

# Fall Parent Night Meeting Class of 2026

# August 2, 6 PM

## **Introduce Panther Team**

#### **ADMINISTRATION**

Mrs. Herrera Mr. Dickinson Dr. Collier Mr. Ilac Mrs. Goldin

Principal Guidance & Counseling Special Programs & Technology Student Affairs (Discipline & Truancy) Dean of Students (Intervention & Support)

#### **Grade Level Counseling Team**

Heydi Elenes Rocio Trujillo Israel Hernandez Patricia Lopez Barriga 9<sup>th</sup> grade counselor (A-L) 9<sup>th</sup> grade counselor (M-Z) Intervention Counselor (A-L) Intervention Counselor (M-Z)

# Mrs. Herrera

# Principal

### (805) 922-1305 Ext. 5701

### WELCOME TO PIONEER VALLEY HS

#### Important Upcoming Dates:

- August 3 School Pictures & ID's
  - (A-L 8-10:00 am and M-Z 10-12 pm)
- August 5 Link Crew Orientation (8 1 pm)
  - (Class Schedules and Laptops Distributed 1-3 pm)
- August 11 First Day of School
- August 15 First Early Out Day
- August 25 Back to School Night
- August 26 Minimum Day
- Sept. 5 NO SCHOOL (Labor Day)
- Sept. 16 End of 1<sup>st</sup> Progress (Minimum Day)
- Oct. 28 End of 2<sup>nd</sup> Progress (Minimum Day)
- Nov 11 NO SCHOOL (Veteran's Day)
- Nov. 21-25 NO SCHOOL (Thanksgiving Break)
- Dec. 14-16- Finals Week
- Dec. 19-Jan. 11 NO SCHOOL (Winter Recess)
- January 12, 2022 Spring Semester Classes Begin

#### August, 2022 Welcome to 2022-2023 Principal's Message from Mrs. Herrera Helio Panthers, Aeries as our student information schedules, and learn to navigate school information from their phones. This system. Access, buttons and resource I hope you all had an amazing summer and information can be found on our website at positive event is for students only, so no are ready to come back to school! Although www.pvhspenthers.org. These programs parent attendance please. the Covid-19 pandemic began over two allows both parents and students to view PVHS students are expected to model the years ago, students and teachers are still classes, see grades on completed traits of a Penther as outlined on PRIDE assignments, and list missing experiencing the long-term effects of assignments. We encourage all parents to posters displayed throughout the distance learning and there is a need to get campus. Our Panthers are expected to explore the features and resources on our students to grade level in all sub-jects. PVHS would like all parents to do the right thing all the time and we are looking forward to a great year. website so you can monitor the progress of partner with us as we begin this year with a your student. ocus to engage every student and have a Our talented staff has high expectations for Visit www.pvhspenthers.org often to see safe and healthy school year. updated calendar information and tons of all students and our counselors will be Masks- As of today, masks are not required for the SMJUHSD. We will keep you educate families about state and feder resources about activities, athletics, and parent educational opportunities. I look educate families about state and federal informed if this changes. forward to working with you to make your student's high school experience rich and expectations, career pathways, and the A-G college ready requirements. Students who Tablets - PVHS distributes a tablet and rewarding. are not meeting academic and behavioral charger to every student so they can expectations will be required to have a complete schoolwork. Students are remandatory parent conference and academic quired to bring their fully charged tablet to With Panther Pride plan. school every day. There are no exceptions, so don't let your student leave home without Link Crew orientation is Friday, August 5th Mrs. Herrere from 8:00-1:00 for ninth graders in our gym. This emezing mentorship program Canvas and Aeries- PVHS uses Cervas as connects freshmen with upperclassmen and our Learning Management System and students will do fun activities, access their School Pictures and Student Schedules Grade School Pictures (Cafeteria) Schedule Schedules SCHOOL BEGINS AUGUST 11 9th August 3 A-L 8-10 M-Z 10-12 August 5 1:00-3:00 pm 10th August 4 A-L 8-10 M-Z 10-12 Schedules can be viewed on Aeries 11th August 4 A-L 12-1:30 M-Z 1:30-3 beginning August 5th. If needed, hard copies can be picked up from 12th August 3 A-L 12-1:30 M-Z 1:30-3 their classes Inside this issue: For Freshmen Parents... Parent Education & Involvement Options Meet the PVHS administrators and school personnel. Transportation to School Points of Contact high school: Freshmen Parent Night Calendar Clubs & Athletics Tuesday, August 2, 2022 Policy Reminders 6:00 pm Parent Portal / Canvas Library for English Speakers Meal Program / Parent Square **Cafeteria for Spanish Speakers** Bell Schedules / Drama / New Staff

