

RIVER VALLEY ATHLETICS INCOMING 8TH GRADERS PACKET

IMPORTANT DATES

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

May 21 at 6pm in the Library for River Valley Sports Association Meeting

May 31 at 6pm in the Aux Gym for Physicals

Phil McCaulley

Athletic Director

530-822-2593

pmccaulley@ycusd.org



River Valley High School 2018-2019 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: Peggy Fullmer
 Cheerleading: Becca Tillson
 Girl's Golf: Steve Bell
 Field Hockey: Erin Cunningham

Winter Coaches

Boy's Basketball: Mark Wright
 Girl's Basketball Tom Zaragoza
 Wrestling: Ron Benton
 Boy's Soccer: Abel Franco
 Girl's Soccer: Gabe Coomes
 Cheer: Becca Tillson

Spring Coaches

Baseball: Michael Mink
 Softball: Chanell Thurman
 Boy's Tennis: Gabe Ramirez
 Boy's Golf: Craig Taylor
 Track/Field: Marie Kroeger
 Boy's Volleyball: Grayson Agpawa
 Swim/Dive: Shelby Guillory

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:

Physicals: Thursday May 31, 2018 6pm RVHS Aux Gym \$20
 Fall Sports Start: July 30, 2018 (Football July 23, 2018)
 Winter Sports Start: October 29, 2018
 Spring Sports Start: February 4, 2019

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) 822-2591 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

Volleyball - @RV_vball

Soccer - @RVboySoccer

Instagram

Athletics - @rvfalconsad

Track and Field - @rvtrackandfield

Facebook

Search for these sports on Facebook

Athletics

Football

Cheer

Volleyball

Sac-Joaquin Section 2018-19 Sport Calendar

Season	+Preseason Dead Period	Practice Begins	1st Scrimmage Date	1st Contest Date	Sit-Out Period Date	Last Contest Date	++End of Season Dead Period
FALL							
X-Country (b/g)	July 9	July 30	Aug. 10	Aug. 17	Sept. 21	Oct. 27	Nov. 30
Football	July 2	July 23	Aug. 10	Aug. 17	Sept. 21	Oct. 27	Nov. 30
Golf-girls	July 9	July 30	Aug. 10	Aug. 17	Sept. 10	Oct. 16	Nov. 30
Tennis-girls							
Team	July 9	July 30	Aug. 10	Aug. 17	Sept. 18	Oct. 19	Nov. 30
Individual	July 9	July 30	Aug. 10	Aug. 17	Sept. 18	Oct. 24	Nov. 30
Volleyball-girls	July 9	July 30	Aug. 10	Aug. 17	Sept. 17	Oct. 18	Nov. 30
Water polo (b/g)*	July 23	Aug. 13	Aug. 18	Aug. 24	Sept. 17	Oct. 25	Nov. 30
WINTER							
Basketball (b/g)	Oct. 8	Oct. 29	Nov. 9	Nov. 16	Dec. 28	Feb. 8	March 15
Soccer (b/g)	Oct. 8	Oct. 29	Nov. 9	Nov. 16	Dec. 27	Feb. 7	March 15
Wrestling							
Duals	Oct. 8	Oct. 29	Nov. 9	Nov. 16	Dec. 25	Jan. 23	March 15
Individual	Oct. 8	Oct. 29	Nov. 9	Nov. 16	Dec. 25	Feb. 2	March 15
SPRING							
Badminton	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 29	May 4	May 31
Baseball	Jan. 14	Feb. 4**	Feb. 15	Feb. 22	March 31	May 8	May 31
Golf-boys	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 27	April 30	May 31
Softball	Jan. 14	Feb. 4**	Feb. 15	Feb. 22	March 31	May 8	May 31
Swimming (b/g)	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 21	April 20	May 31
Tennis-boys/coed							
Team	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 25	April 24	May 31
Individual	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 25	April 27	May 31
Track (b/g)	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 29	May 4	May 31
Volleyball-boys	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 24	April 25	May 31
Lacrosse (b/g)	Jan. 14	Feb. 4	Feb. 15	Feb. 22	March 27	April 29	May 31

+Preseason dead period begins with this date and continues until the first day of practice.

