PIONEER VALLEY HS ATHLETICS INFORMATION

Athletic Director Jeff Monteiro 922-1305 x 5511 imonteiro@smiuhsd.org

Trainer Megan Rodriguez mrodriguez@smiuhsd.org

PHYSICALS - ALL student-athletes wanting to participate in any out of season summer activities — MUST HAVE A PRE-PARTICPATION PHYSICAL. The physical is good for ONE full year.

Physical forms can be picked up in the office, or downloaded from PVHS Website — link athletics go to forms.

 **Please Note\*all DEAD PERIODS in the Central Section are two weeks prior to the first practice date.**

 **FALL Sports:**

**-Football** — summer work-outs begin on (6/10/19) (2, 3pm) freshmen may contact Head Coach John Beck Jwbech78@gmail.com jbeck@smjuhsd.org **Year:**2019-2020 **First Day To Start Practice:**

July 29- Pads- Aug. 3 **Season:**Fall **Required Practice Days:**Team: 14, Individual: 10

**First Scrimmage:**Aug. 15 **Date of First Contest:**Aug. 22...old 0 week (note you get 11 weeks to play 10 games) **Date of Last Contest:**Nov. 1

**-Cross Country/Track (boys & girls)** — First day of summer conditioning will be (Date 6/10) (Time 4pm) Meet on back grass fields. Coach David Rodriguez davidgrodriguez5@gmail.com

**Year:**2019-2020 **First Day To Start Practice:**July 29 **Season:**Fall **Required Practice Days:**10 **First Scrimmage:**Aug. 12 **Date of First Contest:**Aug. 19**Date of Last Contest:**Nov. 14 Track is a Spring sport

**-Girls' Volleyball** — summer work-outs begin on (06/10) (4:30-6:30) just go to the PVHS gymnasium. Coach Nikki Doyle ndoyle@smiuhsd.org **Year:**2019-2020 **First Day To Start Practice:**July 29 **Season:**Fall **Required Practice Days:**10 **First Scrimmage:**Aug. 12

**Date of First Contest:**Aug. 19 **Date of Last Contest:**Oct. 24

**-Tennis (boys & girls)** — summer work-outs begin on July 1st to July 13th 9am-11am on the courts for tennis conditioning and 1pm-2pm in the weight room. Coach Rick Faulk rick.faulk@comcast.net Girls’ Fall – Boys’ Spring [**Girls Tennis**](http://cifcs.org/girls-tennis-0) **Year:**2019-2020 **First Day To Start Practice:**July 29 **Season:**Fall **Required Practice Days:**10 **First Scrimmage:**Aug. 12 **Date of First Contest:**Aug. 19 **Date of Last Contest:**Oct. 22

**Boys'/Girls' Water Polo** - summer work-outs begin on (Date 6/10) (Time 8am-10am) Coach Ryan Hill ryanhi111950@gmail.com **Year:**2019-2020 **First Day To Start Practice:**July 29

**Season:**Fall **Required Practice Days:**10 **First Scrimmage:**Aug. 12 **Date of First Contest:**Aug. 19**Date of Last Contest:**Oct. 31

-**Girls’ Golf** – Coach Marcus Guzman mguzman@smjuhsd.org **Year:**2019-2020

**First Day To Start Practice:**July 29 **Season:**Fall **Required Practice Days:**10

**First Scrimmage:**Aug. 12 **Date of First Contest:**Aug. 19 **Date of Last Contest:**Oct. 24

 **Winter Sports:**

**Boys' Basketball** — summer work-outs begin on (Date 6/11) (9-11am) at PVHS Gymnasium. Summer League will be at PVHS (Date 6/13-6/27 Tue & Thur) (Time afternoons). Coach Ross Rivera rrivera@smiuhsd.org **First Day To Start Practice:**Oct. 28

**Girls' Basketball** - summer work-outs begin on (Date 6/10) (Time TBA) Coach Michael

Bloodworth mbloodworth03@outlook.com **First Day To Start Practice:**Oct. 28

 **Boys' Wrestling** - summer work-outs begin on (Date 6/10) (Time 5pm-7pm) Coach Kent Olsen farmboyz@hotmail.com **First Day To Start Practice:**Oct. 28

 **Girls' Wrestling** — summer work-outs begin on (Mondays 3:15 — 4:15 Tuesday thru Thursday 4-5:30pm) Weights daily 11am -12. Coach RD Noel rdnoe14574@yahoo.com **First Day To Start Practice:**Oct.28 **Girls' Soccer** - summer work-outs begin on (Date 6/19) (Time 9am-11am) Coach Bilena Brafman bbrafman@smiuhsd.org **First Day To Start Practice:**Oct. 28

**Boys' Soccer** - summer work-outs begin on (Date TBD) (Time TBA) Coach Alan Brafman abrafman@smiuhsd.org **First Day To Start Practice:**Oct. 28

 **Spring Sports: First Day To Start Practice:**Jan. 14 For all Spring sports

**Boys' Volleyball** — summer work-outs begin on (06/10) 5:30-7) just go to the PVHS gymnasium. Coach Ralph Quintana iralphm23@icloud.com

**Swimming (boys & girls)** - summer work-outs begin on **First Day To Start Practice:**

Jan. 14 Coach Bilena Brafman bbrafman@smiuhsd.org

**Baseball** — summer work-outs begin on (6/17/19) (Time 3pm) Coach Cody Smith csmith@smiuhsd.org

 **Softball** - Kristina Sewell ksewell@smiuhsd.org

**Boys’ Golf** – Steven Martinez Steven@avilabeachresort.com

**Boys’/Girls Track see cross country**