



SAINTS BULLETIN WEEKLY NEWSLETTER

**FOR THE WEEK OF
AUGUST 28, 2023**

- 8/28 - Please join us for Back To School Night - begins at 6pm - see schedule below
- 8/29 - Don't miss girls tennis vs Pasadena Poly today @ home
- 8/30 - Open auditions - see flyer below for more info
- 8/31 - Lots of great games today. Check the calendar and come out and support!
- 9/1 - Minimum Day - out at 12:59pm

NEWS & EVENTS

Back to School Night Schedule

- | | |
|-------------|---|
| 6:00-6:15pm | Welcome in the Quad |
| 6:15-6:25pm | PTSA Meeting in the Quad & Period 0 in Classrooms |
| 6:30-6:40pm | Period 1 in Classrooms |
| 6:45-6:55pm | Period 2 in Classrooms |
| 7:00-7:10pm | Period 3 in Classrooms |
| 7:15-7:25pm | Period 4 in Classrooms |
| 7:30-7:40pm | Period 6 in Classrooms |
| 7:45-7:55pm | Period 7 in Classrooms |

*No Period 5



Hey Saints!

If students are interested in participating in drama at all this year, we are holding a parent general meeting **before BTS Night festivities on Monday, August 28 at 5:00 in room R4.**

The productions on the docket for this year are Radium Girls, Mary Poppins, Avenue Q High School Edition, and All in a Lifetime: A Variety Show.

Students need NO experience to get involved—they learn on-the-job!

Drama is NOT just acting. In drama, you can also learn set, lighting, and sound design; production design; hair and makeup design; stage management; stage tech; directing; marketing; and more!

Drama is an 8th period class (in the evening), and **ANYONE** can participate, even if students participate in other performing arts or athletics!

For more information, please e-mail
k.kocalis@bonita.k12.ca.us

STUDENT CORNER

Please note: our football gates are cashless. Tickets can be purchased online. BUT, it is cash only for the snack bar, merch and out 50/50.

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.

Softball tryouts will be held Sept 5-8 after school at the varsity field. Please make sure you are cleared (with a current physical dated after 5/1/2023) on athleticclearance.com. If you're playing a fall sport and don't have time for the tryout, please go to the field to speak briefly with one of the coaches.

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 28

No Sports

Tuesday Aug 29

Tennis

Var vs Pasadena Poly @ 3:30 - Home

Wednesday Aug 30

No Sports

Thursday Aug 31

Tennis

Var @ Bonita @ 3:30 - Away

JV vs Bonita @ 3:30 - Home

Volleyball @ Claremont - Away

FS @ 3:30

JV @ 4:30

Var @ 5:45

Football vs Marina

Frosh @ 3:30 - Home

JV @ Marina - Away

Water Polo @ Bonita - Away

Var @ 4pm

JV @ 5pm

Friday Sept 1

Varsity Football vs Marina @ 7pm - Home

Saturday Sept 2

Cross Country @Fastback Shootout - Mt SAC @TBA

AUDITIONS!

The fall play is open to all Saints who are interested!!!



**Wednesday, August 30
4 PM – 7 PM in Cloud9**

We need actors, stage managers, light board operators, sound board operators, stage crew, costume crew, publicity crew, makeup/hair crew...

***PLEASE SEE MS. KOCALIS in R4 for info and paperwork ASAP.

***Please bring your COMPLETED and SIGNED audition form WITH ALL REHEARSAL CONFLICTS NOTED.

***Please prepare 1 dramatic monologue. *Memorization is NOT mandatory!*

***Please arrive between 4PM and 6PM.



GradNite 2024 Senior and Senior Parent Meeting. Monday, August 28, 2023 at the conclusion of Back to School Night @8:15pm in the Media Center.

Join us for information on getting your GradNite tickets and other senior things hosted by GradNite 2024. Come reserve and buy your tickets, and get other important information.

Come to the meeting to get lots of info. Join in on the GradNite team and join in all the fun!

Also, GradNite Tickets will be available starting Monday, August 28th! So **DON'T MISS THE MEETING WITH ALL THE DETAILS!**

Email sdhsclassof2024gradnite@gmail.com with questions or to join the information list. We send out lots of information, and other fun stuff through the list, so don't miss out!

Follow @sdhsclassof2024_events on Instagram to see lots of fun senior things throughout the year and get information on upcoming senior things from GradNite.





Join SDHS Drama in 2023-2024 for:

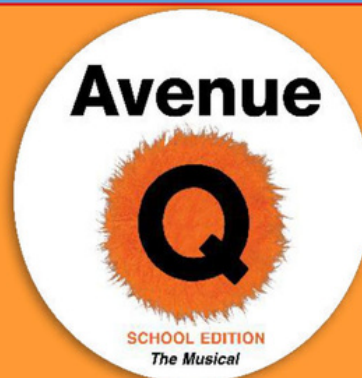
ClouD9@SDHS

November 1-4, 2023



**TK-12 BUSD District Musical
Bonita Center for the Arts
January 31-February 3, 2024**

**Sainted Players Musical
Bonita Center for the Arts
April 10-13, 2024**



*All in a
Lifetime*
A VARIETY SHOW

**ClouD9@SDHS
May 22-24, 2024**

POMONA VALLEY HOSPITAL

MEDICAL CENTER
SPORTS MEDICINE CENTER



"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

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