soccer	July 29-Sept. 8	Sept. 9-Oct. 13	Oct. 14	Nov. 4	Nov. 15	28	Nov. 22	Jan. 2	Feb. 13	March 15	March 16-May 31	June 1-July 26
Wrestling	July 29-Sept. 8	Sept. 9-Oct. 13	Oct. 14	Nov. 4	Nov. 15	40	Nov. 22	Dec. 27	Jan. 29/Feb. 8	March 15	March 16-May 31	June 1-July 26

For Wrestling: Jan. 29 is the final date for a team dual. Feb. 8 is the final date for a league tournament.

Sport	Out of Season Period	Limited or Out of Season Period	Out of Season Period	Preseason Dead Period Begins	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	End of Season Dead Period	Summer Period 2020
Badminton	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	24	Feb. 28	April 4	May 9	May 31	June 1-July 26
Baseball	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10***	Feb. 21	28	Feb. 28	April 3	May 7	May 31	June 1-July 26
Boys Golf	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	24	Feb. 28	March 30	April 28	May 31	June 1-July 26
Comp. Sport Cheer	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	28	Feb. 28	March 31	April 30	May 31	June 1-July 26
Softball	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10***	Feb. 21	28	Feb. 28	April 3	May 7	May 31	June 1-July 26
Swimming	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	14	Feb. 28	March 27	April 25	May 31	June 1-July 26
Boys Tennis	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	24	Feb. 28	April 1	April 29/May 2	May 31	June 1-July 26
Coed Tennis	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	24	Feb. 28	April 1	April 29/May 2	May 31	June 1-July 26
Track & Field	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	14	Feb. 28	April 4	May 9	May 31	June 1-July 26
Girls Soccer	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	28	Feb. 28	March 31	April 30	May 31	June 1-July 26
Boys Volleyball	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 20	Feb. 10	Feb. 21	28	Feb. 28	March 31	April 30	May 31	June 1-July 26
Lacrosse	July 29-Sept. 1	Sept. 2-Sept. 29	Sept. 13-Jan. 19	Jan. 13	Feb. 3	Feb. 14	28	Feb. 21	March 27	May 2	May 31	June 1-July 26

*** For baseball and softball: Pitchers and Catcher may play catch Feb. 3-7 (no bats and no fielders).

For Tennis: April 29 is the final date for a team match. May 2 is the final date for a league individual tournament.

Additional information is on page 2

River Valley ***CROSS COUNTRY***

- **LOVE TO RUN – but tired of running around in circles?**
 - **Want to see more of the countryside?**
 - **Want to have an amazing group of friends?**

Then the sport of *Cross Country* is for you!

**It's a FALL SEASON Sport with races
of 2-3 mile for athletes to participate in.**

BENEFITS OF *CROSS COUNTRY*

- Everyone is welcome! No experience needed.
- CO-ED! – Boys and Girls practice & attend meets together.
- GETS YOU IN SHAPE! – Great conditioning for the Winter and Spring Sports
- WONDERFUL GROUP OF FRIENDS! – High School can be overwhelming but Cross Country gives you a group of amazing friends.
- LEAGUE CHAMPIONSHIPS! – Become a part of our winning traditions

Sign up or contact one of the coaches:

Coach Marie Kroeger – mkroger@ycusd.org

- The River Valley High School *CROSS COUNTRY* team would love to have you be a part of our winning tradition!
- Attached is a running routine that can help you get some conditioning over the summer.

****MOST RACES FOR FRESHMEN ATHLETES ARE 2 MILES****

1ST PRACTICE OF SEASON – AUGUST 5th

We meet by gym near the student parking lot after school
SEE YOU THERE!!

Follow us on Instagram @rvhscrosscountry

YOU CAN TRAIN FOR A 5K (3.1 miles).....

and still have time to enjoy your summer too! To get in shape, you only need to **RUN THREE DAYS A WEEK.**

You need to cross-train by doing something fun on the other days – ride your bike, swim, hike, water ski, etc....!!!!