**Pioneer Valley High School** PANTHER NEWS

> Counselors will be available beginning August 1st. It is very important students attend on the first day to ensure they keep

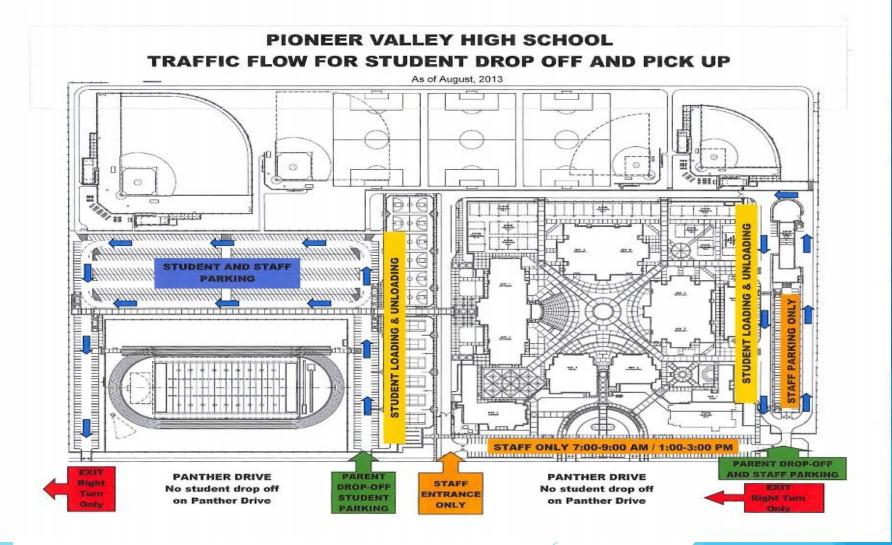
to have your questions answered as your child begins

### New District Bell Schedule

1<sup>st</sup> Period 2nd Nutrition 3rd 4<sup>th</sup> Lunch 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup>

8:30-9:20 9:30-10:20 10:20-10:35 10:35-11:25 11:35-12:25 12:25-1:05 1:05-1:55 2:05-2:55 3:05-3:55

#### Parking and Drop-off/Pick-up (City Signage off Panther Drive & Wellingham ("No Stopping 7am-4pm")



# Mrs. Goldin

# Dean of Students

(Academic Support and Intervention Services)

(805) 922-1305 Ext. 5118

### Attendance





#### Attendance affects your grades and your privileges!

- Automated calling system reports any missed periods
- Call or E-mail attendance office to clear absences w/in 2 Days
- Teachers are <u>not</u> required to allow make up missed work for "Cuts"

 Leaving campus during school hours <u>must</u> be done through the attendance office (Please bring a photo ID to check your student out).

# PVHS has a "NO-SHOW ... NO-GO" policy for extra-curricular activities

# TRUANCY

(3 days or 18 period un-excused absences)

#### HOW PVHS REDUCES TRUANCY RATES:

Guidance Tech's check daily absence lists and make random phone calls home to parents.

GT's meet with students and notify parents at level one of truancy

3 days or 18 period un-excused absences

PVHS follows the SARB process and works closely w/ the SB County District Attorney office:

- Administrative Meeting @ 36 period cuts
- SARB- District/County meeting @ 72 period cuts

### Ways PVHS reduces truancy and tardies

- Community Liaison will do home visits on truants.
- Tardy sweeps are done by security to minimize students late to class or cutting class.
- Parking lots are off limits for students during class, breaks, and lunch time.
- Attendance of Athletes is monitored by AD and AP for extra-curricular participation.

### CLASS OF 2026 Freshmen Counselors

Heydi Elenes (A - L) (805)922-1305 Ext. 5768

helenes@smjuhsd.org



Rocio Trujillo (M-Z) (805)922-1305

Ext. 5763

rtrujillo@smjuhsd.org



#### Academics

#### **REQUIREMENTS FOR :**

HS Graduation, Armed Forces, Community Colleges, Technical Schools

History	30 credits (3 yrs.)
English	40 credits (4 yrs.)
Math (Algebra 1)	20 credits (2 yrs.)
Science ( 1 Lab)	20 credits (2 yrs.)
Fine Arts/ Int. languages/ Career Tech Ed	10 credits (1 yr.)
Electives	75 credits
Health	5 credits
Physical Education	20 credits
High School Diploma	220 Credits

#### REQUIREMENTS FOR CALIFORNA PUBLIC UNIVERSITY "A – G" A-History (P) 2 yrs.

B- English (P)	4 yrs.
C- Math (P) (Alg. I, Geom., Alg. II)	3 yrs.
D-Lab Science (P)(Bio & Physical)	2 yrs.
E- Foreign Language (P)	2 yrs.
F-Fine Arts (P)	1 yr.
G-College Prep (P) Elective	1 yr.

