



**UNIVERSITY  
PREPARATORY SCHOOL**

PURSuing EXCELLENCE  
TOGETHER

# PANTHER PRIDE

Congratulations to the Class of 2018!

104 high school graduates and 157 8th grade graduates walked the Marr Auditorium stage to receive their diplomas in one of the most historic and beautiful buildings in Shasta County. U-Prep wishes to thank all of our guest and student speakers. It is a U-Prep tradition to have alumni speak and this year we were so fortunate to host 2010 alumnus Tennyson Jones. We would also like to thank senior speakers, Emalee Hiscock and Mohamed Yassin, as well as 8th grade speakers, Cameran B. and Joseph J. The heart-felt messages conveyed were that of persistence, hard-work, joy, and the close-knit relationships that were formed during student's time at U-Prep. Following the high school ceremony, graduates were provided a parent-organized Sober Grad event. A special thank you goes out to the parents who planned and orchestrated a safe venue for post-graduation festivities. Best wishes to our graduates on all future endeavors!

## DATES TO REMEMBER

<b>June 3-9</b>	<b>8th Grade Students- Washington DC</b>
<b>June 11-20</b>	<b>Cultural Connections-Japan</b>
<b>June 17-July 4</b>	<b>High School Students-China</b>
<b>June 21-July 3</b>	<b>SEPA-Greece</b>
<b>July 8-28</b>	<b>9th Grade Students-China</b>
<b>Aug. 2</b>	<b>WEB Training</b>
<b>Aug. 6</b>	<b>WEB Day</b>
<b>Aug. 7</b>	<b>Arena Day</b>
<b>Aug. 7</b>	<b>Sports Physical Night</b>
<b>Aug. 8</b>	<b>Link Crew Day</b>
<b>Aug. 8</b>	<b>AP Info Night (tentative)</b>
<b>Aug. 14</b>	<b>First Day of School</b>
<b>Aug. 15-16</b>	<b>Musical Auditions</b>
<b>Aug. 15</b>	<b>Picture Day</b>
<b>Aug. 16</b>	<b>Popsicle Social</b>
<b>Aug. 17</b>	<b>Welcome Back Dance</b>
<b>Aug. 20</b>	<b>Early Release Day/1:10PM</b>
<b>Aug. 23</b>	<b>2nd Semester Academic Awards</b>
<b>Aug. 30</b>	<b>Back to School Night</b>



Class of 2018 Senior Panorama



Class of 2018 Senior Sunrise

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## Who We Are - Our Vision

University Preparatory School is a small, grades 6-12, college preparatory school committed to university level preparation in fine arts, literature, languages, history, mathematics, science, and philosophy.

Working together, University Preparatory School staff, parents, and community will offer students learning experiences needed to achieve their leadership and academic potential, to become creative thinkers, compassionate human beings, and ethical participants in a multi-cultural, democratic society.

Students will be immersed in rigorous academics and meaningful extra-curricular activities and supported by a close-knit community of teacher/advisors, which will enable them to choose any course of post-secondary education.

# Assistant Principal Corner

Rochelle Angley-Assistant Principal

Monica Cabral-Assistant Principal

Dear Parents,

Over the course of the 2017-18 school year, our staff was trained and certified in the ALICE Training Institute best practices for school safety. The next step includes training all of our students. However, before we initiate training protocols with them, the school safety trainers would like to inform our families that the trainings will be age appropriate, will occur at individual grade-levels, will include an action-based approach to keeping oneself safe, and will be designed to minimize potential stressors.

Research has shown us that the traditional "lockdown" where we have trained our staff and students to hide and shelter-in-place, is not the best practice in a situation involving an armed intruder. This new approach (ALICE) provides our school with options to respond based on information that is available. This includes the ability to evacuate or escape a dangerous situation, if that is the best option available.

The topic of managing an armed intruder is not a conversation that we want to have, especially in a school setting. However, it is necessary. Beginning the 2018-19 school year, the school safety team will be visiting classrooms to discuss safety protocols. As mentioned, these conversations will take into account the grade level in each room. This is the time when students will hear about ALICE protocols in an age-appropriate way, and be in an environment (classroom setting) where students will feel more comfortable asking questions.

This topic gets to the heart of what is most important to the people who work in our school, and that is the safety of our students. We remain committed to deploying the best practices in school safety for any situation that may arise. Our students and staff are our priority.

As always, thank you for your continued support. Please don't hesitate to contact our office with any questions you may have.

