



# SAINTS BULLETIN

## WEEKLY NEWSLETTER

**AUGUST 21, 2023**

- 8/21 - Welcome Back! - Collaboration Day schedule - out at 2:25pm
- 8/22 - Girls Volleyball is playing Bonita today @BHS. Come out & support!
- 8/23 - Don't forget to go by the Finance Office for your Foam Dance tix:)
- 8/24 - Girls volleyball and frosh football are home today
- 8/25 - Football vs Lakewood @home 7pm - Veteran's Night - all veterans get in for free!
- 8/26 - Foam Dance 7-10pm in the quad

## NEWS & EVENTS

Don't forget to check your weekly bulletin every Monday for important dates and events, ticket info, announcements, SDCP volunteer opportunities and more.



Drop off and pickup info [here](#)

Our Back to School Night is next Monday from 6-8pm!

Fall sports are back! Check out our homepage calendar for more info about dates, times and opponents.

# STUDENT CORNER

Welcome back Saints!

We're excited for the new school year and we hope you are too. Check out the bulletin each week for important info about school events, college and job events and opportunities, athletic info, and so much more.

Don't forget to **renew your work permit!** Pick up a new permit, get it filled out and signed (by supervisor AND a parent or guardian) and turn back in to Ms. Kohler in the front office.

Get your **Foam Dance tickets** now!

\$30 w/ ASB

\$40 w/out

Purchase in the Finance Office

Drama Club and Karaoke Club meetings start the first week of school, and EVERYONE is welcome to come. Drama club meetings are on Thursday and Karaoke Club meetings are on Friday; both are held in R4.

**saints**  
**VALUE**  
**saints**

## SAINTS ATHLETICS

**ATTENTION!**

You **must** be cleared on Athleticclearance.com and have a physical on file **dated after May 1st, 2023 and signed and stamped by an MD, DO or PA only**. This is for tryouts, practice and regular season. For more info about athletic clearance, go [here](#)

### Fall Season Coach List

#### Football

Coach Holman

M.Holman@bonita.k12.ca.us

#### Boys Water Polo

Coach Feola

dfeola103@gmail.com

#### Girls Volleyball

Coach Hanson

j.hanson@bonita.k12.ca.us

#### Girls Tennis

Coach Noel

alnoel5@gmail.com

#### Spiritline

Shaunae Carrillo

shaunaecarrillo@gmail.com

#### Dance Team

Coach Boyd

dboydsdhsdanceteam@gmail.com

#### Cross Country

Eduardo Mundo

emundo0418@msn.com

# SAINTS ATHLETICS

**Monday Aug. 21**

No Sports

**Tuesday Aug 22**

Volleyball @ Bonita - Away

FS @ Bonita @ 3:30 - Away

JV @ 4:45 - Away

Var @ 5:45 - Away

Tennis vs Alta Loma

Var vs 3:30 - Home

JV @ 3:30 - Away

Water Polo @ Glendora - Away

Var @ 3:30 - Away

JV @ 4:30 - Away

**Wednesday Aug 23**

No Sports

**Thurs Aug 24**

Tennis vs Walnut

Var @ 3:30 - Away

JV vs 3:30 - Home

Volleyball vs Alta Loma - Home

FS & JV @ 4pm @ Lone Hill - Home

Var @ 5pm @ Lone Hill - Home

Water Polo @ Walnut

Var @ 3:30 - Away

JV @ 4:30 - Away

Football vs Lakewood

JV @ 4pm - Away

Frosh @ 3:30 - Home

**Friday Aug 25**

Football Var vs Lakewood @ 7pm - Home

**Sat Aug 26**

Volleyball

Var @ Azusa Tourney @ 8am



*"On behalf of the Sports Medicine Center and Pomona Valley Hospital Medical Center, I am pleased to present this check for \$1,505 to the San Dimas High School athletic training room to help provide year round care for injured SDHS athletes. Go Saints!"*

**Jay Shah, DO – SDHS Team Doctor**

## \$\$\$ For Physicals Fundraiser Program

For more than a decade the Sports Medicine Center (SMC) physicians from Pomona Valley Hospital Medical Center (PVHMC) have given their time and expertise to provide SDHS athletes with CIF mandated pre-participation exams (PPE). Through the SMC's "\$\$\$ For Physicals" fundraiser program, 100% of the proceeds from the PPE events are given back to the schools.

Over the years, the SMC has donated \$32,981 back to SDHS for much needed athletic training supplies. In addition, Dr. Shah and the SMC provide SDHS football with free game coverage.

The "\$\$\$ For Physicals" program was initiated in 2006. Since then PVHMC has donated \$194,300 back to local high schools.

*Sports Medicine Center* 

Athletic Care From Injury Through Return To Play—40 Years In The Game!

1798 B N. Garey Avenue, Pomona, CA 91767 • 909.865.9810 • [pvhmc.org/sportsmedicine](http://pvhmc.org/sportsmedicine)

## PVHMC SPORTS MEDICINE SERVICES

### SMC PHYSICIAN CLINIC

- Located at PVHMC in Rehabilitation Services on the first floor of the Robert and Beverly Lewis Outpatient Pavilion
- FREE sports injury screens with x-ray, PT consultation, and referrals when needed
- Sports physicals – \$31
- Appointment needed— No walk-ins
- Specify "SMC Appointment"
- 5 pm / Wednesdays
- 909.865.9810

### ATHLETIC REHABILITATION

- Located in Pomona, Claremont, Chino Hills, and La Verne
- Computerized testing, individualized treatment plans
- Return to sport, injury prevention, and performance enhancement programs
- Physician referral required
- Most insurance accepted, cash rates available
- By appointment only
- 8 am-5 pm / Monday-Friday
- 909.865.9810

### PVHC URGENT CARE

- Located in Claremont, Chino Hills, and La Verne at the Pomona Valley Health Center (PVHC)
- Serves as an alternative to the ED for infections, sports injuries, insect bites, asthma, or cold and flu
- Offers athletes follow-up referrals to the SMC Physician Clinic and Athletic Rehab
- Sports physicals – \$44
- Walk-ins welcome
- 8 am-8 pm / Monday-Friday
- 9 am-5 pm / Sat-Sun, most holidays
- Claremont: 909.865.9977
- Chino Hills: 909.630.7868
- La Verne: 909.392.6511