



# ATHLETICS

# NEWSLETTER



## WINTER SPORTS STAFF

### Boys Varsity Basketball

Rick Spallone (HC)  
Steve Shannon (Asst.)

### Girls Varsity Basketball

Richard Brown (HC)  
Doug Smith (Asst.)  
Alexis Newhouse (Vol.)  
Rebecca Miloser (Vol.)

### Boys Jr. High Basketball

Erik Foust (HC)  
Montez Miller (Asst.)

### Girls Jr. High Basketball

Scott Reaugh (HC)  
Brock Harsh (Asst.)

### Indoor Track and Field

Geoff Dixon (HC)  
Melissa Milanak (Asst.)  
Brandy DelleDonne (Vol.)  
Sydney Gatons (Vol.)

### Cheerleading

Kassidy Richards (V.HC)  
Hayley Thompson (V. Asst.)  
Sara Anderson (Jr.H HC)  
Mariah Simpson (Jr.H Asst.)

### Wrestling

Scott Stuchal (V.HC)  
Bryan Gould (V. Asst.)  
Jess Houser (Jr.H HC)  
Ben Furman (Jr.H Asst.)

## RV BOYS BASKETBALL – THE ‘SPALLONE ERA’

The '23-'24 season will see the beginning of a new look on the boys basketball coaching staff. Rick Spallone will take the reigns of the program, following the departure of longtime River Valley [and formerly Saltsburg] head coach Don Stitt Jr. Spallone previously served as Stitt's assistant as well as serving as assistant to former Blairsville HC Mark DeMarines. In all, he has spent five years as a Varsity assistant.

A 2003 graduate of Saltsburg, Spallone knows what it takes to win – he played on some of Saltsburg's finest teams of the early 2000's era under Stan Pizer. He will be assisted by Steve Shannon, who he played with at Saltsburg. "Working with Coach Shannon has been awesome. The way he approaches things, especially defensively, has me excited for our first season," says Spallone. One change Spallone says fans will see is a more aggressive brand of defense – something he expects to allow them to, "compete every night, and play basketball that is exciting and fun to watch."

As far as season goals are concerned, Coach says, "we'll take it one week at a time, just win the week, and hopefully contend for a conference title." The Panthers kick off the '23-'24 campaign at the RV Tip-Off tournament on Dec 1, when they'll take on last year's tournament winner, Windber.



## RIVER VALLEY OFFICIALLY STARTS INDOOR T&F

The 2023–2024 winter sports season officially opens a new chapter for the RV Track and Field Program. After two years of steady growth in interest and participating unofficially, River Valley will now have an official Indoor Track and Field program. In the first official season, there are 26 student-athletes committed to the sport.

"Adding the option to compete during the indoor season gives our athletes who are really serious about Track and Field more time to train and compete. We're thrilled that the administration and school board saw the value in offering it as a sport," said head coach Geoff Dixon.

The Indoor season kicks off Dec. 8 at Spire Institute in Geneva, OH, and several meets throughout the season will give student-athletes the opportunity to qualify for the Indoor State Meet held at Penn State University in late February.



# WINTER 2023 ATHLETIC SCHEDULES

## WRESTLING

JH - 6:00 P.M. VARSITY - 7:00 P.M.

Babbit Duals @ River Valley HS  
December 9: 9:00A.M.

## VARSAITY

12/13 @ Marion Center  
12/20 Richland  
12/27 - 12/28: @Southmoreland 9:00A.M.  
1/6 @ Indiana Tourney 9:30A.M.  
1/9 United  
1/11 Greater Johnstown (Upper Gym)  
1/13 @ Claysburg Duals 8:45AM  
1/16 @ Cambria Heights  
1/24 West Shamokin  
1/26 - 1/27 @West Branch Tournament  
1/31 @ Conemaugh Township  
2/16-2/17 @PIAA D6 Altoona Field House  
3/1-3/2 @ Regionals Altoona Field House  
3/6-3/9 @ PIAA State Hershey

## JUNIOR HIGH

12/13 @ Marion Center  
12/16@ United Invitational 9:30AM  
12/20 Richland  
1/6 @Southmoreland Tournament 9:00A.M.  
1/9 United  
1/11 Greater Johnstown (Upper Gym)  
1/13 @ Indiana Eagles JH Tournament  
1/16 @ Cambria Heights  
1/24 West Shamokin  
1/31 @ Conemaugh Township

## INDOOR TRACK

VARSAITY - UNLESS NOTED

1/6 @ Kevin Dare Invite (PSU)  
1/13 @ Youngstown State University  
1/14 @ Slippery Rock University (All Comers)  
1/20 @ Youngstown State University  
1/21 @ Muskingum University  
1/28 @ University of Mt. Union HS Invite  
2/3 @ SPIRE Showcase (Invite Only)  
2/4 @Slippery Rock University (All Comers)  
2/10 @Youngstown State University  
2/11 @ SPIRE (Invite Only)  
2/17 @Youngstown State University  
2/25 @ PTFCA Indoor State Championships (PSU)

## GIRLS BASKETBALL

JH - 4:00 P.M. JV - 6:00 P.M. VARSITY - 7:00 P.M.

12/1 - 12/2: RV Education Foundation Tip Off Tournament  
12/5: United\*  
12/7 @ Northern Cambria\*  
12/12 Conemaugh Township\*  
12/13 West Shamokin\*  
12/18 @ Greater Johnstown (Varsity Only)  
12/20@ Homer Center  
12/22 Purchase Line @ RV STEAM ACADEMY  
12/28 - 12/29 @ Apollo Ridge Christmas Tournament  
1/3 @ Penns Manor\*  
1/5 Marion Center\*  
1/8 Elizabeth Forward  
1/9 @ Conemaugh Valley\* (Jr High/Varsity Only - no JV)  
1/11 Portage\*  
1/17 @ Cambria Heights\*  
1/19 @ West Shamokin\*  
1/23 Homer Center\*  
1/25 @ Purchase Line\*  
1/31 Penns Manor\*  
2/2 @ Marion Center\*

## BOYS BASKETBALL

JH - 4:00 P.M. JV - 6:00 P.M. VARSITY - 7:00 P.M.

12/1 - 12/2: RV Education Foundation Tip Off Tournament  
12/6: @ United\*  
12/8 Northern Cambria\*  
12/13 @Conemaugh Township\*  
12/15 @West Shamokin\*  
12/19 Homer Center  
12/21 @Purchase Line  
12/28 - 12/29 @ Apollo Ridge Christmas Tournament  
1/4 Penns Manor\*  
1/8 @Marion Center\*  
1/10 Conemaugh Valley\*  
1/12 @Portage\*  
1/16 Cambria Heights\*  
1/18 West Shamokin\*  
1/19 @Leechburg -JV-6:00P.M. Varsity -7:30P.M.  
1/22 Central Cambria  
1/24 @Homer Center\*  
1/26 Purchase Line\* @ RV STEAM ACADEMY  
1/30 @Penns Manor\*  
2/1 Marion Center\*

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ALL SCHEDULES ARE SUBJECT TO CHANGE.  
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