Sincerely,

Rochelle Angley

Assistant Principal

Safety Committee Chair



# TRANSPORTATION INFORMATION

## 2018-2019

### Additional/Updated Bus Routes for 2018-2019 School Year

Thank you to the parents who responded to our inquiry regarding bus transportation services, including the request for input on how well the current bus stops are meeting need, and future interests. School administration has analyzed survey data, historical transportation trends, and locations of potential bus stops that would improve service to our families. As a result, multiple bus stops have been added. For your planning purposes, please note the following transportation bus stops and AM pick up times for the 2018-2019 school year.

#### U-Prep Bus



Palo Cedro Park & Ride (by the Chevron Station)	6:30
Whistling Dr & Springer Drive	6:43
Churn Creek Road & Palacio Drive	6:45
Collyer Drive & Ridgewood Drive	6:51
College View Drive & Tidmore Lane	6:53
Shasta View Drive & Hemingway Street	6:56
Rancho Road & Amanda Drive	7:06
U-Prep Arrival	7:25

#### U-Prep/SHS Bus

Westwood Manor	6:34
U-Prep Arrival	7:00

*(Room 299/Media Center will be open at 7:00AM for students arriving early)*



The process to access bussing per Shasta Union High School District transportation policy is as follows:

- Parents notify the school office via a written request for bus transportation; a note may be brought in by the student or faxed to the office (245=2791). This request needs to include the name(s) of the student who will be riding the bus, the requested bus stop, the frequency of transportation needed (e.g. Today Only, When Necessary, Regularly), and the name and signature of the parent.
- For safety purposes the school office authorizes the request, notifies the SUHSD transportation department, and provides the student rider with an initial bus pass.
- The student rider presents the authorized bus pass to their bus driver when they board the bus for the first time. School bus transportation will not be allowed without the bus pass. Once the bus driver receives the pass, the student rider is considered approved for transportation.

For questions regarding U-Prep transportation services, please call our school office at 245-2790.



## *A Note from U-Prep Health Office*

Will you be 7<sup>th</sup> or 9<sup>th</sup> grade next year?

### *7<sup>th</sup> Grade*

7<sup>th</sup> grade students will need proof of Tdap booster shot before they are allowed to start school next fall. Some 6<sup>th</sup> grade students may have had the Tdap vaccine. If so, we have it in their health file. We just need proof for students that have YET to receive this vaccine.

Some 7<sup>th</sup> grade students may choose to get their 2<sup>nd</sup> varicella shot in preparation for 9<sup>th</sup> grade at the same time as the Tdap to avoid having to get another shot in two years. (See 9<sup>th</sup> grade requirement below)

### *9<sup>th</sup> Grade*

9<sup>th</sup> grade students need proof of their 2<sup>nd</sup> Varicella (chicken pox) vaccine. If you have already received a 2<sup>nd</sup> varicella shot there is no need to get another one. We have that information on file. We just need proof for students that have YET to receive this vaccine.

Questions? Contact our Health Clerk, Whitney Lowry 530-225-8404 [wlowry@suhsd.net](mailto:wlowry@suhsd.net)

## DRINKS AND FOOD DELIVERY

Thank you, parents! We've noticed a difference in your efforts! As previously shared, our wonderful office staff is happy to help notify students when belongings get dropped off for them, such as a lunch that may have been left at home or something otherwise required for the work day. Thank you for working with us to ensure this isn't the norm; your support is very helpful in reducing classroom interruptions. Please contact our office if you have any questions regarding deliveries for students.





# STUDENTS of the QUARTER

## 4th Quarter

### Character Trait: Respect

On May 24th, the Student of the Quarter award recipients and their families joined us in the Board room to celebrate their accomplishments. Superintendent/Principal Shelle Peterson recognized each recipient by sharing their unique attributes. Students received an honorary certificate, and a special t-shirt. Refreshments were enjoyed after the ceremony. Congratulations to all of our Fourth Quarter Student of the Quarter Award recipients and their families!



Front Row, left to right: **Elijah M., Emily W., Kara R., Jazlyn M., Hendrix M., Sawyer H., Kelly Neill**

Back Row, left to right: **Averi W., Gareth B., Sawyer B., Ansel L., Miryam A., Anyssa B., Braden K., Avery M., Aaron W., Rida K., Danielle M., Aidan M. (Not Pictured-Samantha M.)**



Front Row, left to right: **Savannah L., Kathryn B., Trinity K., Sierra B., Vincent H., James M.**