++End of season dead period begins with the school's last contest of the season and continues through this date.

* - These dates are pending an upcoming proposal and Board of Managers approval.

**= Jan. 28 – Feb. 2: Pitchers and Catchers may play catch (no bats & no fielders)

FOOTBALL:

1-Official practice starts July 23 (2007.2). The mandated minimum number of practices (team and individual) prior to any scrimmages or contests must be followed (Bylaws 2001 and 2002).

2-Five day acclimatization period is mandatory for all teams and individuals (Bylaw 2003.4).

3-First contest date for frosh football - Aug. 16; First contest date for frosh-soph and varsity - Aug. 17 (Bylaw 2007.5).

Revised 12.20.17



May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Player-Parent Meeting 6PM Main Gym	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Physicals \$20 6PM Aux Gym		



RVHS All Levels Football Calendar 2018

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Summer Schedule V=6-8:00 AM/ 3:30-5:30 PM JV/F=3:30-5:30 PM	11 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	12 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	13 Summer Practice V= 6-8 AM/ 7 on 7 @ DO JV/F= 3:30-5:30 PM	14 Card Fundraiser Kick-Off ALL LEVELS meet 3:30 PM in Aux Gym	15	16
17	18 Summer Practice V= 6-8 AM/ 7 on 7 @ DO JV/F= 3:30-5:30 PM	19 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	20 Summer Practice V= 6-8 AM/ 7 on 7 @ YUBA JV/F= 3:30-5:30 PM	21 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	22	23
24	25 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	26 Summer Practice V= 6-8 AM/3:30-5:30 PM JV/F= 3:30-5:30 PM	27 Summer Practice V= 6-8 AM/ 7 on 7 @ YUBA JV/F= 3:30-5:30 PM	28 CARD BLITZ V= 6-8:00 AM FUNDRAISING CARD BLITZ=All Levels 3:30 PM	29	30



July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DEAD PERIOD STARTS V=9:00 JV=10:00 F=11:00	2 V= 9:00 JV=10:00 Frosh= 11:00	3 V= 9:00 JV=10:00 Frosh= 11:00	4 V= 9:00 JV=10:00 Frosh= 11:00	5 V= 9:00 JV=10:00 Frosh= 11:00	6	7
8 *only lifting/conditioning	9 V= 9:00 JV=10:00 Frosh= 11:00	10 V= 9:00 JV=10:00 Frosh= 11:00	11 V= 9:00 JV=10:00 Frosh= 11:00	12 V= 9:00 JV=10:00 Frosh= 11:00	13 SUMMER SCHOOL ENDS	14
15	16 V= 9:00 JV=10:00 Frosh= 11:00	17 V= 9:00 JV=10:00 Frosh= 11:00	18 V= 9:00 JV=10:00 Frosh= 11:00	19 V= 9:00 JV=10:00 Frosh= 11:00	20	21
22 Fall Practice Begins on Monday	23 Helmets Only V= 7 AM JV/F= 3:30-6:00	24 Helmets Only V= 7 AM JV/F= 3:30-6:00	25 Helm & Shoulder V= 7 AM JV/F= 3:30-6:00	26 Helm & Shoulder V= 7 AM JV/F= 3:30-6:00	27 Helm & Shoulder V= 7 AM JV/F= 3:30-6:00	28 Full Gear
29	30 V= 7 AM JV/F= 3:30-6:00	31 V= 7 AM JV/F= 3:30-6:00				



August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 V/JV/F= 3:30-6:00	7 V/JV/F= 3:30-6:00	8 V/JV/F= 3:30-6:00	9 V/JV/F= 3:30-6:00	10 Scrimmage @ Placer Var-7pm	11 Scrimmage @ Placer JV-9am Frosh-11am
12	13 V/JV/F= 3:30-6:00	14 1st Day of School	15	16 Frosh v Woodland 6pm @ Pioneer HS	17 JV/Var v Woodland 5:30/7:30pm @ Pioneer HS	18
19	20	21	22 Minimum Day	23 Frosh @ River City 6pm	24 JV/Var @ River City 5:30/7:30pm	25
26	27	28	29	30 Frosh v Franklin-EG 6pm	31 JV/Var v Franklin-EG 5:30/7:30pm	