Success is yours if you follow the training schedule and use these principles:

1. Your goal each day is to cover the distance--don't run hard.
2. Run so that you are not huffing and puffing--even at the end of your workout.
3. Recruit someone to join you (send this plan to a friend!). Having an exercise partner improves motivation. Get a whole team together!!

Beginner 5K Training Schedule

	Tues	Thurs	Weekend Day of Choice
Week 1	10 min walk/run combo**	12 min walk/run	1 mile
Week 2	15 min walk/run combo	17 min walk/run	1.5 miles
Week 3	20 min walk/run combo	20 min walk/run	2 miles
Week 4	20 min walk/run combo	20 min walk/run	2.5 miles
Week 5	20 min walk/run combo	20 min walk/run	3 miles
Week 6	20 min walk/run combo	20 min walk/run	3.5 miles
Week 7	20 min walk/run combo	20 min walk/run	Race

5K Training Schedule to Improve Your Time

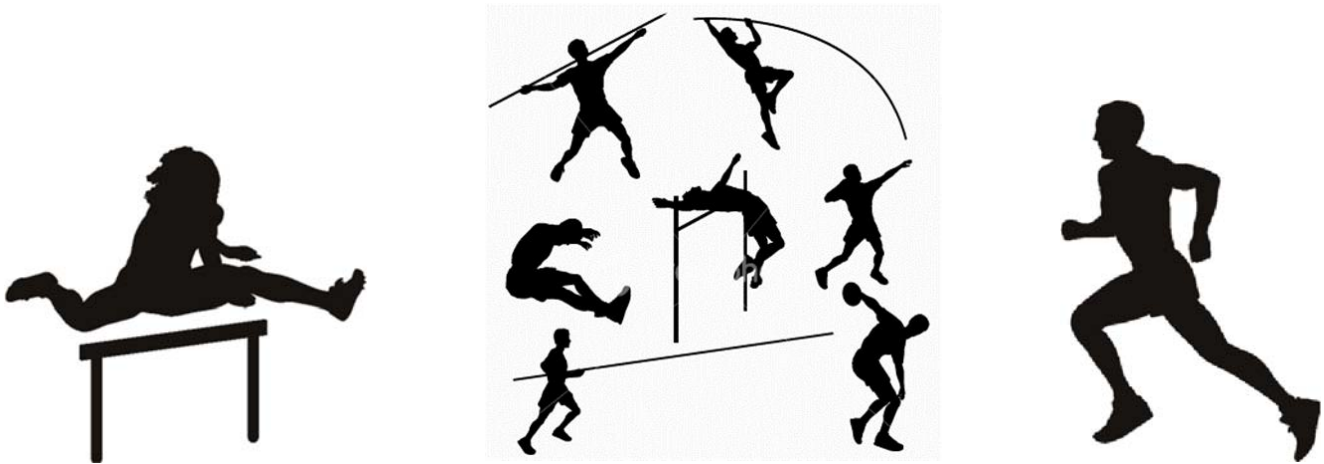
	Tues	Thurs	Weekend Day of Choice
Week 1	20 minutes**	4x400	2.5 miles
Week 2	25 minutes	6x400	3 miles
Week 3	30 minutes	8x400	2 miles
Week 4	30 minutes	10x400	4 miles
Week 5	30 minutes	12x400	2 miles
Week 6	30 minutes	4x400	5 miles
Week 7	30 minutes	30 minutes	Race

**Walking should be 1-2 minute breaks in your running

River Valley High School Track & Field

JOIN TRACK & FIELD

- ❖ It welcomes all and has something for everyone!
- ❖ It's fun! You get to try new things and work for your own self-improvement!
- ❖ It is like a family. You will make great friends.
- ❖ There are a lot of fun events to try like jumping and throwing events and even the pole vault!



