

Hello RVHS Student-Athletes,

This is a reminder that many sports programs will begin summer training the week of June 10. In order to participate in these summer opportunities, you must have your athletic clearance submitted and cleared through Home Campus <https://www.homecampus.com/login>

Attached you will find sport specific flyers with information regarding summer opportunities.

If you have any sport specific questions, please check out our coach's directory <https://www.rvathletics.org/directory>

RVHS Athletics will be on hiatus From July 1 through July 14.

Go Falcons!

Phil McCaulley

Athletic Director

I am a committed, selfless leader that is

determined to facilitate an honest, respectful,

competitive culture within our school community.



pmccaulley@ycusd.org | 530-822-2593

801 El Margarita Road

Yuba City, CA 95993

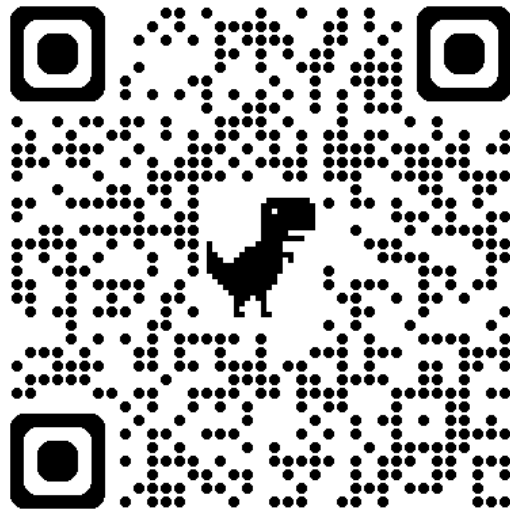
rvhs.ycusd.org/athletics



RVHS List of COACHES



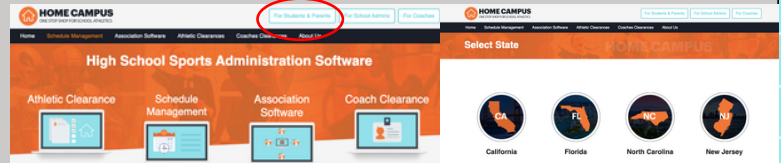
**Use the QR Code
to see our coaches and
their contact information**



<https://www.rvathletics.org/directory>

ONLINE ATHLETIC CLEARANCE

1 VISIT [HOMECAMPUS.COM](https://homecampus.com)
CLICK FOR PARENTS & STUDENTS
SELECT STATE



Return Users

Log into existing account used in previous School Year.

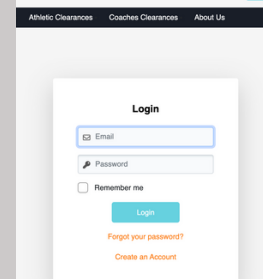
New Users

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

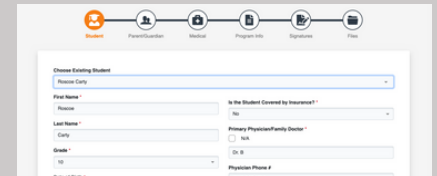
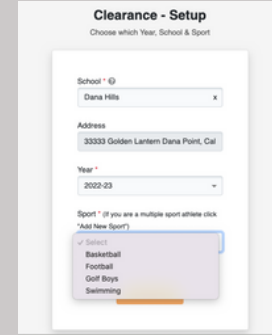
Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

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.



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 HOMECAMPUS
SUPPORT@HOMECAMPUS.COM
[ATHLETIC CLEARANCE HELP ARTICLES](#)

QUESTIONS?

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



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? | <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 _____

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: _____

River Valley Football Practice Schedule 2024-2025 Season

Summer Schedule

Dates: June 10th until July 1st (Monday through Friday)

Weight room starts @ 3pm followed by "Football School"
Practice will be over at 6pm.

Dead Period: July 1st until the 14th

We are not allowed to contact the players or have them on campus during this time. It is a violation.

Fall Football

Dates: July 15 until the start of school.

Weight room @ 3pm followed by football school.
Practice ends @ 6:15 for the remainder of the season.

When School Starts

Players that are not in my first period football class will be required to lift @ 7:30am before school.

Players that are able to join my first period football class will lift in class @ 8:30am

Coach Gomes contact info.

916-730-1950

agomes-coelho@ycusd.org

SportsYou has constant updates and reminders.