September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 No School	4	5	6 Frosh v Pleasant Valley 6:00pm	7 JV/Var v Pleasant Valley 5:30/7:30pm Homecoming	8
9	10	11 Staff Meeting	12 Minimum Day	13	14	15
16	17	18	19	20 Kiwanis-Var Capts Frosh v YC 5:30pm	21 JV/Var v Yuba City 5:00/7:15pm Mayor's Cup	22
23	24	25	26 Minimum Day	27 Frosh @ Roseville 5:30pm	28 JV/Var @ Roseville 5:00/7:15pm	29
30						



October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Frosh @ Inderkum 5:30pm	5 JV/Var @ Inderkum 5:00/7:15pm	6
7	8	9 Staff Meeting	10 Midterm – Min Day	11 Midterm – Min Day Frosh v Bella Vista 5:30pm	12 PD Day – No School JV/Var v Bella Vista 5:00/7:15pm	13
14	15	16	17	18 Frosh @ Woodcreek 5:30pm	19 JV/Var @ Woodcreek 5:00/7:15pm	20
21	22	23	24 Minimum Day	25 Frosh v Antelope 5:30pm	26 JV/Var v Antelope 5:00/7:15pm Senior Night	27
28	29	30	31			



November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Playoffs	3
4	5	6	7	8	9 Playoffs	10
11	12 No School	13 Staff Meeting	14 Minimum Day	15	16 Playoffs	17
18	19	20	21	22 Thanksgiving	23 Section Title Game	24
25	26	27	28	29	30 Nor-Cal Game	



December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 State Game	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



RIVER VALLEY GIRLS VOLLEYBALL

- Beginning Monday June 11, 2018, we will be doing summer practices every Monday through Thursday from 5:30 p.m.-7:00 p.m. until Dead Period starts on July 9. Fall tryouts and practice will begin Monday July 30.

You will need to be cleared in order to participate in all of these things, meaning you will need a current sports physical and you will need to be cleared by RV Athletic Director, Mr. McCaulley. If you don't know whether you are cleared to participate, please message Coach Grayson or Coach Elizabeth so that they can check, or go by Mr. McCaulley's office.

If you need your yearly sports physical, RV will be hosting sports physicals on Thursday May 31 at 6:00 p.m. They are \$20, and will be good for the 2018-2019 school year, as well as all summer practices.

***If you are an incoming Freshman to RV for the 2018-2019 school year, you will not be able to participate in any of these things until after your 8th grade promotion. You can, therefore, join us for summer practices in June once you have graduated! You can, however, come and get your sports physical on May 31. ***

IF YOU HAVE ANY OTHER QUESTIONS, PLEASE EMAIL US AT
rvhsvolleyball@gmail.com

Follow on Twitter @RV_vball

River Valley Field Hockey

Fall 2018



Team Meeting: Tuesday May 15, 2018
RVHS Main Gym @ 6:00pm

Pre-Season Conditioning: Monday, Wednesday
Starts Mon. July 23, 2018
RVHS Stadium: 8:00 am – 10:00 am (times subject to change)
*Bring running shoes, cleats and water

Contact Information:

Head Varsity Coach: Erin Cunningham

Email: ecunningham@ycusd.org

JV Head Coach: Bethany Adams

River Valley ***CROSS COUNTRY***

- **LOVE TO RUN – but tired 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 that has
2-3 mile races for the athletes participate in.**

BENEFITS OF CROSS COUNTRY

- *NO TRYOUTS! – We welcome everyone.*
- *CO-ED! – Boys and Girls practice & attend meets together.*
- *GETS YOU IN SHAPE! – Great conditioning for the Winter Sports*
- *WONDERFUL CIRCLE 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 Peggy Fullmer – pfullmer@ycusd.org/822-5034

Coach Marie Kroeger – mkroeger@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 14th

We meet out by the student parking lot after school

HOPE TO SEE YOU THERE!!