If you'd like to try TRACK & FIELD in high school please sign up on the form today. Or contact RVHS at 822-2500 and ask for Track & Field. Our season begins early February and runs during the spring semester.

–Coach Marie Kroeger (mkroeger@ycusd.org)

Follow us on Instagram  at [rv_trackandfield](https://www.instagram.com/rv_trackandfield) or on Twitter [@RVTFXC](https://twitter.com/RVTFXC)



Once you've
wrestled,
everything
else in life
is easy.

- Dan Gable

WRESTLING BOYS & GIRLS

SPRING TEAM MEETING: 6:00pm
WEDNESDAY, MAY 8TH IN THE
RVHS WRESTLING ROOM
(PARK IN THE EAST LOT)

Dates to Mark on Your Calendar

- May 8 – Player/Parent Wrestling Team Meeting
- May 15 – Player/Parent All Sports Information Night
- May 30 – Physicals \$20 Aux Gym (RVHS Only)

IF YOU ARE INTERESTED IN WRESTLING FOR RVHS
EMAIL COACH RAMOS YOUR FULL NAME, PARENTS
NAME(S), CELL PHONE NUMBERS, AND EMAIL
ADDRESSES TO: COACH_RAMOS@HOTMAIL.COM



**2018 7TH PLACE
INDIVIDUAL
STATE MEDALIST!
2017 INDIVIDUAL
STATE CHAMPION!
2016 TRI-COUNTIES
CONFERENCE
CHAMPIONS!
2008 3RD PLACE
INDIVIDUAL
STATE MEDALIST!**

**OPPORTUNITY TO
EARN A VARSITY
LETTER AS AN
UNDERCLASSMAN.**

**CONTACT COACH
RAMOS FOR MORE
INFORMATION AT
[COACH_RAMOS@
HOTMAIL.COM](mailto:COACH_RAMOS@HOTMAIL.COM)**

WEIGHT CLASSES

**Boys: 106, 113, 118, 126,
132, 138, 145, 152, 160,
170, 182, 195, 220, 285**

**Girls: 101, 106, 111, 116,
121, 126, 131, 137, 143,
150, 160, 170, 189, 235**



RIVER VALLEY HS LADY FALCONS SOCCER

2019-2020

- | | |
|------------------|--|
| May 15, 2019: | Player/Parent Information Night Main Gym 6pm |
| May 30, 2019: | Physicals in the RVHS Aux Gym \$20 (RVHS Only) |
| June 10, 2019: | Start of Summer Program (Mon. & Wed. 6pm-8pm) |
| August 13, 2019: | First Day of School |

RV High School Soccer

FALCONS

“The flight to a CHAMPIONSHIP!!!”

To ALL 2019-2020 RVHS Boys Soccer Players

- 05/15/2019 Player/Parent Information Night (**All Sports**)
6:00pm in the Main GYM
- 05/30/2019 Physicals- Aux Gym (**RVHS only**) \$20.00
- 06/18/2019 Summer Training TBA
- 09/17/2019: 1st Day of Soccer Training (**T/Th- 6:00pm-8:00pm**)
- 10/10/2019: Last Day of Soccer Training
- 10/14/2019: Dead Period (Conditioning) (**M-Th- 6:00pm-8:00pm**)
- 10/29/2019: Parent Information Meeting: **6:00pm- Stadium**
- 11/04/2019: 1st Day of Tryouts (**Mon: 6:00pm-8:00pm**)
- 11/11/2019: 1st Day of Practice (**Mon: 6:00pm-8:00pm**)
- 11/19/2019: 1st Scrimmage Game (TBA)
- 11/26/2019: 1st Preseason Game (TBA)
- 11/29-30/19: Possible Davis Tournament (TBA)
- 12/06-07/19: Possible Rocklin Tournament (TBA)
- 12/18/2019: 1st League Game vs YC

Winter League: Must have Grades (2.5 or higher), Paper work and Physical completed through Home Campus, and Fees Cleared!

