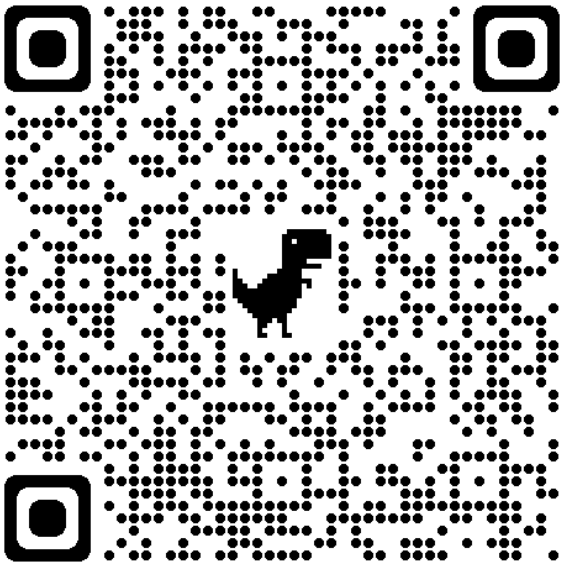
YCUSD Class of 2027 Athletics Survey

Use the QR Code to fill-out a Google Form



https://forms.gle/584kjtkCjiR36qqf6

Want to Know More About RVHS Athletics?

Visit Our RVHS Athletics Website

https://rvhs.ycusd.org/athletics/

River Valley High School
2023-2024
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: Alex Gomes
Girl's Volleyball: Kellie Tongson
Girl's Tennis: Gabe Ramirez
Cross Country: Swarnjit Boyal
Cheerleading: Becca Tillson
Girl's Golf: Luke Syverson
Field Hockey: Gabby Provost

Winter Coaches

Boy's Basketball: Brian Lowe
Girl's Basketball TBD
Wrestling: Jason Ramos
Boy's Soccer: Abel Franco
Girl's Soccer: TBD
Cheer: Becca Tillson

Spring Coaches

Baseball: Rob McMains
Softball: Tom Almond
Boy's Tennis: Gabe Ramirez
Boy's Golf: Craig Taylor
Track/Field: Swarnjit Boyal
Boy's Volleyball: Amy Lopez
Swim/Dive: Nikki Mamoulelis
STUNT: Becca Tillson

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

1. Online Clearance - https://rvhs.ycusd.org/documents/Athletics/RVHS-Athletic-Clearance-2_0-update.pdf
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: **TBD**
Physicals: **Thursday, May 25 6pm in Aux Gym**
Sports Start: **https://cifsjs.org/coaches_and_administrators/calendars_forms_certificates/2023-24_SPORT_CALENDAR.pdf**

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

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

Principal: Lee McPeak

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

Athletic Secretary: Staci Loveland Phone: (530) 822-2594 Email: sloveland@ycusd.org

RVHS List of COACHES

Use the QR Code

to see our coaches and their contact information

https://rvhs.ycusd.org/Athletics/About-the-Coaches/index.html

River Valley High School

ATHLETIC PHYSICALS

THURSDAY - $20
MAY 25TH @ 6PM

RIVER VALLEY FALCONS

For More Info Call
530-822-2593

MEET THE COACHES

2023-2024 SAC-JOAQUIN SECTION SPORT CALENDAR

UPDATED: 10/24/22

FALL SPORTS												
Sport	Summer Period 2023	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 2024
Cross Country	JUN 01-JUL 10	JUL 10	JUL 31	AUG 11	14	AUG 18	SEP 22	OCT 28	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 15
Football	JUN 01-JUL 03	JUL 03	JUL 24	AUG 11	10	AUG 18	SEP 22	OCT 28	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 08
Golf-Girls	JUN 01-JUL 10	JUL 10	JUL 31	AUG 11	24	AUG 18	SEP 18	OCT 18	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 15
Soccer-Boys	JUN 01-JUL 10	JUL 10	JUL 31	AUG 11	28	AUG 18	SEP 19	OCT 19	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 15
Tennis-Girls	JUN 01-JUL 10	JUL 10	JUL 31	AUG 11	24	AUG 18	SEP 22	OCT 26/27	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 15
Volleyball-Girls	JUN 01-JUL 10	JUL 10	JUL 31	AUG 11	28	AUG 18	SEP 19	OCT 19	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 15
Water Polo	JUN 01-JUL 24	JUL 24	AUG 14	AUG 18	28	AUG 25	SEP 22	OCT 25	NOV 26	NOV 27-APR 30	MAY 01-MAY 31	JUN 01-JUL 22