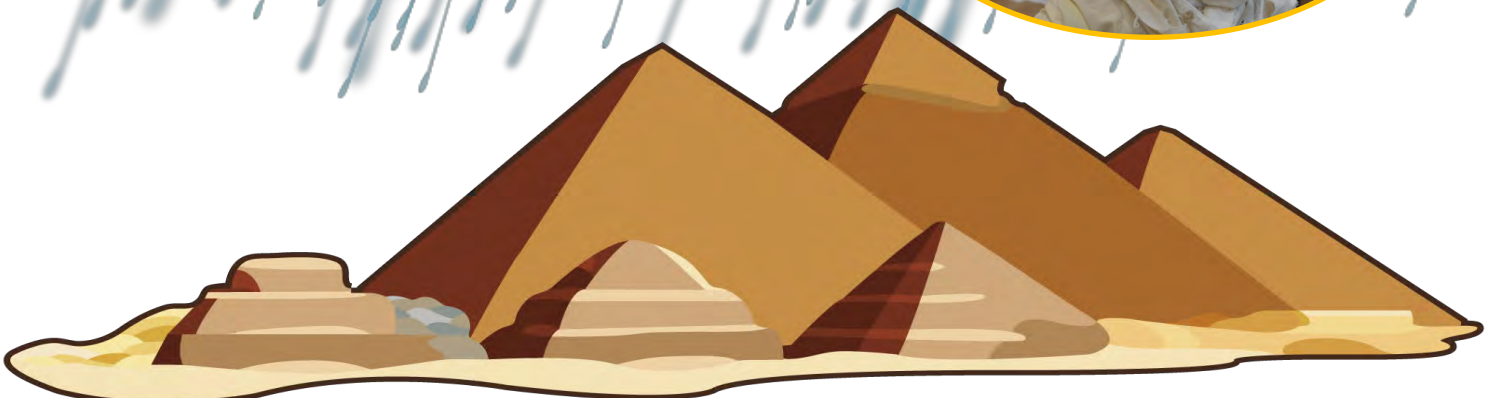
Back Row, left to right: **Natalie B., Ruby C., Claire H., Allison T., Michael B., Kevin L., Jacob M., Will T., Ethan R., Omar P.**

Not Pictured: **Kaitlyn P., Madalyn D., Michael H.**

# 6th Grade Ancient Civilization Day

U-Prep 6<sup>th</sup> graders, teachers, and parents were all set for a fun and interactive day on the baseball field for our 9<sup>th</sup> annual Ancient Civilizations Day; the weather had other ideas. With the rain starting to pour down at 7:50am, in true U-Prep fashion, our students, parents, and staff rallied together to be problem solvers and moved our festivities into the Stuart Gym. The ancient civilizations from Prehistory to Rome were still visited and a great time was had by all! Thank you to our wonderful volunteers for all your time, effort, energy and great attitudes in making this a memorable and fun experience for our students.

We ended the year with some fun, off campus activities at Oasis Fun Center, Viking Skate, and a cloudy, yet still entertaining day at Water Works Park. We hope everyone has a great summer and see you next school year!!!





# 8th Grade Students to the East Coast ~ 2018

On June 9th, members of the 8th grade class left Redding for a great East Coast adventure. During their week-long trip they were able to experience Arlington National Cemetery, Lincoln Memorial, the United States Capitol building, and the Pentagon Memorial to name just a few of their memorable stops. Their tour also took them to well-known sites in Philadelphia and New York City! 8th grade teacher, Mrs. Bright, said, "This has become a great tradition for our kids and we're so lucky to have the chance to go".



# 2018 NATIONAL LATIN EXAM RESULTS

## 41<sup>st</sup> Annual National Latin Exam Results

Congratulations to U-Prep Latin students! 131,787 students from all 50 states and 24 foreign countries were administered an exam. The exam was administered in 3,310 schools, including 25 colleges and 7 elementary schools. On the 2018 exams, 50,308 (38.2%) earned awards. At U-Prep, students enrolled 55% of the students (Latin I-IV) earned an award!

### Intro Exam (Latin 1 8<sup>th</sup> Grade Course)

44% of students tested received awards:

23 – Purple ribbon and achievement certificate

33 – Achievement certificate

### Latin 1 Exam (Latin II Course)

71% of students tested received awards:

2 – Gold Summa Cum Laude (1 was a perfect score)

13 – Silver Maxima Cum Laude

5 – Magna Cum Laude

5 – Cum Laude

### Latin 2 Exam (Latin III Course)

65% of students tested received awards:

6 – Gold Summa Cum Laude

3 – Silver Maxima Cum Laude

8 – Magna Cum Laude

5 – Cum Laude

### Latin Prose III Exam (Honors Latin IV Course)

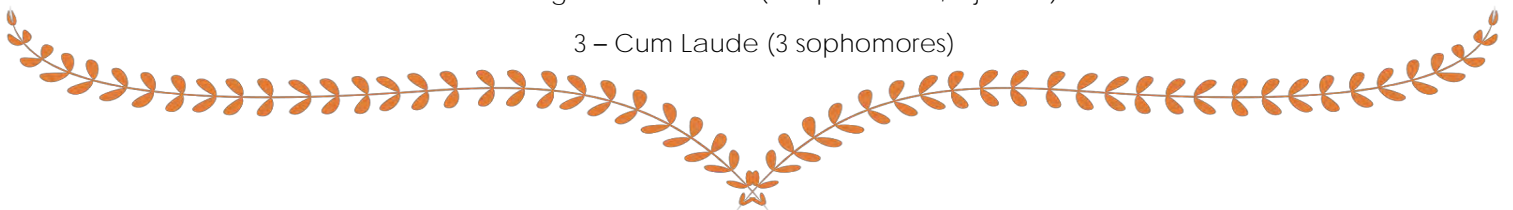
73% of students tested received awards:

0 – Gold Summa Cum Laude

2 – Silver Maxima Cum Laude (2 sophomores)

3 – Magna Cum Laude (1 sophomores, 2 juniors)

3 – Cum Laude (3 sophomores)





# Class of 2018

## Following their dreams...

Azusa Pacific University, Biola University, Boise State University, Brigham Young University, Butte College, California Baptist University, Cedarville University, Clemson University, Colorado State University, Crown College, CSU Cal Poly, San Luis Obispo, CSU Cal Poly, Pomona, CSU Chico, CSU Fullerton, CSU Humboldt, CSU Los Angeles, CSU Long Beach, CSU Maritime Academy, CSU Northridge, CSU Sacramento, CSU San Bernadino, CSU San Diego, CSU San Francisco, CSU San Jose, CSU San Marcos, CSU Sonoma, Dartmouth College, Duke University, Eastern Nazarene College, Fullerton College, Grand Canyon University, Harding University, Hawaii Pacific University, Highlands College of Montana Tech, Howard Community College, Iowa State University, Linfield College, Loyola University Maryland, Menlo College, Mississippi State University, Montana State University, Montana Tech of the University of Montana, Northeastern University, Northern Arizona University, Pacific University, Pepperdine University, San Diego Mesa College, Santa Barbara City College, Shasta College, Simpson University, Southern Methodist University, Southern Oregon University, Saint Francis University, St. John's University, Saint Mary's College of California, St. Norbert College, The Master's University, UC Berkeley, UC Davis, UC Irvine, UC Merced, UC Riverside, UC San Diego, UC Santa Barbara, UC Santa Cruz, UCLA, Union University, U.S. Navy, University of Arizona, University of Colorado, Colorado Springs, University of Denver, University of Hartford, University of Maryland, Baltimore County, University of Maryland, College Park, University of Montana, University of Nevada, Reno, University of Pennsylvania, University of Portland, University of Southern California, Vanderbilt University, Washington and Lee University, Washington State University, Western Oregon University, Westmont College

## Congratulations to Our Graduates!

# THANK YOU!

Redding Rotary

Mercy Guild

Nor-Cal RCA Ginger McMartin Scholarship

Redding Bank of Commerce

SRMC Auxiliary Junior Volunteer Scholarship

Redding Elks Lodge

Don & Debbie Bankson Scholarship

S.W.E.A.T.

Shasta County 4-H Council

Redding Exchange Club

Tri-Counties Bank

Top of the State Junior Golf

Powering Redding's Future – Redding Electric Utility

U-Prep Athletic Boosters

U-Prep Faculty Fund

U-Prep Music Boosters

(Additional scholarships were awarded through college and universities)

