



YCUSD Class of 2026 Athletics Survey



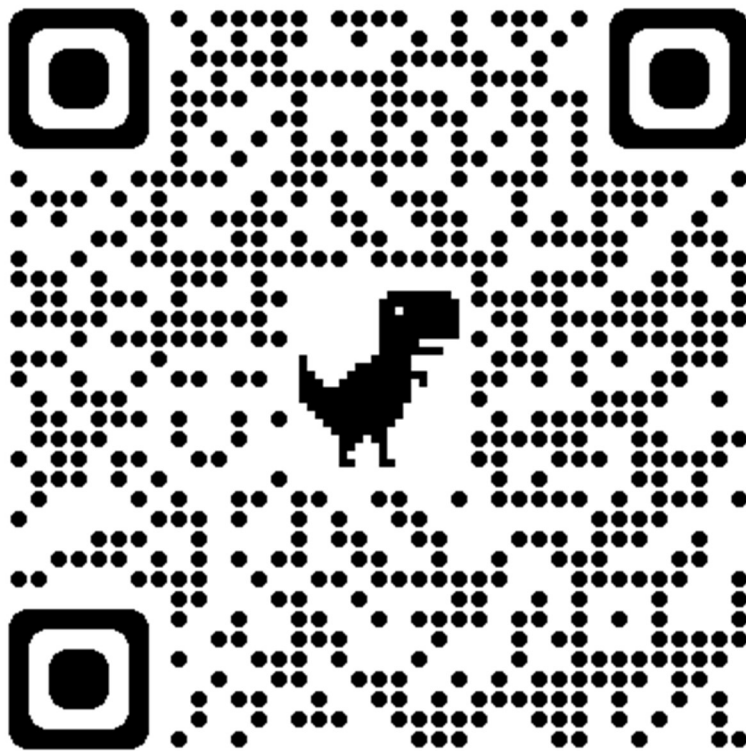
**Use the QR Code to fill-out a
Google Form**



<https://docs.google.com/forms/d/e/1FAIpQLSefUhojwB0PGs2SN1ZgN65TbYJpb6rsTYKzjrPLY313uKm0ZQ/viewform>

Want to Know More About RVHS Athletics?

Visit Our RVHS Athletics Website



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



Summer 2021
**RIVER
VALLEY
VOLLEYBALL
SUMMER
PROGRAMS**

STRENGTH AND CONDITIONING

JUNE AND JULY - MON/WED/FRI 6-7:30PM

Prep for the season with a certified personal trainer. Working in the weight room on strength, speed & agility, and vertical training.

SKILLS AND DRILLS

JUNE - MONDAYS & TUESDAYS 6-9PM

Main gym, learning technique, skills, drills, and volleyball IQ.

VARSITY ROUND ROBINS

JUNE - THURSDAYS 6-9

Juniors and Seniors play local schools in a round robin format-gaining team bonding and FUN competition.

SUMMER BREAK - JULY 1-10

DEAD PERIOD

Dead period conditioning - July 11-31 Tuesdays and Thursdays 10-12

CAMP

Mandatory pre-tryout camp. Learn the RV program in an intensive 1 week camp. Prep for tryouts. August 1st-5th. 9am-12pm

TRYOUTS

August 8th-11th 3:30-7:30pm - you'll be invited to different sessions based on the mandatory camp.

PARENT & PLAYER MEETING

August 12th 5-6pm mandatory parent and player meeting

COACHES

KELLIE

TONGSON

(530)701-

9863

CONNAR

LOPEZ

ASIA

FREEMAN

DAPHNE

POMEROY



RIVER VALLEY BASEBALL SUMMER PROGRAM

We are the Valley Baseball Club

COST: is \$150 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.

REGULARY SEASON:

Practice resumes for our regular season in late January 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:

Rob McMains, Head Coach: Cell 530-870-1806, [_rmcmains@ycusd.org](mailto:rmcmains@ycusd.org) or mcmainsrob@gmail.com

Cris Lamas, Paul Ruggirello, Anthony Brunson



BOYS & GIRLS WRESTLING

Are you a wrestler?! Have you ever thought about becoming a wrestler?! Don't wait until October to start practicing with RVHS Wrestling, get some time in the mat room NOW!