* Tennis - October 26th is the final date for a team match.
* Tennis - October 27th is the final date for a league individual tournament.
* Football - Official practice starts July 24th (Bylaw 2107.2). The five (5) day acclimitization period is mandatory for all teams and individuals (Bylaw 2103.4).
* Football - The mandated minimum number of practices (team/individual) prior to any scrimmages or contests must be followed (Bylaws 2101, 2102).
* Football - August 17th is the first contest date for frosh football, August 18th is the first contest date for frosh-soph and varsity football (Bylaw 2107.5).

WINTER SPORTS												
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 2024
Basketball	JUL 24-SEP 03	SEP 04-OCT 08	OCT 09	OCT 30	NOV 10	28	NOV 17	DEC 30	FEB 09	MAR 10	MAR 11-MAY 31	JUN 01-JUL 29
Soccer	JUL 24-SEP 03	SEP 04-OCT 08	OCT 09	OCT 30	NOV 10	28	NOV 17	DEC 29	FEB 08	MAR 10	MAR 11-MAY 31	JUN 01-JUL 29
Wrestling	JUL 24-SEP 03	SEP 04-OCT 08	OCT 09	OCT 30	NOV 10	40	NOV 17	DEC 27	JAN 24/FEB 03	MAR 10	MAR 11-MAY 31	JUN 01-JUL 29

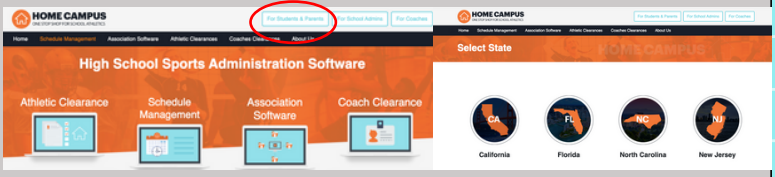
* Wrestling - January 24th is the final date for a team dual.
* Wrestling - February 3rd is the final date for a league tournament.

SPRING SPORTS												
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 2024
Badminton	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	24	FEB 23	MAR 30	MAY 03	MAY 31	JUN 01-JUL 29
Baseball	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	JAN 29	FEB 16	28	FEB 23	MAR 30	MAY 03	MAY 31	JUN 01-JUL 29
Beach Volleyball	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	28	FEB 23	MAR 27	APR 27	MAY 31	JUN 01-JUL 29
Golf-Boys	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	24	FEB 23	MAR 30	May 01	MAY 31	JUN 01-JUL 29
Lacrosse	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	28	FEB 16	MAR 27	APR 27	MAY 31	JUN 01-JUL 29
Soccer-Girls	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	28	FEB 23	MAR 26	APR 25	MAY 31	JUN 01-JUL 29
Softball	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	JAN 29	FEB 16	28	FEB 23	APR 02	MAY 09	MAY 31	JUN 01-JUL 29
Sport Cheer	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	28	FEB 23	MAR 25	APR 24	MAY 31	JUN 01-JUL 29
Swimming	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	14	FEB 23	MAR 23	APR 20	MAY 31	JUN 01-JUL 29
Tennis-Boys	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	24	FEB 23	MAR 28	APR 30	MAY 31	JUN 01-JUL 29
Tennis-Coed	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	24	FEB 23	MAR 27	APR 26/27	MAY 31	JUN 01-JUL 29
Track & Field	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	14	FEB 23	MAR 30	MAY 04	MAY 31	JUN 01-JUL 29
Volleyball-Boys	JUL 24-AUG 27	AUG 28-SEP 24	SEP 25-JAN 14	JAN 15	FEB 5	FEB 16	28	FEB 23	MAR 26	APR 25	MAY 31	JUN 01-JUL 29

* Tennis - April 26th is the final date for a team match.
* Tennis - April 27th is the final date for a league individual match.