#### "C" grade or better in all of the above

College admissions exams: SAT & ACT

#### \*\*Community Service/Extra Curricular\*\*

## **Sample Freshmen Schedule**

- Period 1 English 1
- Period 2 Math (Algebra or 2 year Algebra)
- Period 3 Science-Physics of the Universe or Ag Science
- Period 4 Physical Education
- Period 5 Health/AHC CE (College & Career Readiness)
- Period 6 Elective (Possibly International Language)
- \*Possible 7th class of English support, AVID, ASB or Band

AHC Concurrent Enrollment elective classes open to 9<sup>th</sup> graders

Earn college credit taking a CE class on the PVHS campus with our teachers as your instructor!

- PROD 301 (College & Career Readiness/Get Focused Stay Focused)
- AG Leadership
- AG Mechanics
- Apparel Construction

# Credit Milestones

In general- Students take 6 classes per semester or 12 classes per year.

Each class is 5 units (Total of 60 units per Year).

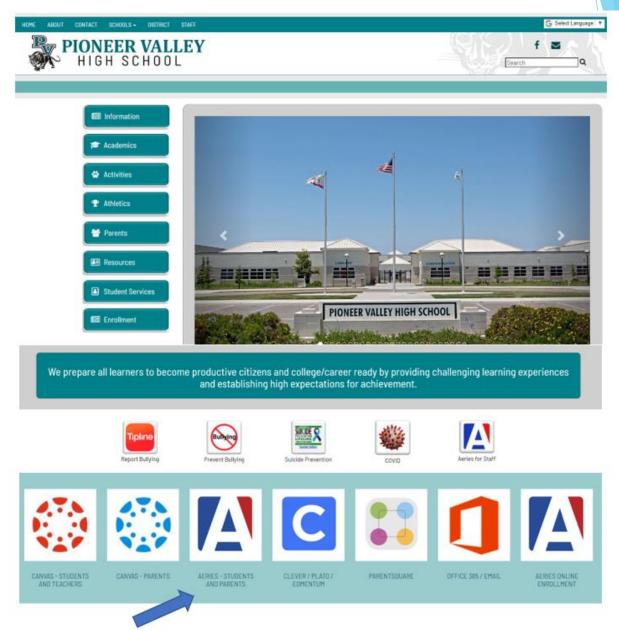
IF you FAIL a course, one of your electives the following year may be a Credit Recovery class during the school day to retake the failed class(es).

Credit Recovery classes are completed on-line with a teacher facilitating the learning.

If you become 30 or more units credit deficient, you may be recommended for the Alternative Ed school site - DELTA High School.

# How can you monitor your grades and attendance?

### **Aeries Parent & Student Portal**



### Logging into your Student Email and Canvas

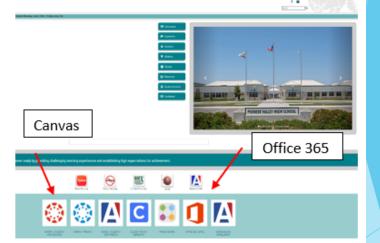
#### Logging Into Office 365/Email and Canvas

Visit the Pioneer Valley website: pvhspanthers.org. It is full of school information and resources.

#### Email:

- 1. Visit **pvhspanthers.org** and select the "Office 365/Email" icon.
- Enter your student email in the sign-in page, which consists of your student ID # followed by @students-smjuhsd.org.
- 3. Select "Work or School account"
- 4. Enter your network password
- Once you are in, you will have a menu of Office 365 programs to choose from. To check your email, select the "Outlook" icon





- 1. Visit pvhspanthers.org and select the "Canvas-Students and Teachers" icon.
- Enter your student email in the login page, which consists of your student ID # followed by @studentssmjuhsd.org.
- 3. Enter your network password
- 4. Once you are in, you can select "Courses" from the left-hand menu to view the courses you are enrolled in

