

PEQUEA VALLEY ATHLETICS LIASON REPORT 6/15/23

Boys Tennis

Season Record: 14-4

The boys tennis team finished their season with a 14-4 record. The finished second in the section and third in district playoffs. Congrats on a great season!

Softball

Season Record: 12-10

The softball team finished their spring season with a second place finish in section 4. After advancing to the first round of league and district playoffs, their season ended

Baseball

Season Record: 12-9

This was the first winning baseball season since 2013! PV Baseball made the first round of district playoffs but fell short and lost to Trinity High School ending their season.

Fitness Center

Strength and conditioning session with Coach Feister will take place each week Monday-Friday 8-10am and 3-5pm

Boys Soccer

The Pequea Valley Boy's soccer team has been invited to attend a soccer camp at Conestoga Valley High School. Please see details below:

Location: Conestoga Valley High School

Date: July 10th to 14th (15th is an option if one of the dates gets postponed due to weather)

Time: Either 8:00-10:00 or 10:00-12:00 (Team will attend one of the sessions)

6:00pm-8:00pm (Monday a session) (Tuesday-Thursday games against other LL Schools)

Coaches: Lockhaven University Men's Soccer Coach, Current and Past Players

Deadline to sign up is Wednesday, May 31st

The cost is \$3000 per team.

Please notify Coach Martin at rmartin@pequeavalley.org as to your willingness to participate

Girls Soccer

Open turf and will be every Monday from 6:00-8:00 through July

Cross Country

Follow the Pequea Valley Cross Country program on Facebook and Instagram. Starting in June, the weekly conditioning schedule will be posted. Conditioning is open to both high school and intermediate school learners.

Cross Country conditioning is not mandatory but highly encouraged and is open to any athlete from other sports. A past dual-sport athlete (soccer and cross country) has said, "Running with the cross country program has improved my stamina, which has strengthened my soccer game" J. Jarvis

The program will start conditioning at the high school in the mornings on June 5 (6:30 until 8:00 AM) for Monday - Thursdays. These morning sessions include the vital fitness center conditioning as well as distance conditioning. Beginning June 13, on Tuesdays and Thursdays we will meet twice weekly in the evening at the Welsh Mountain Community Center, (6:30 until 8:00 PM). This schedule will be followed through the summer months up until the PIAA season opens up in August.

Cheerleading

PEQUEA VALLEY VARSITY CHEERLEADING

NO PRIOR EXPERIENCE REQUIRED - FOR GIRLS & GUYS

MEET AND GREETs & TRY OUTs

Meet at the stadium scoreboard-Dress appropriate for movement & bring a drink

Tuesday, July 25th & Wednesday July 26th : 5 pm -7 pm

Wednesday, August 9: Practice/try outs: 5 pm -6:30 pm

MANDATORY ATHLETE/PARENT MEETING

August 9 at 6:30 pm in the Fitness Center classroom.

We will discuss practice and game schedule, grades, and fundraising.

Physicals are needed & offered for free on 7/27. Sign up on Family ID on the PVHS website (after June 1).

VARSITY CHEERLEADING 2023 SUMMER SCHEDULE

Practice Aug 14 - 17, 3-5 pm

Red/White Night TBA

Practice Aug 21- 24, 3-5 pm

First football game

Friday, Aug 25 (home)

For more information contact Coach Haley 717-485-8068 or Coach Jenn 908-763-4470

Free Sports Physicals

There are a few different options for FREE sports physicals!

PV will be hosting sports physicals to any PV athlete entering grades 7-12 for the 23-24 school year on July 27 from 5:30-8:30 at the PVHS Fitness Center. Sign up here:

<https://www.signupgenius.com/go/805084ea9a829a2fb6-piaa#/>

OAL will also be offering free physicals on June 14 and July 12 from 6:00-8:00 at their North Point Blvd office and on July 17th at their office in Lebanon on Cornwall Road. Please call 717-735-6649 to schedule an appointment with OAL.