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

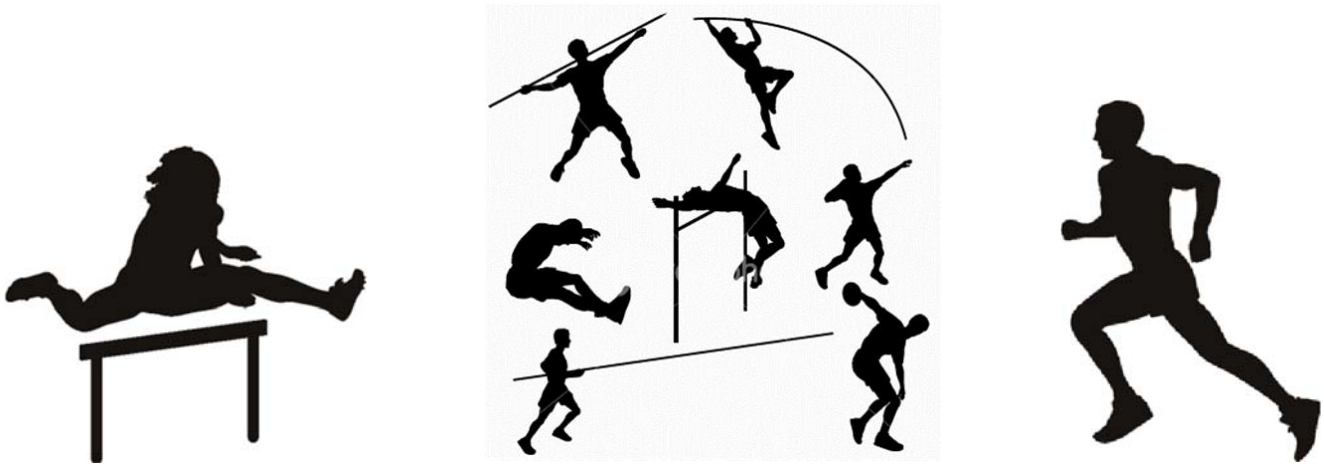
	Tues	Thurs	Weekend Day of Choice
Week 1	20 minutes**	4x400	2.5 miles
Week 2	25 minutes	6x400	3 miles
Week 3	30 minutes	8x400	2 miles
Week 4	30 minutes	10x400	4 miles
Week 5	30 minutes	12x400	2 miles
Week 6	30 minutes	4x400	5 miles
Week 7	30 minutes	30 minutes	Race

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

River Valley High School Track & Field

WHY 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 in January after the winter break and runs during the spring semester.
–Coach Marie Kroeger (mkroeger@ycusd.org)

Follow us on Instagram  at rvtrackandfield

River Valley

Girls and Boys Summer Tennis



Who: Incoming 9th-12th graders

Dates: June 13th - July 6th

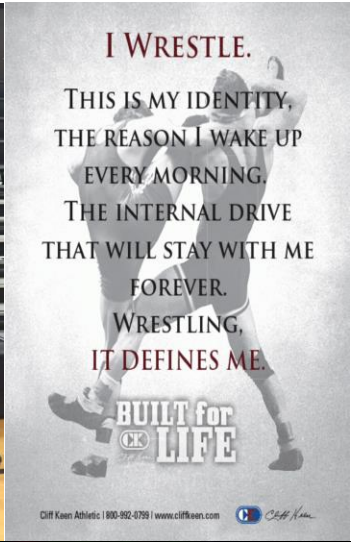
Days: Wednesday and Thursday

Times: 7:00 – 8:30 p.m.

Where: River Valley High School Tennis Courts

Cost: 3 Cans of tennis balls (no money accepted)

(First practice (Girls) July 30th) For more information please contact Coach Ramirez at (530) 635-0627.



