



JR. HIGH ATHLETICS NEWSLETTER



FALL SPORTS STAFF

Jr. High Football

Rick Spallone (HC)
Lonny Woodring (Asst.)
Vince Skillings (Asst.)
Josh Wissinger (Vol.)

Jr. High Volleyball

AnnaLise Shank (HC)
Blair Shank (Asst.)
Meghan Shoemaker (Vol.)

Jr. High XC Club Team

Geoff Dixon (HC)
Melissa Milanak (Asst.)

RV Sports Performance

Justin Kulik - SP Coordinator
Andrew Frassenei - CSCS
Jacob Just (Asst.)
Gene Riley (Asst.)

Athletic Director

Tiara Stossel
stossel.t@rvsdpa.org

Assistant Athletic Director

Geoff Dixon
dixon.g@rvsdpa.org

NEW FACES JOIN THE RV SPORTS PERFORMANCE TEAM

During year one of River Valley's formation as a new district, Mr. Justin Kulik (CSCS) filled the role of Strength and Conditioning Coach for all sports district-wide. His knowledge and years of experience quickly brought many students into the weight room or gym for strength, speed and agility sessions and was proof that additional resources would help bolster an already successful program.

This year, the Sports Performance team will be overseen by Kulik, who will be aided in training, individual and team coaching sessions by Andrew Frassenei (CSCS), Jacob Just, and Gene Riley. Frassenei, who assisted Kulik in the '22-'23 school year, is a Certified Strength and Conditioning Specialist with experience training personally and in the corporate health sector. Just and Riley, both teachers at RVHS/MS are experienced in the world of training as well. Outside of school, Just trains and teaches Jiu Jitsu while Riley has many years of experience training for and competing in StrongMan Competitions and Olympic Weight Training.

The Sports Performance team will work with athletes at all levels, coordinating team and individual programs designed to increase fitness levels and improve overall athletic performance. All students will receive a free user account on TEAMBUILD.R, an app which allows coaches to customize workouts with instructional videos and workout tracking included.

JR HIGH FOOTBALL

**ALL FOOTBALL GAMES WILL BE
PLAYED AT SALTSBURG
MEMORIAL STADIUM:
84 TROJAN LANE, SALTSBURG,
PA 15681**

JUNIOR HIGH - 6:00 P.M.

8/24 PENNS MANOR
(SCRIMMAGE)
8/31 CONEMAUGH TOWNSHIP
9/7 @ PURCHASE LINE
9/14 HOMER-CENTER
9/21 @ CAMBRIA HEIGHTS
9/28 WEST SHAMOKIN
10/5 @ MARION CENTER
10/12 NORTHERN CAMBRIA
10/19 CONEMAUGH VALLEY
10/26 @ UNITED

JR HIGH VOLLEYBALL

JUNIOR HIGH - 4:00 P.M.

8/29 @ UNITED
8/31 NORTHERN CAMBRIA
9/5 @ CONEMAUGH TOWNSHIP
9/7 @ WEST SHAMOKIN
9/12 HOMER-CENTER
9/14 @ PURCHASE LINE
9/19 PENNS MANOR
9/21 @ MARION CENTER
9/26 CONEMAUGH VALLEY
9/28 @ PORTAGE
10/3 CAMBRIA HEIGHTS
10/5 WEST SHAMOKIN
10/10 @ HOMER-CENTER
10/12 PURCHASE LINE
10/17 @ PENNS MANOR
10/19 MARION CENTER