RIVER VALLEY CROSS COUNTRY – 2024 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 stand out. 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? Email Coach Boyal at boyalswarnjit@yahoo.com or text me at 530-329-1046. In a later day, we will have a MEETING AT RIVER VALLEY HIGH SCHOOL @ the end of MAY.

Please print out form at attached website and bring day of meeting in order to be eligible for Summer training:
<https://rvhs.ycusd.org/documents/Athletics/Forms/RVHS-ATHLETIC-CLEARANCE.pdf>

What will the future meeting discuss?

- Team slideshow and information
- Athlete summer training log
- 2024 Cross County Racing Schedule (Tentative)
- Expectation and standards (**include Repeating as 3x League Championship and qualify for State again**)
- 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)
We will also have summer conditioning (this includes all track and field athletes)

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 in the near future at RVHS!



Starting JUNE 11th

Must have physical and be cleared

PART 1 SUMMER TRAINING JUNE 11TH - JUNE 27TH

Aux gym - Mon/Tues/Thurs

Learning technique, skills, drills, and game play.

New and Returning players 3-5pm

Returning Varsity players 4:30-6:30pm

MORNING CONDITIONING JULY 15TH - JULY 18TH

Morning Conditioning @ the track

Monday-Thursday 7-8:30 AM

PART 2 SUMMER TRAINING JULY 22ND-AUG 3RD

Main Gym or Aux Gym depending on floor treatment - Mon-Thurs

Learning technique, skills, drills, and game play.

New and Returning players 3-4:30pm

Returning Varsity players 4:30-6pm

TRYOUTS AUGUST 5TH-7TH

Time varies depending on pre-tryout evaluations from summer programs. You may only come to the tryout you are invited to attend

** You may be asked to stay for the next session**

JV 3:30-5:30

Varsity 5-7

INCOMING FRESHMAN TRYOUTS AUGUST 14TH & 15TH

All incoming freshman official tryouts will be August 14th & 15th.

***Pre-season training will continue from July 22nd-August 13th for freshman only.



**RIVER
VALLEY
VOLLEYBALL
SUMMER
PROGRAM**

**VARSIITY
COACH**

**KELLIE
TONGSON
(530)701-9863**

**Follow this website
for athletic
clearance! Must be
cleared to
participate!!!**

**[https://rvhs.ycusd.org/d
ocuments/Athletics/RV
HS-Athletic-Clearance-
2_0-update.pdf](https://rvhs.ycusd.org/documents/Athletics/RVHS-Athletic-Clearance-2_0-update.pdf)**

River Valley

Girls and Boys Tennis



Who: 7th-12th graders

Dates: June 11th – June 27th

July 22nd- Aug. 2nd

Day: Tuesday & 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 Aug. 5th) For more information
please contact Coach Ramirez at
gramirez@ycusd.org or 530-822-2500 ext. 27836**

RIVER VALLEY HIGH SCHOOL



BOYS & GIRLS WRESTLING

JOIN US AT PRATICE NOW TO SEE WHAT
WRESTLING IS ALL ABOUT, AND TO GET
AN EARLY START TO YOUR HIGH
SCHOOL TRAINING.

TUESDAYS & THURSDAYS
5:15PM - 7:15PM
IN THE RVHS MAT ROOM

ALL STUDENTS WANTING TO WRESTLE FOR RVHS NEED TO EMAIL
HEAD COACH RAMOS, SEND YOUR FULL NAME, PARENTS
NAME(S), CELL PHONE NUMBERS, AND EMAIL ADDRESSES TO:
COACH_RAMOS@HOTMAIL.COM

ALL OFF-SEASON PRACTICES ARE RAN THROUGH OUR CLUB,
RVWRESTLINGALLIANCE. FIND US ON FB!

2023 CVC CHAMPIONS
2016 TCC CHAMPIONS
2017 INDIVIDUAL
STATE CHAMPION
2018 STATE
MEDALIST
2008 STATE
MEDALIST
2008, 2015, 2022,
2024 LEAGUE
RUNNER-UPS

JOIN
PRACTICES

June 11

FALCON
PRIDE
BTH



**ATTENDING
RIVER VALLEY
HIGH SCHOOL
NEXT YEAR?**



**JOIN THE RIVER VALLEY FIELD HOCKEY
TEAM**

WHAT YOU NEED:

- Sports Physical
- Mouth Guard
- Cleats



Summer Conditioning:
Starts July 17
8 am - 10 am

Tryouts:
NONE

**** Come out & JOIN
THE TEAM!!****

Want More Info?
Contact Coach Provost
gprovost@ycusd.org

Every Weekday Until August 2nd

RVHS FROSH FALCONS

SOCCER

S U M M E R T R A I N I N G



2024

6-8pm, Mon/Wed. Starts June 10
Contact Coach Moore- 530 415-9307

RVHS Girl's Soccer

**CHAMPIONS are made in
the OFFSEASON.**

If you are interested in playing for the 24-25 season, please contact one of our coaching staff and follow us on instagram for updates!