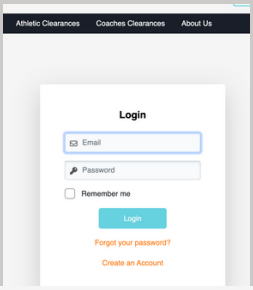
ONLINE ATHLETIC CLEARANCE

1 VISIT HOMECAMPUS.COM
CLICK FOR PARENTS & STUDENTS
SELECT STATE



Return Users
Log into existing account used in previous School Year.

New Users
Create an account. Please register with a valid PARENT/GUARDIAN email address as the username and generate a password.

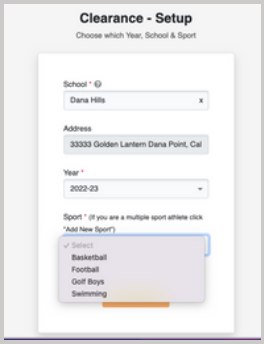


2 SELECT START CLEARANCE HERE

Type in School & Confirm School Address
Select Year
Add Sports

Participating in multiple sports? Use Add New Sport button.

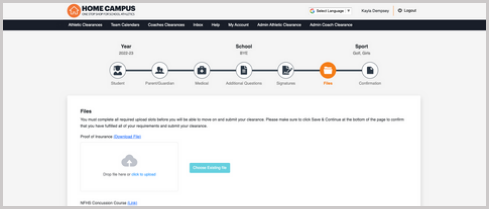
3 COMPLETE ALL REQUIRED FIELDS
Student Information, Parent/Guardian Information, Medical History, Signature Forms, and upload any File(s).



Student Info & Parent Guardian Info
Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

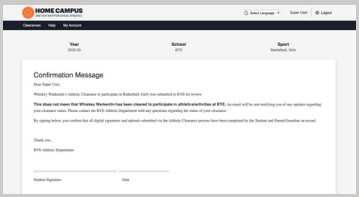
Signatures
Sign required documents by typing in an **EXACT** match of what is on the Student & Parent/Guardian page.

Files
Drag & drop or browse from your computer to add a file. Select Choose Existing File to search for a previously uploaded file.



CLICK SUBMIT COMPLETED APPLICATION

4 CONFIRMATION MESSAGE



Your clearance is ready for review by your school once you have reached the **CONFIRMATION MESSAGE** page.

THE STUDENT IS NOT CLEARED YET!
THE SCHOOL MUST REVIEW AND CLEAR THE STUDENT. AN EMAIL NOTIFICATION WILL BE SENT ONCE THE SCHOOL HAS REVIEWED AND CLEARED THE STUDENT FOR PARTICIPATION.

CONTACT HOME CAMPUS
SUPPORT@HOMECAMPUS.COM
ATHLETIC CLEARANCE HELP ARTICLES

QUESTIONS?
USE THE HELP ICON AT THE BOTTOM RIGHT SCREEN FOR ASSISTANCE!

Help

RVHS ATHLETIC CLEARANCE FAQ's

Here are some helpful links on how to complete the Athletic Clearance process.

https://homecampus.zendesk.com/hc/en-us/sections/5405899275543-FAQs-California-Athletic-Clearance-2-0-

https://www.youtube.com/watch?v=eKivobMSmEE

Questions? Contact

Athletic Director Phil McCaulley

pmccaulley@ycusd.org 530-822-2593

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?	☐	☐
2. Do you have diabetes?	☐	☐
3. Do you have high blood pressure?	☐	☐
4. Do you have seizures?	☐	☐
5. Do you have sickle cell trait?	☐	☐
6. Do you have any other major medical problem?	☐	☐
7. Have you ever been hospitalized or had surgery?	☐	☐
8. Do you cough, wheeze or have trouble breathing with exercise?	☐	☐
9. Do you use an inhaler?	☐	☐
10. Do you have a single organ (testicle or kidney)	☐	☐
11. Are you currently taking any medicines or do you take any medicines on a regular basis (prescription or over-the-counter)?	☐	☐
12. Have you ever taken any supplements or vitamins to help with weight loss, weight gain, or improve performance?	☐	☐
13. Do you have any allergies (seasonal, insects, food, or medicines)?	☐	☐
14. Have you ever had a rash or hives develop during or after exercise?	☐	☐
15. Do you have any skin problems other than acne?	☐	☐
16. Have you ever had a head injury, been knocked out, lost your memory, had your "bell rung," or a concussion?	☐	☐
17. Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐
18. Have you ever had a stinger, burner, or pinched nerve?	☐	☐
19. Have you ever become ill from exercising in the heat?	☐	☐
20. Have you had mononucleosis or any significant illness in the last 60 days?	☐	☐
21. Do you have trouble with your eyes/vision/ wear glasses?	☐	☐
22. Do you have trouble with your hearing/wear hearing aid(s)?	☐	☐
23. Do you want to weigh more or less than you do now?	☐	☐
24. Do you lose weight regularly to meet weight requirements for your sport or other reason?	☐	☐
25. Do you feel stressed out, tired, or depressed?	☐	☐
26. Are there any other issues you would like to discuss with the doctor?	☐	☐
27. Are your immunizations up to date?	☐	☐
FEMALES ONLY		
28. Are your periods regular (every month)?	☐	☐
29. Are your periods heavy?	☐	☐

