

# PVCS EAGLE ATHLETIC UPDATE

Pioneer Valley Christian School

Fall 2005

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## SPORTS ENHANCEMENT TRAINING

As mentioned in the last Athletic Update, the Athletic Department has added a new unit to the training of its athletes. For the last six weeks, we have focused on building strong foundations for all of our athletes including enhancing areas such as speed, agility, quickness, strength, power, and flexibility.



Since the first week, which only involved the in-season athletes, the training has been made available to every interested

high school and middle school student. Including the in-season athletes, we currently are training about 80 athletes on a daily basis from sixth grade on up.

The session runs about an hour and twenty minutes and teaches student-athletes not only the importance of physical fitness, but also the value of proper nutrition and healthy lifestyle choices.



### S.E.T. improves:

- Total body physical development
- Speed, Agility, Quickness
- Strength and Conditioning
- Nutrition habits
- Discipline
- Work Ethic
- Linear and Lateral Speed
- Power
- Flexibility

## PVCS Girls' Volleyball Capture League Title 19-1

The PVCS Lady Eagles finished their season schedule with a record of 19-1 and have captured the Southern League's Championship.

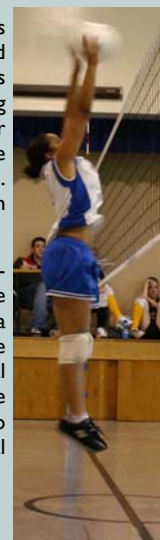
The girls' varsity volleyball team started the year off with an unbelievable start. A year after finishing second in the Southern League, the girls started off with a 12-0 winning streak before losing their only game to second place Central High School.

Along their 19 win journey, this year's team continued on to beat Division II schools of Chicopee High, Holyoke High, Central High, and Commerce. (These schools are normally ranked Division I based on enrollment. They are classified Division



II for Volleyball.) The team, led by seniors Rebekah Deschaine, Hannah Purdon, and Alyssa Williamson, has attributed its winning season to their strong communication and teamwork. Senior Rebekah Deschaine, on left, said, "We were successful because we play for Him. We also had confidence that we could win because we had been working hard."

Juniors Alicia Salemi, Luckesha Stamp-Dunkelly (shown on right), sophomore Ashley Duda, and freshmen Jenna Deschaine and Krista Wertman, have consistently provided strong fundamental play as well as continual hard work. These underclassmen have always had a desire to succeed and have worked towards this goal since the beginning of the season.



## Boys' Soccer Finish 12-2 and Place Second in the Briggs

This year's soccer team improved on last year's record of 6-5-5. Not only did the team finish with a record on 12-2, but they placed second in the Briggs League. Their only two season schedule losses came against

Ware High School 2-3 and 1-3.



This year's success has been attributed to the strong work ethic of every player, concentrating not only on skill development but also on strength and speed throughout the entire season. "This group of players has a unique desire to work hard," said Coach

Matthew Longo. The entire team had a passion to go out and play hard every single day.

Of course, it helps to have the League's goal-scoring

title recipient, Sophomore Austin Santolini, who achieved this distinction by totaling the most points throughout the regular season. "It is hard to believe that he was a defenseman when he was younger," Mr. Santolini said.

The defensive unit, led by Senior Samuel Renaud (shown on right) at sweeper and senior Timothy Lansner at outside fullback, has allowed only 13 goals this season. The defense was only improved by the aggressive goal keeping of sophomore Joshua Horne (shown on left).

The team lost in the first round of the playoffs to higher seeded Easthampton High School.



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# PVCS EAGLES

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**“...RUN IN SUCH A WAY AS  
TO GET THE PRIZE.”  
I CORINTHIANS 9:24**

**We're on the Web!**  
[www.pvcseagles.com](http://www.pvcseagles.com)

## Athletic Equipment Needs

With any growing program come growing needs. Over the past two months, the PVCS athletic program has grown from 30 participants up to 80. In order to effectively train all these athletes, we need more specific equipment to meet these needs.

The next stage of our fitness program requires Resistance Bands. The PVCS Athletic Department needs approximately \$1,200 towards the cost of these resistance power packs that will

help with the strength portion of the program. If you would like to contribute to the Sports Enhancement Training Program, please contact:

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Each \$45.00 pack comes with five different bands in different strengths ranging from very light to very heavy.



The above is a picture of the equipment purchased with the donations made to the athletic

## PVCS Athletes Thanks Donors

It did not take long for the student-athletes at Pioneer Valley Christian to take advantage of the donations given to the athletic program by alumni, friends, and family. Over \$3,000 in donations allowed us to purchase the speed enhancement kit, which is shown on the left.

On the right is a picture of some of the high school and middle school boys going through their stretching routine. The dynamic warm-up is the first part of every workout. There are over 40 male athletes involved in the workouts.

“The speed ladders are so much fun. I am really starting to improve my footwork,” said one PVCS athlete. Below is a picture of the PVCS girls using the speed ladders that were included with the kit. With six separate ladders, more than 30 athletes



can train at once as shown below. The ladders are used for linear and lateral speed as well as increasing foot speed.

Another athlete commented on the balance disks that are part of the kit, “The balance disks are so challenging. I have a ways to go before I am good on those.”

The athletes would like to thank all

those who gave towards this equipment. It has been a huge benefit to those within the program. The program, which started out with just 15 athletes during the first week, has now grown to about 80, both male and female, from grades 6 through 12. Your contributions have been a tremendous blessing to all and are greatly appreciated. Thank You!!!

## SCORE TWICE

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&**

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