
SVHS TIGER TIMES

The Tigers “Black & Orange” Pep Rally



In the Tiger Stadium filled with thunderous applause, the school's fall sports teams were honored. Friday September 12, 2025, students and staff of Spring Valley High School, dressed in “Black & Orange” gathered in Tiger Stadium to celebrate at the annual Fall Pep Rally. The fall pep rally was held on the football field, not in the gym, and felt like the whole school was there to cheer for the fall sports teams. It was loud and exciting and showcased the dedication and spirit of the student athletes, pointing out their achievements throughout the season.

The event brought excitement and energy as the crowd cheered for the school's sports teams and student leaders. The rally began with the National Anthem performed by the East Ramapo Central School District Marching Band. The event's M.C. Mr. Greenbaum then welcomed school administration, other members of the school staff and the 2025-2026 Student Council Members. Fall sports teams were then called down to the field, where team captains introduced teammates and talked about upcoming games. Allison, a volleyball player, said she was "...nervous to go out there, but seeing everyone cheer for us made me feel so good. The heat didn't even matter once the crowd started yelling."

Mr. Smith, who is the Global History teacher, said, "What I love most about the fall pep rally is seeing all of the students outside of the classroom and showing pride in their sports." Mr. Smith suggested that the setup could be more centered on the field and that "all athletes should start on the field, not off to one side." To end the event, the marching band performed a lively routine, filling the stadium with music and school pride. Overall, the Tigers “Black & Orange” pep rally was a powerful reminder of what makes Spring Valley High School special—spirit, support, and pride. As fall sports continue, students are more excited than ever to cheer on the Tigers.



SVHS TIGER TIMES

Le rassemblement de soutien «Noir et Orange» des Tigers



Dans le stade Tiger, résonnant d'applaudissements tonitruants, les équipes sportives d'automne du lycée ont été mises à l'honneur. Le vendredi 12 septembre 2025, élèves et personnel du lycée Spring Valley, vêtus de noir et d'orange, se sont réunis au stade Tiger pour célébrer la traditionnelle fête d'automne. Organisée sur le terrain de football américain et non dans le gymnase, cette fête a donné l'impression que tout le lycée était présent pour encourager les équipes sportives. L'ambiance était électrique et enthousiaste, témoignant du dévouement et de l'esprit sportif des élèves-athlètes et soulignant leurs performances tout au long de la saison.

L'événement a suscité un enthousiasme débordant, la foule acclamant les équipes sportives et les représentants des élèves. Le rassemblement a débuté par l'hymne national interprété par la fanfare du district scolaire d'East Ramapo. M. Greenbaum, maître de cérémonie, a ensuite accueilli l'administration, les autres membres du personnel et les membres du conseil des élèves pour l'année scolaire 2025-2026. Les équipes sportives d'automne ont ensuite été appelées sur le terrain, où les capitaines ont présenté leurs coéquipiers et évoqué les matchs à venir. Allison, joueuse de volley-ball, a confié : « J'étais nerveuse à l'idée d'entrer sur le terrain, mais voir tout le monde nous acclamer m'a fait un bien fou. La chaleur n'avait plus d'importance une fois que la foule s'est mise à crier. »

M. Smith, professeur d'histoire-géographie, a déclaré : « Ce que j'apprécie le plus lors du rassemblement d'automne, c'est de voir tous les élèves hors des salles de classe, fiers de leurs sports. » Il a suggéré que l'aménagement soit davantage centré sur le terrain et que « tous les athlètes devraient commencer sur le terrain, et non sur un côté ». Pour clore l'événement, la fanfare a offert une prestation entraînante, emplissant le stade de musique et de fierté scolaire. En somme, le rassemblement « Noir et Orange » des Tigers a rappelé avec force ce qui fait la singularité du lycée Spring Valley : l'esprit d'équipe, le soutien et la fierté. Alors que les compétitions sportives d'automne reprennent, les élèves sont plus enthousiastes que jamais à l'idée d'encourager les Tigers.



SVHS TIGER TIMES

SVHS Girls Tennis is more than a game.



The Girls' Tennis Team at Spring Valley High School, wrapped up the season with six wins, which was a great achievement for the team.

Teamwork is an important part of a team strategy that requires constant communication between players. It helps not only each tennis player individually, but also the team as a whole to develop — to work on mistakes, support each other, find inspiration, and stay motivated to win.

“Success is incremental growth. It means paying attention to your strengths and weaknesses, and being deliberate about working on both.” - said, Coach, Leonard.

The coach also highlighted the team's motivation, communication, and discipline. With strong focus and support for one another, the players proved that teamwork is just as important as individual skill.

One of the players shared what makes the team successful “A team needs structure, support and motivation. Without it a team isn't fully a team, tennis is more than just a physical sport it requires a lot of mental strength which is what I feel like people overlook in this sport.” - said junior athlete Hayashi.

It was a remarkable season for the girls' tennis team which proved and emphasized the importance of teamwork and communication with each other for victory and great achievements.



SVHS TIGER TIMES

SPRING VALLEY VOLLEBALLS ARTICLE



The Spring Valley Boys Volleyball Team ended the season with good performance in the finale, but the players say they are determined to keep improving for next season.

They have high expectations as a team. During the interview some questions were made for the Coach Parinello and the athletes about the future of the team, "What do you think about your team?" Coach Parinello said, "Good Kids, they play hard and they all like each other".