#### Canvas:

## Checking Your School Schedule

#### **Checking Your School Schedule**

1. Visit pvhspanthers.org and select "Aeries- Students and Parents".



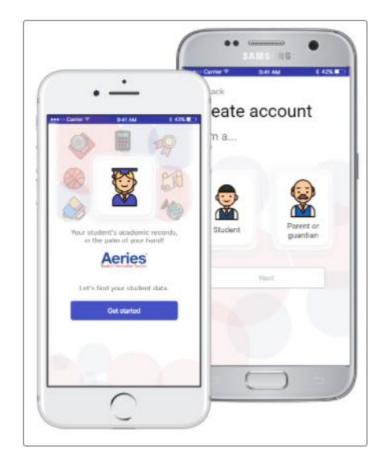
- If you have NEVER logged into your Aeries student portal, you will need to check your student e-mail for an email from Aeries (should be the first email ever received on your account).
  - a. If you don't have the email, click on the "Forgot Password" link for the portal login



- b. After completing the information on the following screen, an email will be sent to your student email account.
- 3. Log into your student portal.
- 4. Your classes will appear on the Dashboard under Class Summary at the top:

hboard Stu	dent Info Gro	odes Closses	Medical	Test Scores	Chang	e Student
lass Summ	ary					
Per	Course		Teacher		loom	Gra
Pioneer Volley Hig	h Summer School	-	_			
1 PI	aha Lab		Bloodworth		DTCR	
Pioneer Valley Hig	h School					
2 M	d Wid Hat B (P)		DePoulo		607	Modern World History - Spring

### Checking Your School Schedule - Mobile App Version



### **AERIES Home Screen**

2017-2018 Pioneer Valley High School

2@students-smjuhsd.org ~

Home Student Info Attendance Grades Medical Test Scores Change Student

Welcome to the Aeries Portal for Rafe

#### **New Aeries Tour**



#### Aeries has a fresh new look!

Our UX / UI team has been working to bring beauty and enhanced usability to our platform. Take a tour of what's new in the updated Aeries user interface!

Tour the New Student Profile Page

#### **Class Summary** Show Legend Options ~ ~ Missing Past 5 Days Access Last Per Course Teacher Room Gradebook Mark Trend Website Assignment TFMT Code Updated w 2 Student Clerk Stieger LIB = Detai A+ (100.0%) 3 PF3 Wt-Fit A Manosar GYM PE3 Wt-Fit A - Fall 0 Sep 11 Details Authier Wood A - Fall B (86.9%) 4 Wood A 204 0 Sep 11 Details Brit Lit A (P) Brit Lit A (P) - Fall C (75.6%) 5 Schwent 628 2 Sep 12 B+ (87.8%) Us Econ (P) Harmon 603 Us Econ (P) - Fall Visit Website Sep 11 6 з 7 Adv Ag Mech A 207 Adv Ag Mech A - Fall A+ (100.0%) Aug 31 0 Linne

Calendar

 09/12/2017

 Add New Event

Display: Day

#### **AERIES Gradebook Screen**

	2017-2018	-2018 Pioneer Valley High School							dents-s	smjuhsd.org ~
Home	Student Info	Attendance	Grades	Medical	Test Scores	Change Student				
Grade	oook Details									Ð
G		· · · · · ·	9				General	Con	tact Addt'l Info Programs <b>O</b>	User Codes 🥆
	Permanent IE	)		7	Grade			11	Counselor	Ms. Leadbetter
	State Student	t ID			Age			16	Language Fluency	English Only
	Status Tag			Antine	Sex			Μ	Reporting Language 🕄	English
نے	Student Num	ber			Birthdate				Correspondence Language	English

