

2017 Pleasant Valley High Basketball

Sign in neatly...include your cell number

Need to have your physical completed and turned in before workouts. (Otherwise you cannot participate regardless.)

Workouts for JV and Varsity begin Tuesday, Sep 12 at 4:45-5:45. They will continue every Tuesday and Thursday until big gym is available. These are optional.

We will meet in the weight room and focus on strength training and explosive lifts.

Frosh will meet Tuesday, Sept. 19 in weight room at 3:30. Meet on Tuesdays.

Car Raffle Tickets and Basketball Football Concessions

You will be receiving your car raffle tickets right after the meeting. You are responsible for trying to sell them. Do not lose them. You are responsible for the tickets.

This is a fundraiser for boys basketball.

Need to sell tickets by Oct 17. Almond Bowl is Oct 20.

We will also be doing football concessions (fundraiser) on Friday, Oct 27 vs Shasta.

Raffle Tickets sold at Safeway Sept. 26 6-8 pm & Sept.30 12-2 pm. Be there! Easy way to sell all of your tickets! For boys basketball only.

Questions? Reminders.

Java and Varsity will start optional workouts Sept 12. (weight room) bring running shoes.

Pick up car raffle tickets today. Get your physical done.

Football concessions

Oct 27. **4:30-6 Seniors** **6 – 7:30 Juniors** **7:30 – 9:30 Soph /frosh**