**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.**

**BE THE FIRST TO
USE THE NEW AND
IMPROVED
WRESTLING ROOM**



WRESTLING BOYS & GIRLS

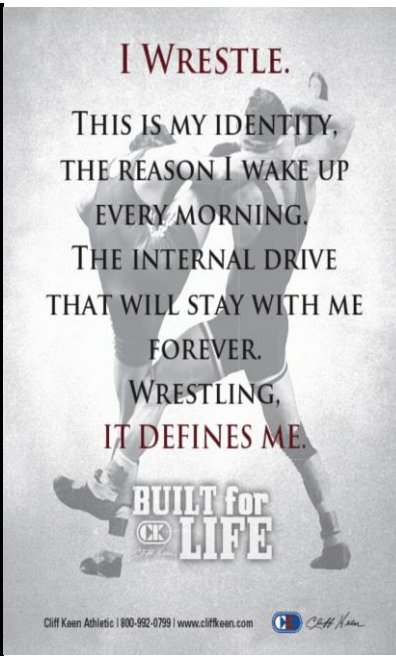
Join the Team. Join the Family. Embrace the Grind.
 Be part of something big! Join the 2019 RV wrestling team! Learn to takedown your opponents, throw your rivals, score points for the team, and possibly be RV's next CHAMPION!!
 Improve your athletic performance with us. See you there!
 Contact Coach Aleman for more information : (530) 923-1132.

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





GROUND CREATURES

BOYS & GIRLS WRESTLING CLUB

Join the Team. Join the Family. Embrace the Grind.
Be part of something big! Join the Spring 2018 Ground Creatures wrestling club! Learn to takedown your opponents, throw your rivals, score points for the team, and possibly be the Ground Creatures' next CHAMPION!!

Improve your athletic performance with us. See you there!

*Ground Creatures wrestling club is a proud member of RV Wrestling Alliance



TAKE YOUR WRESTLING TO THE NEXT LEVEL

**MONDAY & WEDNESDAY
6:00PM - 7:30PM IN
THE RVHS
WRESTLING ROOM**

**CHAMPIONS ARE
MADE IN THE
OFFSEASON**

**PROOF OF AN
ACTIVE USA
WRESTLING
MEMBERSHIP
CARDS IS REQUIRED
TO PRACTICE
USAWMEMBERSHIP.COM**



RV High School Soccer

RV High School Soccer

FALCONS

“The flight to a CHAMPIONSHIP!!!”

To ALL 2018-2019 BOYS Soccer Players

- 05/15/2018 Player/Parent Information Night (All Sports)
- 05/31/2018 Physicals- Aux Gym (RVHS only) \$20.00
- 06/19/2018 Summer Training (T/Th- 6:00pm-8:00pm)
- 09/18/2018: 1st Day of Soccer Training (T/Th- 6:00pm-8:00pm)
- 10/04/2018: Last Day of Soccer Training
- 10/08/2018: Dead Period (Conditioning) (M-Th- 6:00pm-8:00pm)
- 10/25/2018: Parent Information Meeting
- 10/29/2018: 1st Day of Tryouts
- 11/05/2018: 1st Day of Practice
- 11/09/2018: 1st Scrimmage Game (TBD)
- 11/16/2018: 1st Preseason Game (TBD)
- 12/11/2018 1st League Game

*** Winter League

Must have Grades (2.5 or higher) and Physical completed!

Any questions, let us know:

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

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



Valley Baseball Club Summer Program

Interested in playing baseball at River Valley High School in 2018-2019?

The River Valley Baseball team will hold a meeting to go over our Summer Program on:

Saturday, June 9th @ 1PM

In Room 101

Contact Head Coach Michael Mink with any questions: (530) 844-7459 or

michael@goldsox.com

***Cost:** \$75; includes team hat, 1 shirt, tournament, & umpire fees

Practice Attire: Cleats/turf shoes, baseball pants, belt, and hat; shirts need to be tucked in. NO jewelry!

Summer Schedule: TBA