Any questions, let us know:

Coach Franco
(530) 218-7210
afranco@ycusd.org

Coach Sean
(530) 701-3170
snelson19@gmail.com

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Must be CLEARED to Participate in Spring and Summer Football	*Spring only for current RVHS students		1 CVC Track Trials	2	3 CVC Track Finals	4
5	6 Spring Football 3:30-5pm	7 Spring Football 3:30-5pm	8 Minimum Day	9 – Jr High T&F	10	11
12	13 Spring Football 3:30-5pm	14 Staff Meeting	15 Spring Football 3:30-5pm Athletic Orientation 6pm	16 – Jr High T&F JV Fundraiser 3:15pm	17	18
19	20 Spring Football 3:30-5pm	21 Spring Football 3:30-5pm	22 Spring Football 3:30-5pm	23 Spring Football 3:30-5pm	24	25
26	27 Memorial Day	28 Spring Football 3:30-5pm	29 Spring Football 3:30-5pm	30 Spring Football 3:30-5pm Physicals 6pm \$20	31	

June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Last Day of School	8
9 Summer School June 13-July 12 7:45-2:30	10 JV 2:30-5:30pm Frosh 3:30-6pm	11 JV 2:30-5:30pm Frosh 3:30-6pm	12 JV 2:30-5:30pm Frosh 3:30-6pm	13 JV 2:30-5:30pm Frosh 3:30-6pm	14	15
16	17 JV 2:30-5:30pm Frosh 3:30-6pm	18 JV 2:30-5:30pm Frosh 3:30-6pm	19 JV 2:30-5:30pm Frosh 3:30-6pm	20 JV 2:30-5:30pm Frosh 3:30-6pm	21	22
23	24 JV 2:30-5:30pm Frosh 3:30-6pm	25 JV 2:30-5:30pm Frosh 3:30-6pm	26 JV 2:30-5:30pm Frosh 3:30-6pm	27 JV 2:30-5:30pm Frosh 3:30-6pm	28	29
30						

July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 JV 2:30-5:30pm Frosh 3:30-6pm	2 JV 2:30-5:30pm Frosh 3:30-6pm	3 JV 2:30-5:30pm Frosh 3:30-6pm	4 4 th of July	5	6
7 *Dead Period Begins	8 JV 2:30-4pm Frosh 3:30-5pm	9 JV 2:30-4pm Frosh 3:30-5pm	10 JV 2:30-4pm Frosh 3:30-5pm	11 JV 2:30-4pm Frosh 3:30-5pm	12	13
14	15 JV 2:30-4pm Frosh 3:30-5pm	16 JV 2:30-4pm Frosh 3:30-5pm	17 JV 2:30-4pm Frosh 3:30-5pm	18 JV 2:30-4pm Frosh 3:30-5pm	19	20
21	22 JV 2:30-4pm Frosh 3:30-5pm	23 JV 2:30-4pm Frosh 3:30-5pm	24 JV 2:30-4pm Frosh 3:30-5pm	25 JV 2:30-4pm Frosh 3:30-5pm	26	27
28 *Official Practice Begins Monday	29 JV 3-6pm Frosh 3-6pm	30 JV 3-6pm Frosh 3-6pm	31 JV 3-6pm Frosh 3-6pm			