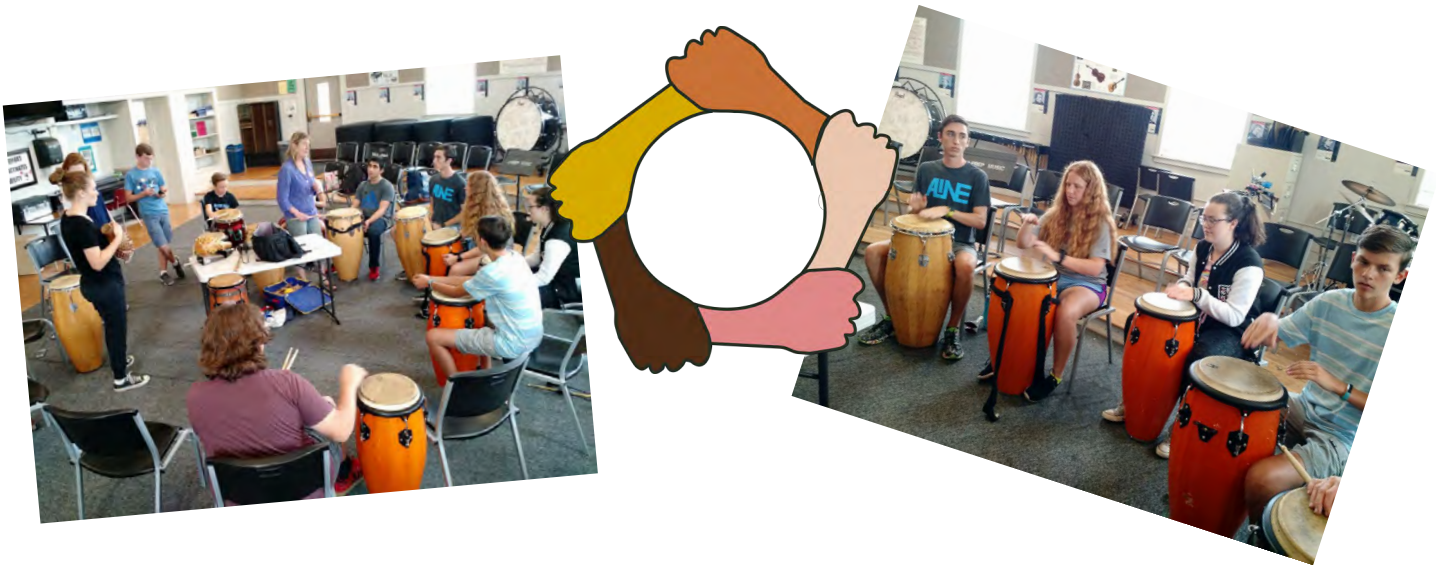
# PREP

# VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical  
Marissa Kinneavy-Dance ♦ Lura Wilhelm-Visual Arts



U-Prep art III student, Chet C. received 3rd place in the Congressional Art Competition for his painting titled *America!* Chet's painting is on display in the U-Prep Main Office. Congratulations, Chet!



In May, Mrs. Johnson's Drum Corps and strings classes were visited by Jeanne Christofferson, professor of music at Chico State, for a workshop in African drumming. Students learned about various instruments and the complex layering of polyrhythms. Essential to African drumming is the dancing and singing that go with it. It was a total musical experience!



# ASSOCIATED STUDENT BODY

## HIGH SCHOOL STUDENT GOVERNMENT



JASPAL GADDY: JUNIOR HIGH ASB ADVISOR  
KENT SMITH: HIGH SCHOOL ASB ADVISOR

May ushered in the final month of high school for the year, and the tearful goodbyes in Student Government for our 7 wonderful graduating seniors. With AP testing, final exams, and graduation looming, ASB organized one final event – Day on the Green – on Friday, May 25<sup>th</sup>. It turned out to be a memorable one, as the “green” turned into the “gyms” due to the only rain in weeks. Thankfully, we had gym space to host activities, yearbooks distribution and signing, as well as general student interaction. Kona Ice sold their products to an amazingly large number of students who didn’t mind frozen treats in the rain, Peer Mentoring provided hot dogs for all who desired, and several clubs sold other various treats. And finally, to top it all off, several brave staff members (including our very own ASB advisor) courageously staved off freezing to allow themselves being drenched in the dunk tank fundraiser.

Looking forward, we have a fantastic class of 27 students ready to serve the student body next school year, several returning for a second or third year of Student Government. We are excited to implement fresh new ideas, as well as re-creating several of the tried and true events students love every year. For now, here’s to a fantastic summer!



# UPREP SUMMER CHEER CLINIC

**August 1st & 2nd**

Located in UPrep Activities Gym  
2200 Eureka Way

**FOR AGES  
K - 8TH**

**\$65** Includes daily snack  
and T-shirt

**8am - Noon  
Wed  
& Thurs**

**Learn Cheers-Dance-Stunts-Jumps**



PARENTS ATTEND FINAL PERFORMANCE THURSDAY @ 11:30AM. PARTICIPANTS ARE ALSO INVITED TO PERFORM AT OUR 1ST HOME GAME DURING JV HALFTIME! (1st home game is Friday, 8/31—Details to follow)



**\*\*\* REMINDER: BRING WATER BOTTLE DAILY \*\*\***

*For more info, visit us on Facebook @ UPrep Cheer*



**SPACE LIMITED/PRE-REGISTER by June 22nd to secure your spot and T-shirt; email [JADAMS1@SUHSD.NET](mailto:JADAMS1@SUHSD.NET) w/intent to attend**



Mail form below with payment to UPrep Main Office or bring to first day of camp!