#### 6- Relatn & Family- Fall 8/9/2017 - 12/15/2017 🔻

Options: Crusan lcrusan@smjuhsd.org						ments Print			
🛨 # Description	Category	Score	# Correct	%	Comment	Date Completed	Due Date	Grading Complete	Documents
🗄 1 Extra Credit	All Assignments	10 / 0				08/18/2017	08/18/2017	Yes	
2 Classroom Conduct	All Assignments	50 / 50	50 / 50	100.00%		12/15/2017	12/15/2017	Yes	
3 My Future Collage	🖹 All Assignments	20 / 30	20 / 30	66.67%		08/21/2017	08/21/2017	Yes	
4 Information Card	🖹 All Assignments	10 / 10	10 / 10	100.00%		08/16/2017	08/16/2017	Yes	
5 Self Esteem Bubble	🖹 All Assignments	10 / 10	10 / 10	100.00%		08/25/2017	08/25/2017	Yes	
6 Setting Goals Activity	🖹 All Assignments	20 / 20	20 / 20	100.00%		08/31/2017	08/31/2017	Yes	
7 Technology Day	🖹 All Assignments	/ 10	0 / 10	0.00%			09/08/2017	Yes	
8 Brave Writing Assignment	🖹 All Assignments	/ 20	0 / 20	0.00%			09/05/2017	Yes	
9 Relationship Crossword	🖹 All Assignments	10 / 10	10 / 10	100.00%		09/12/2017	09/12/2017	Yes	
10 Problem Solving/Kahoot Quiz	All Assignments	10 / 10	10 / 10	100.00%		09/15/2017	09/15/2017	Yes	
11 Personality Test	All Assignments	17 / 20	17 / 20	85.00%		09/12/2017	09/12/2017	Yes	
12 Guest Speaker Mrs. Hoyos	All Assignments	10 / 20	10 / 20	50.00%		09/26/2017	09/26/2017	Yes	
🗄 13 Soul Pancake Video	🖹 All Assignments	10 / 10	10 / 10	100.00%		09/27/2017	09/27/2017	Yes	

### **AERIES Mobile App**

#### Grades:

Ę	Abel Alavez -	
Cu	rrent Terms	+
G	olden Eagle Elementary School	
0	ELA (Rubric) Enos Last updated: Jul 24	<b>BA</b> 2.3
0	Math Enos Last updated: Jul 24	AD 89.0%
0	Physical Education Enos Last updated: Jul 24	<b>4</b> 88.7%
0	Science (Enos' Class) Goode Last updated: Jul 24	<b>AD</b> 96.0%
0	Social Studies (Goode's C Enos Last updated: Jan 1	<b>N/A</b> 0.0%
0	Social Studies (My Class) Enos Last updated: Jul 24	<b>4</b> 86.6%

#### Course Assignments:

<ul> <li>IBHstAm2/HE</li> <li>Acosta - Room Z Last updated: Jul 24</li> </ul>		<b>A-</b> 91.8%
Assignments	Overall	•
Extra Credit Homework Extra Credit		5.0
Ch 8 Quiz <sub>Quiz</sub>		47/50
Ch 8-3 Homework		10/10
Ch 8-2 Homework		8/10
Ch 8-1 Homework		10/10

### REMINDER-What to do before school starts on August 11<sup>th</sup>

- 1. PICTURE DAY Wed., August 3 (8-12 pm)
  - A-L (8-10 am) M-Z (10-12 pm)
- ID cards will be printed and provided to your student.
  - Students need their ID cards with them at all times as they are used for security purposes, textbook check out, food service, and free entrance into home athletic contests.
- 2. Attend Link Crew Day Fri., August 5 (8-1pm)
- Students will learn valuable information about all the cool activities that PVHS has to offer, TOUR the School, and connect with a Link Crew member as a mentor.
  - Hard copy schedules will be distributed along with school laptops on August 5 from 1-3 pm.

# Dr. Collier **Assistant Principal Special Programs** R Technology (805) 922-1305 Ext. 5707

# Assistant Principal Dr. Collier

## Special Education

- All special education students are assigned a Case Manager to oversee their IEP
- In compliance with state/federal law, PVHS will hold a minimum of 1 annual meeting each year and 1 triennial meeting every three years
- Any member of the IEP team has the right to request a meeting at any time
  - IEP meetings will be held in person or via Zoom (if needed)
    - To request any additional meetings, please contact Jasmine Granados (Special Education Secretary) at (805)922-1305 ext. 5706

#### Crisis Intervention Support

- Our Crisis Intervention Consultant is Angela Collins
- Support groups and group counseling will be conducted in person at PVHS.
- Support Groups at PVHS include:

Pioneer Valley Support Group	Support for students struggling with general issues
Healthy Relationships Girls Group	Focus on components of a healthy relationship
REACH	Specialized program for at-risk students
SHARe	Safe Healthy Adolescent Relationships
Drug and Alcohol Awareness Group	Students with drug/alcohol offenses on campus
Resolving Conflict (Girl's Group)	Conflict resolution and anger management
Positive Choice and Advanced Positive Choices	Assertiveness training, self-esteem building, and communication skills
Teen Grief Group	For students who have lost a loved one
SOCKS	Students Offering Kindness and Support

## Other Support Services

#### Free Lunch

- Please submit your application today at https://family.titank12.com
- Or pick up an application in our school office

#### Community Liaison

- Contact Daniel Garcia ext. 5758
  - He can assist with a variety of community resources, as well as the completion of free lunch applications

#### Technology Support and Repair

Laptop repair and Tech support is available in the school library Monday -Friday from 7:30 - 4:30 PM

Note: Please keep your laptop updated, clean, and cared for. This is your primary learning device for the next four years.