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

_____

_____

Cardiac History:

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

Explain "YES" answers here: _____

_____

_____

_____

Orthopedic History:

	YES	NO
1. Have you ever broken or fractured any bones?	☐	☐
2. Have you ever subluxed or dislocated any joint?	☐	☐
3. Have you had any other problems related to your:		
• neck, spine, or back?	☐	☐
• shoulders?	☐	☐
• elbows?	☐	☐
• wrists, hands, or fingers?	☐	☐
• hips?	☐	☐
• knees?	☐	☐
• ankles, feet, or toes?	☐	☐
• other?	☐	☐

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 _____

Name_____ ID#_____

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: _____

_____

_____

Developed from the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

RIVER VALLEY
FALCONS
SUMMER PRACTICE
RVHS
FOOTBALL
WHEN: Monday - Friday / 4pm - 6pm
Beginning June 5th - June 30th
WHERE: RVHS Stadium & Weight Room
WHAT TO BRING: Wear shorts &
T-shirt, athletic shoes, cleats, and bring
water!
Must be cleared in Athletic Clearance to Participate

RIVER VALLEY **BASEBALL** SUMMER PROGRAM

We are the Valley Baseball Club

COST: is $250 this covers insurance, field use, supplies, and tournament fees.

Practices will be 2-3 times per week usually in the late afternoon hours. Practices last 2 to 2½ hours, with one hour being in the weight room.

Games are included during this time and are on Wednesdays (single game) and Saturdays (Double headers) depending on the number of teams.

We will also be conducting fundraisers during the summer. Our main fundraiser is a Fireworks booth that will be located in the Lowe's parking lot from June 28-July 4. We have several other fundraisers planned for next season as well.

FALL PROGRAM:

When school starts for athletes not playing other sports we continue with our workouts/practice and weight room program. This is our fall program and it includes games with the same type of practice schedule.

When/if the rains come we will take time off from fieldwork and continue with the weight room. Weight room is a big component in our summer, fall and spring programs.

REGULAR SEASON:

Practice resumes for our regular season Monday, January, 29 with games starting in late February running until the first week in May. We play a 10 game preseason/tournament and 18 game Capital Valley Conference schedule. The Capital Valley Conference is one of the best baseball conferences in Northern California.

We are looking to build our program back to where it was and where it belongs, the **TOP**. We hope you will become part of our Falcon Baseball Family.

If you have, any questions please feel free to contact me at any time by phone or email

COACHES:

Contact RV JV coach Kyler Caldwell at 530-575-1079 for further information

Rob McMains, Head Coach: Cell 530-870-1806, rmcmains@ycusd.org or mcmainsrob@gmail.com

Cris Lamas, Paul Ruggirello, Anthony Brunson, Kyler Caldwell

Starting JUNE 7th

Must have physical and be cleared

JUNE 7TH - JULY 7TH
MAIN GYM WEDNESDAY-FRIDAY 5-9PM

Main gym, learning technique, skills, drills, and volleyball IQ.
Incoming frosh and returning players from frosh/soph team 5-7pm
Returning JV and Varsity players 6:30-9pm

SUMMER MORNING CONDITIONING

Morning Conditioning @ the track: July 10th - July 28th Tuesday-Thursday 7-8:30 AM

MANDATORY PRE-TRYOUT CAMP

Learn the RV program in an intensive 1 week camp. Prep for tryouts.
July 31st - August 3rd
Incoming frosh and returning players from frosh/soph team 3-5pm
Returning JV and Varsity players 5-7pm