## UPREP Summer Cheer Clinic Participant Registration

**Name:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Grade (2018-2019):** \_\_\_\_\_

**Shirt Size (circle)    YS    YM    YL    YXL    AS    AM    AL    AXL**



**Make checks  
payable to:  
UPrep Cheer**

**\*\*\*Parents must sign and return attached liability waiver in order for child to attend\*\*\***



# University Preparatory School Middle School Volleyball Clinic with Volleyball1on1.com Registration Form



**What:** Volleyball1on1 Youth Clinic

**When:** Wednesday, June 27th

**Time:** 5-6:30

**Where:** University  
Preparatory School; Stuart Gym

**Cost:** \$30

**Camp Includes:** Volleyball1on1.com 6-month online volleyball video tutorial subscription (Valued @ \$149.00).

**Player Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Parent /Guardian Name:** \_\_\_\_\_ **Parent Phone #:** \_\_\_\_\_

**Parent Email** \_\_\_\_\_ **Player Email:** \_\_\_\_\_

\*Make sure emails are legible because this is how Volleyball1on1.com will give you access to their video tutorial website.

**PAYMENT DEADLINE:** Please return form with check payment to UPREP ASB By June 1st

## Volleyball1on1 Modern Coaching System:

The teaching methods Volleyball1on1 Instructors utilize during a Volleyball1on1 camp represent over 25 years of coaching experience along with scientific study of modern volleyball coaching techniques. One of these techniques introduced by legendary player and coach, Karch Kiraly is called "Reading the Game" which offers players cutting edge methods to achieve their fullest playing potential in a much shorter time period than traditional systems. The Volleyball1on1 Modern Coaching system is based on studied scientific principles from human kinetics, organizational behavior, statistics, and psychology. You will learn great techniques, have a lot of fun, and be well prepared to have the best season to come!



## Youth Clinic Attendees Will Learn:

- How to develop an effective float serve, How to spike better and harder.
- How to become better learners.
- "Power Posing" - How a player's body can affect how they feel on the court.
- How to be better teammates using our "Bump Up" strategy.

## About Volleyball1on1:

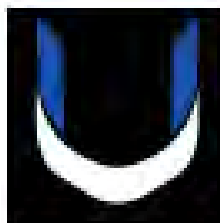
Volleyball1on1 ([www.volleyball1on1.com](http://www.volleyball1on1.com)) is headquartered in Los Angeles, California. Volleyball1on1 is the first (since 2009) and number one instructional volleyball coaching web site in the world featuring over 3000 videos from the absolute best coaches and players in the sport of volleyball sharing insider instructional techniques, drills, practice plans, and more "1 on 1" for you! Andor Gyulai, Founder of Volleyball1on1 is the #1 volleyball instructor in the world on volleyball spiking technique. Please visit this link to learn more:  
<http://www.volleyball1on1.com/2-million-and-counting-my-most-popular-volleyball-spiking-videos-on-youtube/>



**Tawni Kramer –University Preparatory School - Email:** [tkramer@suhsd.net](mailto:tkramer@suhsd.net)  
Volleyball1on1.com \* 13428 Maxella Avenue, #302, Marina Del Rey, CA 90292  
Tel: 323-592-9613 \* Fax: 310-427-6495 \* [Vbinfo@Volleyball1on1.com](mailto:Vbinfo@Volleyball1on1.com)



# *University Prep Football*



## *2018 Summer Camp*

**WHO:** 9th thru 12<sup>th</sup> graders (2018-2019 school year)

**WHEN:** June 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>

**WHERE:** University Prep Football Stadium

**TIME:** 8 AM- 12 PM

**COST:** \$50 – Make checks payable to U-Prep Football  
**\*\* Includes Camp T- Shirt and Lunch**

*The focus of this camp will be to teach individual and team skills in the following areas: Offense, Defense and Special Teams.*

**Please Detach and return to Darren Trueblood or Vicki Day (ASB) before the start of the camp.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_ Grade Next Year: \_\_\_\_\_

Shirt Size \_\_\_\_\_ Phone Number (Home/Work/Cell) \_\_\_\_\_

This notice is to inform you that the sport in which your son or daughter will be participating may have certain hazards, which could cause injury. The coaching staff will relate to each athlete preventative measures, which should be followed in order to keep these hazards to a minimum.

I have read the above and understand that there are hazards involved in this sport. I hereby give my consent and release all liability of University Prep High School and its representatives in case of any injury that may result.