August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 JV 3-6pm Frosh 3-6pm	2 JV 3-6pm Frosh 3-6pm	3
4 Teachers Back to Work	5 JV 3-6pm Frosh 3-6pm	6 JV 3-6pm Frosh 3-6pm	7 JV 3-6pm Frosh 3-6pm	8 JV 3-6pm Frosh 3-6pm	9 JV 3-6pm Frosh 3-6pm	10
11	12 JV 3-6pm Frosh 3-6pm	13 – 1 st Day School	14 JV 3-6pm Frosh 3-6pm	15 JV 3-6pm Frosh 3-6pm	16 JV 3-6pm Frosh 3-6pm	17 Scrimmage TBD
18	19 JV 3-6pm Frosh 3-6pm	20 JV 3-6pm Frosh 3-6pm	21 JV 3-6pm Frosh 3-6pm Minimum Dav	22 Frosh v Woodland 6pm	23 JV/Var v Woodland 5:30/7:30pm	24
25	26 JV 3-6pm Frosh 3-6pm FH @5:30	27 JV 3-6pm Frosh 3-6pm	28 JV 3-6pm Frosh 3-6pm	29 Frosh v River City 6pm	30 JV/Var v River City 5:30/7:30pm	31

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 – Labor Day JV 3-6pm Frosh 3-6pm	3 JV 3-6pm Frosh 3-6pm	4 JV 3-6pm Frosh 3-6pm	5 Frosh v Franklin 5pm at Cosumnes Oaks	6 JV/Var v Franklin 5/7pm at Cosumnes Oaks	7
8	9 JV 3-6pm Frosh 3-6pm FH @5:30	10 JV 3-6pm Frosh 3-6pm	11 JV 3-6pm Frosh 3-6pm Minimum Day	12 Frosh @ Pleasant Valley 5:30pm	13 JV/Var @ Pleasant Valley 5:30/7:30pm	14
15	16 JV 3-6pm Frosh 3-6pm FH @5:30	17 JV 3-6pm Frosh 3-6pm	18 JV 3-6pm Frosh 3-6pm	19 FH @2:00	20	21
22	23 JV 3-6pm Frosh 3-6pm	24 JV 3-6pm Frosh 3-6pm	25 JV & Frosh 3-6pm FH @3:30 Minimum Day	26 Frosh @ YC 5:30pm	27 JV/Var @ YC 5/7pm	28
29	30 JV 3-6pm Frosh 3-6pm					

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Homecoming Week		1 JV 3-6pm Frosh 3-6pm	2 JV 3-6pm Frosh 3-6pm	3 Frosh v Roseville 5:30pm	4 JV/Var v Roseville 5/7pm	5
6	7 JV 3-6pm Frosh 3-6pm FH @5:30	8 JV 3-6pm Frosh 3-6pm	9 JV 3-6pm Frosh 3-6pm	10 – Midterms Frosh v Inderkum 5:30pm	11 – Midterms JV/Var v Inderkum 5/7pm	12
13	14 JV 3-6pm Frosh 3-6pm FH @5:30	15 JV 3-6pm Frosh 3-6pm	16 JV 3-6pm Frosh 3-6pm	17 Frosh @ Bella Vista 5:30pm	18 JV/Var @ Bella Vista 5/7pm	19
20	21 JV 3-6pm Frosh 3-6pm	22 JV 3-6pm Frosh 3-6pm	23 JV & Frosh 3-6pm FH @5:30 Minimum Dav	24 Frosh v Woodcreek 5:30pm	25 – Senior Night JV/Var v Woodcreek 5/7pm	26
27	28 JV 3-6pm Frosh 3-6pm	29 JV 3-6pm Frosh 3-6pm	30 JV 3-6pm Frosh 3-6pm	31 Frosh @ Antelope 5:30pm		

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 – District PD Day JV/Var @ Antelope 5/7pm	2
3	4	5	6	7	8 1 st Round Playoffs	9
10	11 – Vet Day	12 Frosh and JV Awards 6pm	13 Minimum Day	14	15 2 nd Round Playoffs	16
17	18	19	20	21	22 3 rd Round Playoffs	23
24 Thanksgiving Break	25	26	27	28	29 Section Title	30

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Nor-Cal	7
8	9	10	11 Minimum Day	12	13 State Title	14
15	16	17 Varsity Awards Banquet	18	19	20	21
22 Winter Break	23	24	25	26	27	28
29	30	31				