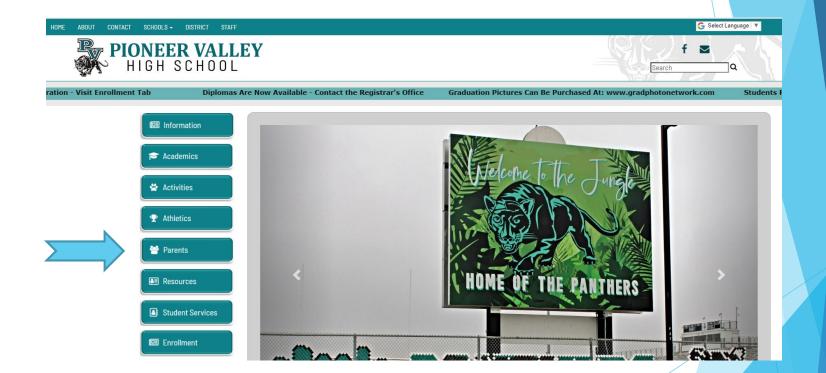
#### Freshmen Laptop Distribution

- All students receive a school-issued laptop computer for their four years at PVHS
- Laptops are insured by the district, allowing for up to three insurance claims for damage repair during a student's four years of high school
- During the first weeks of school, you will receive training on how to use your laptop during your PE class

#### School Communication will come via PARENT SQUARE



# Parent Square - Go to pvhspanthers.org



## **Click on Parent Square**

#### Parents

Monday-Thursday 7:30 - 8:20am / 4:00 - 5:00pm



805-922-1305 x5701

#### School Hours

8:00am-4:00pm

Main Telephone Line: 805-922-1305

#### **BOOSTER CLUB**

PARENT PORTAL

Location: Library

**Tutoring Hours** 

PARENT SQUARE

#### Additional Notes

Click on the links on the left for more information about Boosters, Parent Portal and other opportunities for parent involvement. Parent Portal Access: When a student enrolls at PVHS, a system-generated email is sent

## Click on English or Spanish



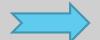
#### Parent Square

We are very excited to adopt a new form of communication for the Santa Maria Joint Union High School District. ParentSquare is designed to keep parents informed and facilitate participation at school. It provides a safe way for the school principal, teachers, staff, and parents to:

f

Search

- Send and receive school and class information
- Share pictures and files
- See calendar items
- Sign up to volunteer
- and much more . . . all in one centralized place!

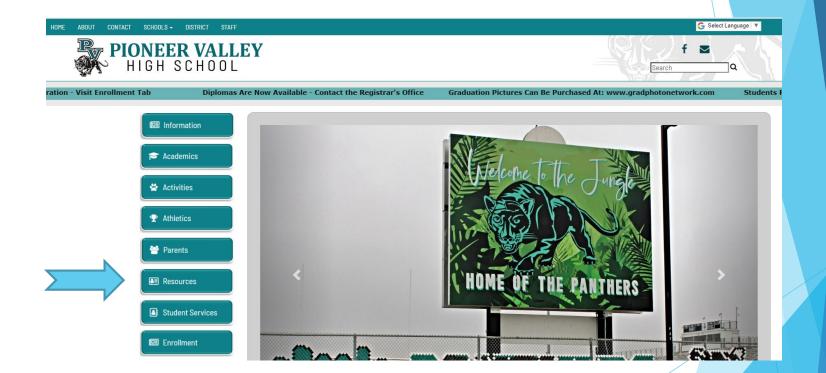


PARENTSQUARE 101 - OVERVIEW, INTRODUCTION, GETTING STARTED, TOUR, APP VIDEO

PARENTSQUARE 101 (SPANISH) - OVERVIEW, INTRODUCTION, GETTING STARTED, TOUR, APP VIDEO

PARENT SQUARE LOGIN

# AERIES - Go To pvhspanthers.org



## **Click Video Resources**

HOME ABOUT CONTACT SCHOOLS - DISTRICT STAFF



	Resources	
-i	Resource Links	
	E Staff Resources	
	Student Resources	
	Laptop Resources	
	Video Resources	
1		

## **Click English or Spanish**

HOME ABOUT CONTACT SCHOOLS - DISTRICT STAFF



Video Resources
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School History Videos

> Videos



# Mr. Ilac

Assistant Principal Student Affairs (Discipline) (805) 922-1305 Ext. 5709

## Maintaining a SAFE SCHOOL

#### Please be advised of the following:

- PVHS has 10 security personnel, 5 Administrators, 10 Counselors, over 125 Teachers, and over 100 support staff on campus daily.
- If your child feels un-safe for ANY REASON, have them seek out a school employee immediately please.