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

This flyer is being distributed solely for informational purposes to District students as part of the district's limited open forum policy. The activity and organization and/or individual named herein are not sponsored by the school or district. Participation in any of the activities described herein is at the risk of the participant. The District is not responsible for the accuracy of the information contained herein.



# University Prep's



## *Panther Summer Basketball Camp*

- Who:** Girls and Boys Ages 6-14
- What:** Individual skill development including: ballhandling, shooting, footwork, passing, and individual attack moves. Campers will be divided into teams based on age and ability with a goal of creating the best experience possible!
- Where:** University Prep HS (Redding, CA).
- When:** June 11th-June 14th from 9am-2pm
- Why:** Great chance to work with high school coaches and players on developing your game! Daily competitions for prizes.
- Cost:** \$90 (includes camp shirt and daily lunch)

Checks Payable To : University Prep Girls Basketball

Mail to: 2200 Eureka Way, Redding, CA 96001 Suite A Attn: Steven Schuster

Questions: Contact Camp Director/Varsity Girls Coach, Steven Schuster, by email: [sschuster@suhsd.net](mailto:sschuster@suhsd.net)

Please Complete and return form by June 8th, 2018

(Walk-up registration is allowed, but pre-registration is preferred)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size (circle one): Youth: Small Med Large Extra Large

Adult: Small Med Large Extra Large 2XL

**\*\*This camp is a fundraiser for, and hosted by, UPrep Girls Basketball.**

**Last years camp was nearly sold-out with 97 campers attending!\*\***

## University Preparatory School 4-Day Volleyball on 1 "Travel 2 U" Camp Registration Form



**What:** Volleyball 1on1 4-Day Camp

**Where:** University Preparatory School; Stuart Gym

**When:** Monday, June 25, 2018 to Thursday, June 28, 2018

**Time:** Monday, Tuesday, Wednesday: 8.00 am – 5.00 pm, Thursday 8.00 am – 1.00 pm  
(Setter Training Starts at 7:30 am on Tuesday, Wednesday, Thursday)

**Cost:** \$235.00

**Camp Bonus Includes:** Volleyball 1 on 1 branded ball (Valued @ \$34.95)  
Volleyball1on1.com 6-month Online Volleyball Video Tutorial Subscription. (Valued @ \$149.00)

**Player Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Total Payment Amount:** \_\_\_\_\_

**School Provided Lunch:** Yes or No (circle)

If not doing a school provided lunch, please plan on bringing your own lunch.

**Parent /Guardian Name:** \_\_\_\_\_ **Parent Phone #:** \_\_\_\_\_

**\*Parent Email** \_\_\_\_\_ **\*Player Email:** \_\_\_\_\_  
\*Please make sure your email address is printed clearly as this is how we provide you access to your 6-month Volleyball1on1.com online video tutorial subscription.

**PAYMENT DEADLINE:** Please return form with check payment to UPREP Volleyball By June 1<sup>st</sup>, 2018

**Volleyball1on1 Modern Coaching System:** The teaching methods Volleyball1on1 Instructors utilize during a Volleyball1on1 clinic represent over 25 years of coaching experience along with scientific study of modern volleyball coaching techniques. One of these techniques introduced by legendary player and coach, Karch Kiraly is called "Reading the Game" which offers players cutting edge methods to achieve their fullest playing potential in a much shorter time period than traditional systems. The Volleyball1on1 Modern Coaching system is based on studied scientific principles from human kinetics, organizational behavior, statistics, and psychology. At this Volleyball1on1 clinic you will learn great techniques, have a lot of fun, and be well prepared for your high school / club tryouts to have your best season to come!

**Day-1 Monday, June 25<sup>th</sup>, 8-5PM Skill Development Clinic: Serving, Passing and Spiking.** Attendees will learn how to develop an effective SERVE including technique for a jump float serve, the most effective serve in women's volleyball. Players will also learn correct passing technique including how to "Slow The Ball Down" and spiking technique for their ARMSWING and APROACH.

**Day-2 Tuesday, June 26<sup>th</sup>, 8-5 PM Skill Development Clinic: Setting, Blocking and Defense.** Attendees will learn proven technique on how to Set, Block, and play Defense using Modern Coaching Systems of "Reading the Game" and "Slowing the Ball Down." This includes advanced techniques for dealing with "Pressure," "How to Get in the Zone", and more.