One teammate said, "I like to play with my teammates". Another question was "If your team is discouraged, how do you support them", the coach said, "I have a conversation with them, tell them to take a breath and everything will work out". One athlete said, "I talk to them and we try again until we can get it." And finally, the team was asked about their expectations for the next season, the coach said, "My expectation for next season is play harder, get better and make it to the playoffs."



The Spring Valley Boys Volleyball Team had a good season, but the coach and players still have room for improvement and support each other. Each player contributes to their development in every practice. The team has high expectations for the next volleyball season. The next season brings many improvements for the team and a lot of confidence to become the best.



SPRING VALLEY HIGH
SCHOOL

SVHS TIGER TIME

LAST YEAR OF HIGH SCHOOL



The class of 2026 have entered their final year of school. After 4 years of learning, challenges and interesting moments, it's almost time to start a new chapter in life. As they leave Spring Valley High school they leave their loved ones with joyful hearts and big smiles. Not just looking back to all the memories but looking forward to college applications, career plans, and unique future jobs. It's an emotional moment for the Class of 2026 as they prepare to turn the page and start on the next exciting chapter of their lives. They are not just chasing their passions and aspirations, they are building the confidence to embrace.

Some seniors were asked questions about their senior year. "How would you describe 4 years of high school life in 3 words?" Some common responses were "happy", "stressful", "un". Another question that was asked was "how do you feel about your final year of high school" Senior Armelle said "I honestly feel overwhelmed and stressed, but I also feel excited to be done with high school and start my next chapter of life."

As the celebrations draw closer to an end, Spring Valley High School, the Class of 2026 stands ready to start their futures with hope. Surrounded by friends, family, and mentors who have supported them along the way.

Class of 2026 leaves Spring Valley High School with smiles, gratitude but sooner or later, this will be left behind, and it will become a deep memory that they will want to remember with a smile. This is not just an ending, but a new beginning.

SVHS TIGER TIME

CHEERLEADING

The Cheerleading Team at Spring Valley High School is not just a sport, it is a sport where you have to work with a team with a lot of effort, patience and dedication. Cheerleading is also a sport where you can be free and feel free, it's a sport where you can show your talent and be unique with your performance.

The cheerleading sport demands a high level of trust and communication so the other team members feel safe during a performance. And often a good amount of practice routines and training of teamwork. Even when sometimes the spotlight may shine on individual skills and captivating performances, cheerleading relies on the coordination, trust, and dedication of each team member.



Each member must understand their role and the level of coordination can only be achieved through countless hours of practice, open communication, and a shared commitment to excellence. Teamwork in cheerleading shares responsibility and mutual support. Cheerleaders rely on each other not only for physical safety but also for emotional encouragement and motivation. But most importantly creating a bond that is both powerful and strong. It's like a sports team, where victories are celebrated together, and losses bring teammates stronger together. For example, Senior Brithney said "No matter the score, you should always support your team with your best spirit". Another example is from Senior Nataly "Losing teaches us to bounce back and be stronger". This shows how it's okay to lose and be humble about it and it also shows how you need to be strong enough to come back stronger.



In conclusion, teamwork is the key that transforms a group of individuals into a cheerleading team. It is the way to build safety, success, confidence and trust. Cheerleading is not just about the jumps, stunts, and cheers. It's about the power of teamwork to achieve big things.

SVHS TIGER TIME

Dupiche's Leadership Inspires Spring Valley Soccer Program

Senior captain Lens Dupiche, who led the Spring Valley High School Boys Soccer team through the 2025 season with hard work and motivation, leaves behind an inspiring legacy that will guide the program for years to come.

Dupiche, a dedicated and motivating defender who has been part of the program since 8th grade, led by example both on and off the field. Head Coach Greg Nelson praised his leadership, saying that even when the team struggled, he always stayed focused and encouraged his teammates to give their best.

"Even when we lost games, the players didn't give up — and the one who always stayed motivated and gave 100% was our captain, Lens Dupiche," Coach Nelson said.



One of the season's most memorable moments came during Spring Valley's incredible comeback win against Nyack High School. Down 4-1 with only 18 minutes left, the Tigers fought back for a stunning 5-4 victory. "The 5-4 comeback was the most memorable game this season," Dupiche said. "Being down 4-1 and hearing the Nyack players laughing and talking trash motivated me to push my teammates harder. One of our key players that game was Alberto Castellanos, who helped us come back with a hat trick."

The team's playoff run ended with a 3-0 loss to White Plains High School, but Dupiche said the players handled the setback with maturity. "That playoff game was tough," he said. "Some of the calls went against us, but we kept our heads up. We used it as motivation for the younger players to come back stronger next season."

Reflecting on his journey, Dupiche said what kept him going during difficult moments was how far he had come since freshman year. "I've been doubted ever since I joined the program," he shared. "That motivated me to try even harder and to encourage my teammates — especially the ones on the bench — because I know how it feels to be there. Everyone matters."

As he prepares to graduate in June 2026, Dupiche hopes to leave behind a message for the next team leader. "Friendship is good, but as a captain, sometimes you have to set that apart and do what's best for the team," he said. "It's about what benefits everyone."

For Dupiche, the spirit of Spring Valley Soccer is about more than wins and losses. "Spring Valley Soccer is a family," he said. "We've grown up together, we've helped each other up, and even after I graduate, I hope that spirit continues wherever I go." While the 2025 record may not show it, the heart of Spring Valley Soccer remains strong — built on dedication, teamwork, and Tiger Pride.