**Head Coach: Meigan Soo
(559)824-3255**

**Assistant Coach: Lindsay Mazur
(262)903-3933**

**Assistant Coach: Pete Afato
(530)415-8625**

See you this Fall!



@rv_girls_soccer

Important Dates:

Dead Period:
July 1st - July 15th

Pre-Season Training:
August 14th -
November 3rd

Tryouts:
November 4th -
November 8th

First Team Practices:
November 9th

**First League
Competition:**
December 18th



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. Please get a physical and have it on file with RVHS/HomeCampus

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/Thursday 3:30 to 6:00 in June at Tierra Buena school as RVHS gym is being worked on, 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 November 4, 2024

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!

JV Coach: Dalton Broussard 530-315-6983 / Assistant varsity Coach: Paul Ruggirello 530-813-3289
Freshman Coach: Alex Gomes 916-730-1950

River Valley Girl's Basketball

Current Workouts: For High School Only

Tuesdays and Thursdays Weight room

Wednesdays-2:45-4:00

4/29, 5/6, 5/13, 5/20, 5/28 6:00-7:30pm

Summer workouts: Current High School players (including incoming freshmen)

June 11-28 Tuesday's and Thursday's 6-7:30 pm @ Tierra Buena Middle School

July 1-14 Mandatory CIF Dead period: No contact

July 16-Aug 8th @ Tierra Buena and TBA-Times TBA

Summer Tournaments: Will be on the following Saturday's/Hardwood Palace/Cost \$20 per tournament. Need to sign up for each individual tournament

6/15, 6/29, 7/20, 7/27, 8/10

AAU Membership: YC Xpress Team ID: W3CC69 (girl's basketball)

AAU website: play.aausports.org

School starts: August 14

4th period basketball class (10th-12th graders)

Weight room every Tuesday and Thursday 3:45-4:45

Basketball workouts Monday's and Wednesday's times TBA (9th graders and all other's not in basketball B)

Pre-season tournaments: Will be on the following Saturday's/Hardwood Palace/Cost \$20 per tournament. Need to sign up for each individual tournament.

8/24, 9/14, 9/28, 10/5



River Valley Softball

***Summer rep
opportunities
starting
June 10th.***

***Connect with
us on social
media for
upcoming
dates and
times***



Dead Period July 1-14th

***OPEN TO ALL
INCOMING
AND CURRENT
RVHS
STUDENTS***



***@sutterbuttesathletics - Taylor Pack
@CoachMFelkins - Morgan Felkins***



RIVER VALLEY BASEBALL

We are the Valley Baseball Club

FALL PROGRAM:

When school starts for athletes not playing other sports, we will start our workouts/practice and weight room program. This is our fall program and it includes games with at least 3 days of on field practice. 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 in late January with games starting in early February running until the first week in May. 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:

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

Cris Lamas, Paul Ruggirello, Anthony Brunson, Brandon Kesterson

MADDEN TRYOUTS

ESPORTS WITH **PRO**
PLAYER COACH P



SCAN FOR TRYOUTS



ROOM 408, LUNCH OR AFTER SCHOOL TUE-THUR
EMAIL GHENDERSON@YCUSD.ORG

SWIMMING TRAINING

COACH NIKKI MAMOULELIS

FOR INFORMATION :

707-280-9771

e.n.mamoulelis@hotmail.com





R.V.H.S. MENS LACROSSE

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adapted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

The sport of lacrosse is a combination of basketball, soccer, and hockey. Anyone can play lacrosse -- the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse.

An exhilarating sport, lacrosse is fast-paced and full of action. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch, and scoop the ball.

Open to all RVHS students in grades 9th – 12th.

GPA > 2.0 and good attendance required.

Scan the QR code below to fill out our player questionnaire.



Scan the QR code for more info on the game of lacrosse.