#### Important Notes-

- Ed. Code permits a search of a student locker or backpack/bag in cases of reasonable suspicion of drugs, weapons or stolen property.
- Students may be cited by SMPD in cases of a non-mutual fight, possession of drugs, weapons, or stolen property.

### **DO THE RIGHT THING!**

Please make use of the <u>Bully Button</u> to report anonymous tips.

### Hat & Dress Code Policy

### NO SPORT TEAM LOGO HATS (PV Ok)

\*HATS worn inside the classroom are at the teacher discretion.

- Clothing shall be neat, clean, and non-disruptive: (Cannot depict any form of drugs, alcohol, gangs, weapons, offensive wording, or obscenities)
- Mid-section must be covered and tops non-revealing
  - Pants must be pulled up and covering all undergarments

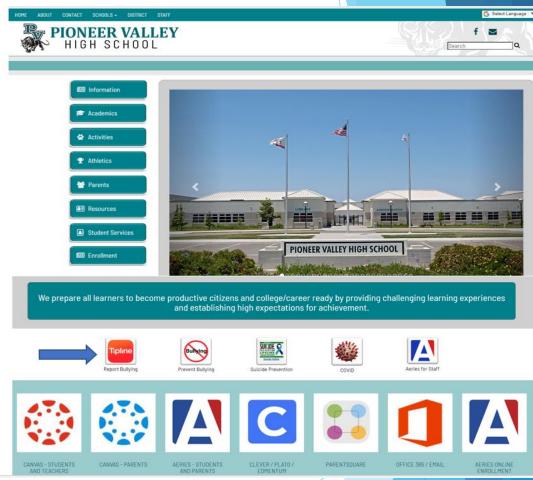
## **Electronics (Phones/Tablets/Music)**

- Per District Policy- Cell phones and tablets may be confiscated if they disrupt the educational process.
- Boom Boxes/Speakers are <u>not permitted</u> on-campus during school hours or lunch time activities unless approved by the Activities Director.
- Any items confiscated will not be returned to the student until the following Monday (Unless the parent comes in to meet with the Assistant Principal afterschool for pick up please).

## **Bullying / Cyber Bullying**

#### Bullying is defined as repeated harassment.

- Facebook
- Insta-gram
- Twitter
- Snap Chat
- You Tube
- Texting/Video/ Picture messages



\*Please use the <u>Tipline</u> to report!

## Discipline Offenses Recommended for Expulsion

- 48915 A1 causing serious injury to another person, except in self-defense (FIGHTING)
- 48915 A2 Possession of any knife, explosive, or other dangerous object (WEAPON)
- 48915 A3 Unlawful Possession or Sale of any controlled substance- (DRUGS)
- 48915 A4 Robbery or extortion (THEFT)
- 48915 A5 Assault, battery, or threat of physical assault to any school employee

## Mr. Dickinson **Assistant Principal** Guidance B Counseling (805) 922-1305 Ext. 5703

### PARENTS can help support their student by:

- E-mailing each teacher to begin the school year
- Ask your child about their day and any HW
- Provide a quiet place to work at home
- Monitor attendance & academic progress on the parent portal
- Make use of school services:
  - Tutor.com or Peer tutoring
  - Counseling Services
  - Parent/Teacher Conferences

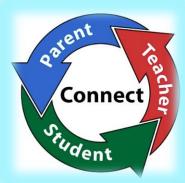


# What is the best way to have a successful High School experience?

# **GET INVOLVED** AND BUILD **CONNECTIONS!**

## Parent Involvement/Education Opportunities

Back to school Night Boosters ELAC Panther Forum for Parents Parents on a Mission Technology Training for Parents Grade Level Counseling Events