TRYOUTS

August 3rd - Time varies depending on pre-tryout evaluations from camp. You may only come to the tryout you are invited to attend
** You may be asked to stay for the next session**
FROSH/SOPH INVITE 3-5PM
JV INVITE 5-7PM
VARSITY INVITE 7-9PM

PARENT & PLAYER MEETING

TBD

RIVER VALLEY VOLLEYBALL SUMMER PROGRAM

VARSITY COACH

KELLIE TONGSON (530)701-9863

RIVER VALLEY BOYS

VOLLEYBALL

OFF SEASON

Thursdays starting May 18th, Grass Practice

5pm-8pm

Talk to coach Lopez about Grass League membership and cost.
530-315-2956

SUMMER REC LEAGUE WITH CITY OF YUBA CITY AT ELITE SPORTS

Starts Date : May 16th, Sign up at www.yubaelitesports.com

FOLLOW US ON INSTAGRAM FOR ALL THE UPDATES WITH RV BOYS VOLLEYBALL

@rvhs_boysvolleyball

RVHS GIRLS BASKETBALL

OFF SEASON TRAINING

OPEN TO INCOMING RVHS STUDENTS STARTING JUNE 5TH

DATES:

MONDAYS &
SATURDAYS

TIMES:

MON: 7 PM - 9 PM
SAT: 10 AM - 12PM

LOCATION:

MONDAYS:
AUX GYM

SATURDAYS:
FOOTBALL FIELD/WEIGHT ROOM

TRAINING:

BALL HANDLING
AGILITY TRAINING
SHOOTING
EXPLOSIVENESS
FILM ANALYSIS
CONDITIONING
AND MORE

QUESTIONS? CONTACT COACH BHAVNA MAHI AT (530) 845 - 2853.

JOIN OUR GROUP CHAT FOR UPDATES! SCAN THE QR CODE!

RIVER VALLEY HIGH SCHOOL ATHLETICS
Athletic Director, Phil McCaulley 530-822-2593
801 El Margarita Road
Yuba City, CA 95993

Brian Lowe, Head Boys Basketball Coach
Off Campus work/cell 530-870-7525
buggetter@aol.com

Welcome to River Valley high school. By now you likely experienced the game at middle school level, and we would like to invite you to work with us this summer to help transition yourself to the high school game. There is a big step up in how the game is played from middle school to high school ranks, even for those who have played AAU or club ball.

This summer we will be doing basketball training/conditioning as time allows us to be in the gym, currently we will be in the gym on Tuesday/Wednesday/Thursday 3:30 to 6:00 in June these times could be adjusted based on all our coach's availability as we all have additional jobs, we do to support our families.

Attending these functions gives you the opportunity to further your basketball skill set and get you more familiar with the demands of a high school basketball program and yes this includes being in the weight room as well.

The actual tryouts for the high school teams are not until October 30, 2023

I cannot stress this enough that attending these functions does not mean you have made the team at River Valley high school; it just gives you an opportunity to further your skill set.

Our basketball program focuses on fundamentals and our coaches teach players the right way to approach the game both mentally and physically so that you can become the best basketball player you can be as well as the best teammate you can be.

We look forward to seeing you in the gym and weight room this summer.

Sincerely,

Brian lowe

Head Varsity Boys' Basketball Coach

Go Falcons!

Assistant Varsity Coach: Julien Gemelli 530-844-0127
JV Coach: Cris lamas 530-329-1450 / Assistant JV Coach: Paul Ruggirello 530-813-3289
Freshman Coach: Alex Gomes 916-730-1950

BOYS SOCCER

FRESHMAN FALCONS

Training begins
Monday, June 5
6:30pm!

Questions?
Call or Text
Coach Kevin
510 671-4734

R V High School Soccer

FALCONS

"The *flight* to a CHAMPIONSHIP!!!"