**Day-3 & 4 Wednesday, June 27<sup>th</sup>, 8-5PM: Thursday, June 28<sup>th</sup>, 8-1PM: Putting It All Together:** Attendees will learn how to apply the skills they learned in a 6 on 6 team environment, including a "Game Plan Offense," "Game Plan Defense," and developing an on-court strategy based upon science. Players will also learn the Volleyball1on1 Formula called "What Great Looks Like!"™ for on and off court success.

### ABOUT VOLLEYBALL1ON1:

Andor Gyulai is the Founder of Volleyball1on1 ([www.volleyball1on1.com](http://www.volleyball1on1.com)) headquartered in Los Angeles, California. Volleyball1on1 is the first (since 2009) and number one instructional volleyball coaching web site in the world featuring over 3000 videos and articles from the absolute best coaches and players in the sport of volleyball sharing insider instructional techniques, drills, practice plans, and more 1 on 1 for you! Andor Gyulai is the #1 volleyball instructor in the world on volleyball spiking technique. Please visit this link to learn more:  
<http://www.volleyball1on1.com/2-million-and-counting-my-most-popular-volleyball-spiking-videos-on-youtube/>



**Tawni Kramer – University Preparatory School- Email:** [tkramer@suhsd.net](mailto:tkramer@suhsd.net)

Volleyball1on1.com \* 13428 Maxella Drive, #302 Marina Del Rey, CA 90292

Tel: 323-592-9613 \* Fax: 310-427-6495 \* [Vbinfo@Volleyball1on1.com](mailto:Vbinfo@Volleyball1on1.com)



# U-Prep Soccer



## 16th Annual Junior Soccer Camp!!!

**July 30th — August 3rd**

**\$65.00 (includes a size 5 soccer ball!)**

**Incoming 4th—8th Grades 8:00 — 10:00**

### Learn the Fundamentals!!

Shooting

Passing

Ball Control

Goal Keeping

Field Awareness

Footwork

Offense

Defense

Work with highly trained coaches and skilled high school players!

Please Make Checks Payable to: U-Prep Soccer

Contact: Brian Nichols @ 2200 Eureka Way Redding, Ca 96001  
(530) 245-2790

Or email: [bnichols@suhsd.net](mailto:bnichols@suhsd.net)

Detach here

Soccer Camp:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Grade Level 02-8: \_\_\_\_\_

Email: \_\_\_\_\_

**MAKE CONNECTIONS  
GET INVOLVED**



YOUR LIFE | YOUR CITY | REDDING LIFE

proudly hosted by The City of Redding

## **CITY CONNECT 2018 RE-DISCOVER YOUR CITY**

FREE event for all ages

**SUNDAY**

June 10th, 1pm-3pm  
INSIDE Redding City Hall  
777 Cypress Avenue

### **Shasta County's Largest Volunteer Fair**

- Interactive My Life | My City Vision Banner
- Meet City Leaders & Elected Officials
- Connect with your Local Non-Profits
- Get involved at the Purpose Match Workshop
- Earn great product with the Partner Passport



**volunteering will boost  
college scholarship  
approvals!**

**100'S OF UNIQUE OPPORTUNITIES TO PARTNER YOUR INTERESTS  
& SKILLS, WITH IMPORTANT SOLUTIONS FOR OUR COMMUNITY.**



for more information visit [www.cityconnectredding.com](http://www.cityconnectredding.com)

## University Preparatory School 2018-2019 School Calendar

July 2018						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1st Quarter Ends: October 12 (43)  
 1st Semester Ends: December 19 (42)  
 3rd Quarter Ends: March 22 (48)  
 2nd Semester Ends: May 30 (42)

Shaded = Student Attendance Days (175)

August 2018						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2018						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2018						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2019						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2019						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2019						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Final Exams
Minimum Day
Academic Conferences

### HOLIDAYS/RECESSES

Labor Day ..... Sep 3  
 Veteran's Day Holiday ..... Nov 12  
*(by law must be Nov 11 if a weekday)*  
 Thanksgiving Break ..... Nov 19-23  
 Winter Break ..... Dec 20 - Jan 7  
 Martin Luther King Day ..... Jan 21  
 Washington Day observed ..... Feb 18  
 Lincoln Day observed ..... Feb 19  
 February Recess ..... Feb 18-22  
 Spring Break ..... Apr 15-Apr 22  
 Memorial Day ..... May 27

Easter - April 21

### CERTIFICATED DATES

School Starts: August 14  
 School Ends: May 30      Graduation: May 31

Staff Work Days ○ Aug 13  
 May 31  
 June 3

Staff Development Days △ Aug 13  
 Jan 7  
 April 22

Snow Day Makeup: April 22

*(If snow day makeup is used, then April 22  
 work day will be moved to June 4)*