\*For more information, please contact your student's Counselor

## **PVHS CLUBS & ACTIVITIES**



#### **23 Sports and over 50 Clubs to JOIN!**

## **PVHS** Athletics



2022-2023



Sport	Maximum # of Contacts	Off Season or Outside Agency Period	Practice Start Date	First Scrimmage Date	First Contest Date	Sit Out Period Date	Last Contest Date	Off Season or Outside Agency Period
Fall								
Cross Country	14		August 1	August 8	August 15	September 27	November 10	- Start of Summer
Football	10		August 1*	August 8*	August 15*	September 21	October 28	- Start of Summer
Girls Golf	24		August 1	August 8	August 15	September 17	October 20	- Start of Summer
Girls Tennis	24		August 1	August 8	August 15	September 17	October 20	- Start of Summer
Girls Volleyball	28		August 1	August 8	August 15	September 17	October 20	- Start of Summer
Water Polo	28		August 1	August 8	August 15	September 20	October 27	- Start of Summer
Winter								
Basketball	28	End of Summer - Oct. 23	October 24	November 4	November 11	December 26	February 10	- Start of Summer
Soccer	28	End of Summer - Oct. 23	October 24	November 4	November 11	December 26	February 9	- Start of Summer
Traditional Competitive Cheer	NA	NA	NA	NA	NA	TBD	NA	- Start of Summer
Wrestling	40	End of Summer - Oct. 23	October 24	November 4	November 11	December 23	February 4	- Start of Summer
Spring								
Badminton	24	End of Summer - January 8	January 9	January 27	February 10	March 20	April 28	- Start of Summer
Baseball	28	End of Summer - January 8	January 9	January 27	February 10	March 27	May 12	- Start of Summer
Beach Volleyball	28	End of Summer - January 8	January 9	January 27	February 10	March 20	April 27	- Start of Summer
Boys Golf	24	End of Summer - January 8	January 9	January 27	February 10	March 22	May 2	- Start of Summer
Boys Tennis	24	End of Summer - January 8	January 9	January 27	February 10	March 16	April 20	- Start of Summer
Boys Volleyball	28	End of Summer - January 8	January 9	January 27	February 10	March 20	April 27	- Start of Summer
Competitive Sport Cheer	24	End of Summer - January 8	January 9	January 27	February 10	TBD	TBD	- Start of Summer
Lacrosse	28	End of Summer - January 8	January 9	January 27	February 10	March 20	April 27	- Start of Summer
Softball	28	End of Summer - January 8	January 9	January 27	February 10	March 27	May 12	- Start of Summer
Swim & Dive	14	End of Summer - January 8	January 9	January 27	February 10	March 21	April 29	- Start of Summer
Track & Field	14	End of Summer - January 8	January 9	January 27	February 10	March 23	May 4	- Start of Summer

\* Football players must complete the 5 day acclimation period. Acclimation period can begin no earlier than July 25.

\* No individual shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. A team can schedule a scrimmage on the tenth day of practice

\* There shall be no football games until the team has had 14 days of practice. Each individual student on the team must have had at least 10 days of practice prior to competing in a game

NOTE: Prior to competition a student must have 10 days of practice in that sport. If they played a sport in the preceding season they only need 5 days of practice.

Definitions:						
Summer Period	The "summer period" will vary from school to school as this period begins the day after your school's last day of classes in the spring and lasts until the day before your first day of classes in the fall.					
	All activities during this time period shall be under the authority of each school district with the exception of the mandatory consecutive 14 day dead period.					
	**Football - contact practices are not allowed in the offseason (CIF Bylaw 2001.C , CA Ed Code 35179.5, AB 2127)					
Off-Season or Outside Agency	Programs must choose between utilizing the off-season option or outside agency option.					
Summer Dead Period	Each program must choose 14 consecutive days during the summer period in which there will be no contact between coaches and student-athletes.					
	Beginning in the summer of 2023 the 14 consecutive days must be the same for all sports on each campus.					
Practice Start Date	First allowable day to begin practice.					
First Contest Date	First allowable day for interscholastic competition.					
Sit-Out Period Date	The date that a student may participate in competition after being granted a "SOP" due to transferring.					
Last League Contest Date	This is the last date that a league can schedule contests prior to playoffs.					

## Athletic Physical required to participate in Sports

- Physicals must be updated and good for one calendar year
- Physicals are provided each spring for free here on campus.
- Families can of course always go to their primary physician if needed.

- DRAGONFLY APP will be used by PVHS Athletics to track all paperwork electronically
- Student athletes and parents should download the APP and complete the necessary info
- No current physical on file = NO Participation



## **Questions**?

### Thank you for attending tonight!