To ALL 2023-2024 RVHS Boys Soccer Players

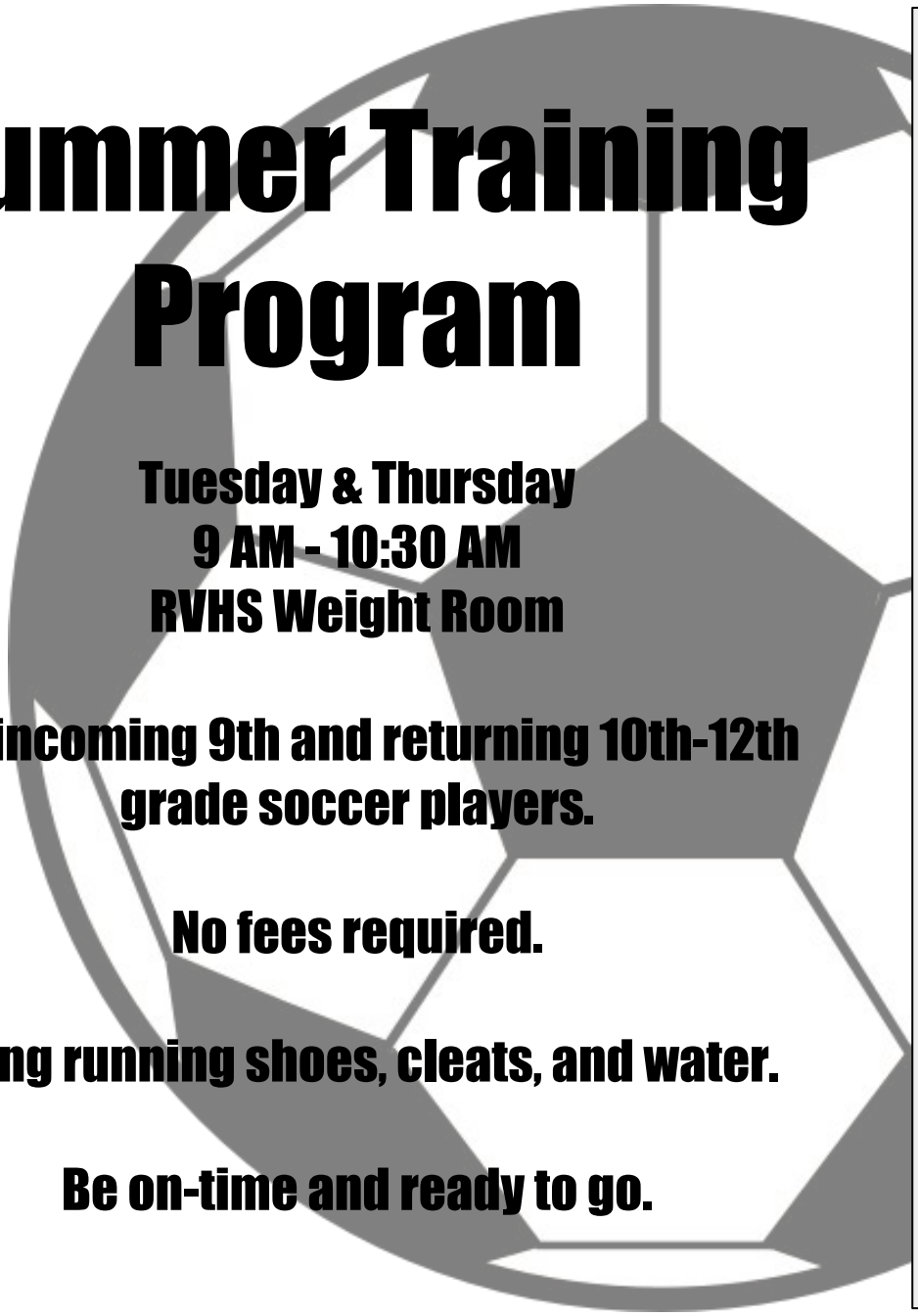
- 05/25/2023 **Physicals** at **6:00pm- RVHS- $20.00**
- 06/13/2023 Summer Training: JV and Varsity (**T/Th- 6:30pm-8:00pm**)
- TBA Frosh Information Night **(All Sports)**
- 08/08/2023: Soccer Training (**T-W-Th- 6:30pm-8:00pm**)
- 10/05/2023: Last Day of Soccer Training
- 10/09/2023: Dead Period (Conditioning) (**M-Th- 6:00pm-8:00pm**)
- 10/30/2023: 1st Day of Tryouts (**Mon: 6:00pm-8:00pm**)
- **11/13/2023: Parent Information Meeting: 6:00pm- Stadium**
- 11/13/2023: 1st Day of Practice (**Mon: 6:00pm-8:00pm**)
- TBA: Scrimmage Game
- TBA: Preseason Game
- 12/12/23: Preseason: Live Oak HS
- 12/19/2023: 1st **CVC League Game**

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

If you have questions, please let me know:

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

RVHS Girl's Soccer



Summer Training Program

Tuesday & Thursday
9 AM - 10:30 AM
RVHS Weight Room

For incoming 9th and returning 10th-12th grade soccer players.