Tuesday & Thursday, June 7th – June 23rd, 5:00pm – 8:00pm, RVHS mat room.

Additional practices to be added later. Contact Coach Ramos for details.

- No fees required.
- Wear sweatpants and a t-shirt.
- Bring running shoes, wrestling shoes, and water.
- Be on-time and ready to work.



**INCOMING
9TH – 12TH
GRADE
WRESTLERS.
OPEN
PRACTICES &
STRENGTH
TRAINING.**

**TUESDAY &
THURSDAY 5:00PM
– 8:00PM**

**RIVER VALLEY HIGH
SCHOOL MAT ROOM**

For more information contact Coach Ramos:
(530)237-6827

River Valley Girls and Boys Tennis



Who: 7th-12th graders

Dates: June 7 - July 11

Day: Tuesday - Thursday

Times: 7:00 – 8:30 p.m.

Where: River Valley High School Tennis Courts

Cost: Can of tennis balls (no money accepted)

**(First practice Aug. 1st) For more information
please contact Coach Ramirez at (530) 635-0627.**



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

“Winning games produces successful athletes. Learning how to win through dedication, perseverance, and teamwork produces successful people. Your support of our student athletes is priceless!”

Brian Lowe, Head Coach, River Valley Boys Basketball

Welcome to River Valley high school! By now you likely experienced the game at a 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. We hope to be in the gym at least two days a week but these times will be based on all our coach's availability as we all have additional jobs, we do to support our own 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 31, 2022

I cannot stress this enough 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 they can become the best basketball player they can be as well as the best teammate they can be.

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

Sincerely,

Brian Lowe

Head Varsity Boy's Basketball Coach
GO FALCONS!

RV High School Soccer

FALCONS

“The *flight* to a CHAMPIONSHIP!!!”

To ALL 2022-2023 RVHS Boys Soccer Players

- TBA Physicals- Aux Gym (RVHS only) \$20.00
- 06/07/2022 Summer Training (T/Th- 7:00pm-8:30pm)
- TBA Frosh Information Night (All Sports)
6:00pm in the Main GYM
- 09/06/2022: 1st Day of Soccer Training (T/Th- 6:00pm-8:00pm)
- 10/07/2022: Last Day of Soccer Training
- 10/10/2022: Dead Period (Conditioning) (M-Th- 6:00pm-8:00pm)
- TBA: Parent Information Meeting: 6:00pm- Stadium
- 10/31/2022: 1st Day of Tryouts (Mon: 6:00pm-8:00pm)
- 11/07/2022: 1st Day of Practice (Mon: 6:00pm-8:00pm)
- TBA: Scrimmage Game
- TBA: Preseason Games
- 12/06/2022: CVC League Starts

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

If you have questions, please let us know:

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

Coach Sean
(530) 701-3170
snelson@co.Sutter.ca.us or snelson19@gmail.com

Coach Dupree
(916) 237-6189
d.calbear@gmail.com

Coach Gabe Coomes 530-379-3401
cthinkblue5@aol.com

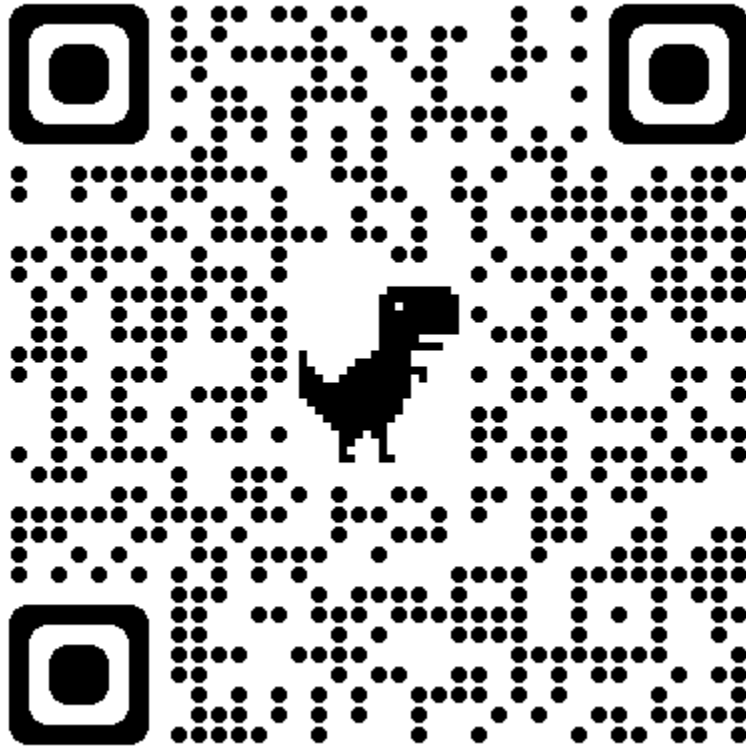


RVHS FALCONS SUMMER SOCCER SCHEDULE

The Lady Falcon Soccer program will start having training June 6th thru July 27th on Monday and Wednesday evenings from 4-5:30. We will meet in the front of the Stadium. We will also have training starting August 23rd thru October 5th and then starting again on October 17th thru the 26th. The first day of tryouts will be on October 31st. I look forward to seeing everyone out at training!!!



RVHS Summer Football Calendar Can be Found Here



<https://rvhs.ycusd.org/documents/Athletics/RVHS-Football-2022-Summer-Calendar.pdf>

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
1	spring practice starts Varsity 4-5:30 JV 3-4 Weights 4-5:30 practice	2	spring practice Varsity 4-5:30	3	spring practice Varsity 4-5:30	4	spring practice Varsity 4-5:30	5	spring practice Varsity 4-5:30	6	7
8	spring practice Varsity 4-5:30 JV 3-4 Weights 4-5:30 practice	9	spring practice Varsity 4-5:30	10	spring practice Varsity 4-5:30	11	spring practice Varsity 4-5:30	12	spring practice Varsity 4-5:30	13	14
15	spring practice Varsity 4-5:30 JV 3-4 Weights 4-5:30 practice	16	spring practice Varsity 4-5:30	17	spring practice Varsity 4-5:30	18	spring practice Varsity 4-5:30	19	spring practice Varsity 4-5:30	20	21
22	spring practice Varsity 4-5:30 JV 3-4 Weights 4-5:30 practice	23	spring practice Varsity 4-5:30	24	spring practice Varsity 4-5:30	25	spring practice Varsity 4-5:30	26	spring practice Ends Varsity 4-5:30	27	28
29	30	31									

June 2022

***Thursday nights during summer football may be subject to change we my participate in 7on7 either vs another team or Harrison Stadium in Oroville.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Summer Football Begins Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	7 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	8 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	9 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	10	11
12	13 Start Fundraiser Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	14 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	15 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	16 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	17	18
19	20 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	21 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	22 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	23 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	24	25
26	27 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	28 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	29 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	30 Summer Football Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights		

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Summer Football Ends Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	2
3	4 Dead Period Begins Weights & Conditioning only Varsity & Jv 3:30-5:30	5 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	6 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	7 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	8	9
10	11 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	12 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	13 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	14 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	15	16
17	18 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	19 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	20 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	21 Dead Period Weights & Conditioning Varsity & Jv 3:30-5:30	22	23
24	25 First Day of Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	26 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	27 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	28 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	29 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	30
31						

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	2 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	3 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	4 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	5 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	6
7	8 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	9 Fall Practice Varsity 3-4 Weights 4-6:30 Field Jv 3-5:30 Field 5:30-6:30 Weights	School Begins 10 Practice after School Varsity & Jv 4-6:30	11 Practice after School Varsity & Jv 4-6:30	12 Practice after School Varsity & Jv 4-6:30	13 Scrimmage vs Marysville V 9am Jv 11am
14	15 Practice after School Varsity & Jv 4-6:30	16 Practice after School Varsity & Jv 4-6:30	17 Practice after School Varsity & Jv 4-6:30	18 Practice after School Varsity & Jv 4-6:30	19 First Game Home Sheldon	20
21	22	23	24	25	26	27
28	29	30	31			