No fees required.

Bring running shoes, cleats, and water.

Be on-time and ready to go.

CHAMPIONS are made in the OFFSEASON.

June	13th	15th
	20th	22nd
	27th	29th
July	5th*	6th
	11th	13th
	18th	20th
	25th	27th
August	1st	3rd
	8th	

Dead Period:
October 8th

First Day of Practice:
October 30th

First League Competition:
December 19th

For more information contact Lindsay Mazur:
cell (262)903-3933 or email: lmazur@ycusd.org

River Valley Wrestling 2023-2024

Open mat room off-season practices will be held all Spring and into mid-Summer. Open to all incoming freshman. Highly encouraged to attend.

Tuesday & Thursday 5:45pm - 7:00pm RVHS Mat Room

Wear full length gym pants, t-shirt, and bring both running and wrestling shoes if you have them.

Bring a water bottle.

Wrestling is a Winter Sport. The official season starts in late October at the same time as the basketball seasons. Get off-season training in now to get prepare.

2022-2023 CVC Champions!!

Coach Ramos - coach_ramos@hotmail.com or 530-237-6827

RIVER VALLEY CROSS COUNTRY – 2023 SEASON

What is Cross Country? – Distance running on a variety of terrains (dirt, gravel, pavement, etc.) The sport helps you get fit, stay healthy, and a perfect way to form lasting friendships in a fun success-oriented community. It is a great boost to your college applications when looking to standout. Athletes involved in other sports throughout the school are sure to finish our season well-conditioned and ready to stand out during tryout for other sports.

How do I sign-up? MEET AT RIVER VALLEY HIGH SCHOOL, Thursday, 05/25, @ 5:00 PM at the School Library. RVHS CROSS COUNTRY – THIS IS A MANDATORY MEETING FOR ALL CURRENT & FUTURE MEMBERS (INCLUDING INCOMING 8TH GRADERS) followed by **Physicals** at 6:00 at RVHS for only **$20**! Physicals are required to do athletics.

Please print out form at attached website and bring day of meeting:
https://rvhs.ycusd.org/documents/Athletics/Forms/RVHS-ATHLETIC-CLEARANCE.pdf

What will the meeting discuss?

- Team slideshow and information
- Athlete summer training log
- 2023 Cross County Racing Schedule (Tentative)
- Expectation and standards **(include Repeating League Championship and potentially qualify for State**)
- Team Summer Practices and times
- Accommodating family Summer Vacation Schedules
- Meet and greet with coaches, athletes, and parents

Who do I contact for more information?

HEAD COACH - Swarnjit Boyal – boyalswarnjit@yahoo.com **– 530-329-1046 (2x Olympic Trials Qualifier – RVHS School Record Holder – Cal Poly Cross Country + Track & Field Alumni)**
ASSISTANT COACH - Sahil Pandit – sahilpandit530@gmail.com **(3x Conference Champion at RVHS)**

Eligibility Requirements:

1.) Must have 2.0 GPA and no more than 1 F.
2.) Must complete physical. **GOOD NEWS**, RVHS will be providing them at 6 PM FOR $20, same day at 6PM.

We guarantee it will be a great experience and look forward to seeing everyone **Thursday, May 25th @ 5:00 PM @ the River Valley High School Library. GO FALCONS!!!**

River Valley

Girls and Boys Tennis

Who: 8th-12th graders

Dates: June 6th - July 6th

Day: Tuesday - Thursday

Times: 7:00 – 8:30 p.m.

Where: River Valley High School Tennis Courts

Cost: 2 Cans of tennis balls (no money accepted)

(First official girls practice July 31st) For more information please contact Coach Ramirez at (530) 635-0627

SWIMMING TRAINING

COACH NIKKI MAMOULELIS

Tuesday & Thursday

10:30am - 11:30am

FOR INFORMATION :

707-280-9771

e.n.mamoulelis@hotmail.com