



**UNIVERSITY
PREPARATORY SCHOOL**

PURSUING EXCELLENCE
TOGETHER

PANTHER PRIDE

Superintendent/Principal's Message

On Monday, February 26th, U-Prep, alongside the direction of Middle School Counselor Matt Williams, presented its 12th annual Career Day to 8th and 9th grade students. We were pleased to offer a well-rounded selection of presenters for our students to experience.

U-Prep would like to personally thank all of the participating community members that generously took time out of their busy schedules to partner with us in creating a memorable day for our students.

DATES TO REMEMBER

Mar. 9-11 Spring Play-Pygmalion
Mar. 12 Early Release Day/1:10pm
Mar. 12 PSAT
Mar. 13 State Testing (HS Math)
Mar. 14-16 Sophomore Trip: Oregon
Mar. 15 Blood Drive
Mar. 16-18 Dance Team Competition, Santa Clara
Mar. 19 State Testing (HS Math)
Mar. 20-24 Cheer Tryouts
Mar. 21 ELPAC Testing
Mar. 24 Sober Grad Rummage Sale
Mar. 26 Early Release/1:10pm
Mar. 26 Senior Exit Presentations
Mar. 27 Student of the Quarter Celebrations
Mar. 28 Open House: 4:30-6:00pm
Mar. 29 7th Grade & AP Bio to Turtle Bay East
Mar. 29 Sadies (HS) & Spring Dance (JH)
Mar. 29 Science Fair-SCOE
Mar. 30-April 10 Spring Break

Jason Adams	Engineer
Matt Badgley	Special Agent
Nicole Caraway	Veterinarian
Vanessa Chandler	Writer
Janette Cull	Entrepreneur
Melissa Fanoe	Attorney
Bernie Fargen	Assistant Director - R.E.U.
Robin Fator	Fashion Designer
Mel Freilich	Architect
Rob Hamilton	Medical Doctor
Jan Kearns	Fashion Designer
John Kombrinck	Anesthesiologist
Ted Miller	Assistant Director, Distribution – R.E.U.
Thomas Mullen	Dentist
Julia Pennington-Cronin	Museum Curator
Rob Sandbloom	Sheriff
Tyler Shuster	Code Writer/Programmer
Jamie Solorio	Professional Photographer
Chet Sunde	Psychologist
Joy Thayer	Filmmaker
Teresa Tioran	Medical Doctor
Janessa Wilder	Euphrates Institute

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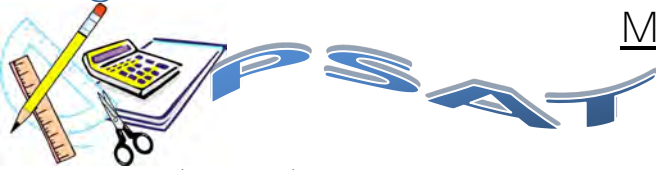


Who We Are - Our Vision

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

College & Career Corner + Counseling News

Ms. Haworth, Mr. Williams, & Mr. Maikranz



On Monday, March 12th, U-Prep 8th graders will take the PSAT™ 8/9. This test is a pressure-free way to start exploring their path to college and a future career. It helps students:

1. Recognize strengths. A personalized online PSAT 8/9 score report will include detailed information about your child's strengths and areas for growth. It helps students lean into areas where their skills are strong and identify places where there may be a need for reinforcement in order to be prepared for college.
2. Explore future careers. Students can explore college majors and careers that align with their personal interests with Roadmap to Careers, a unique online tool created by Roadtrip Nation and the College Board. The tool connects students to potential careers based on the things they love, showing where they can lead.
3. Choose high school courses. Knowing where students excel and what skills they should work on can help them choose other 9th- and 10th- grade classes. In addition, student score reports will suggest AP® courses that are a great match for them. AP can give your child an edge in the admission process and allows them to earn college credit while in high school, which could save time and money in college.



CAREER DAY 2018

U-Prep's 12th annual career day was held on February 26th and it was a smashing success! All 8th and 9th graders started their morning off by hearing from Janessa Wilder of the Euphrates Institute. The 8th and 9th graders attended 3 sessions of their choice before Dr. John Kombrinck closed out career day by speaking to students about his career as an anesthesiologist. A big thank you to all of our presenters who helped make career day such a wonderful experience!

Senior Dates!

Coming Soon! Seniors have many activities to look forward to as their high school days at U-Prep come to an end. Senior Exit Presentations will be held on March 26th from 2:00-4:00 PM. The senior breakfast and awards ceremony will be on Monday, May 21st at 8:00 AM. Thank you to our juniors for helping make this breakfast a success every year!

Free Web Design Course through Cloudwise Academy

Course Description:

In this class, you'll learn how to make a website using WordPress. What's more, you'll have the opportunity to launch right into a real-world project: We'll be rebuilding a website for Reach Higher Shasta. The ultimate goal of this course is to get you comfortable with and excited about the world's number one CMS. (And to learn what a CMS even is). We think you'll be amazed to find how easy it is to build a site that really looks and functions like the websites you use every day.

What is Reach Higher Shasta?

Reach Higher Shasta works to create clear pathways from our children's first day in the cradle to their first day on the job. We ensure they're ready for Kindergarten, motivated and supported through elementary, middle and high school, and assisted in the transition to career training or college. Along the way we connect them to caring adults and generous business partners who serve as mentors, guides and coaches. We collect data that measures what's working and what needs to change. We believe every student deserves every option. And we know that their success will change the future of our community.

What you will do in the class

Who should take this class

Anyone who wishes to understand WordPress would benefit from this class. We don't assume that you have any development or coding experience. We want to help ordinary, non-technical people to see that web development and design is actually very doable. And if you are a highly technical person, all the better! We'll have extra stuff to teach you.

When does the class start

March 27th at 4:15 – 6:45 pm

What you will learn in this class:

You will learn to launch websites, style pages to look how you want, find and install plugins to add functionality, and find, install, and manage themes. Basically everything you need to get a working website off the ground.

Length: The class is three weeks long. The class is two nights a week.

Cost: The course normally costs \$275 per student. Reach Higher Shasta and Butte College has paid for up to 15 high school students to take the class.

Ticket Type: Purchase a spot in the course online. You do not need to bring a receipt to class.

Course Location: CloudWise Academy Classroom, 4300 Caterpillar Road, Redding, CA 96003

Website for more information: <https://www.cloudwiseacademy.com/>

U NEWS



MATHCOUNTS!

Please congratulate these students! Celeste F., Kenny L., Cameron P., & Quinn Hamilton

They won 1st place team at the MATHCOUNTS competition on February 14th. Additionally, out of 111 students, Celeste F. earned 2nd place individual, Kenny L. 3rd place individual, and Cameron P. 4th place individual.



Odyssey of the Mind

U-Prep teams earned 3rd place in their division at the regional competition on Saturday, March 2nd at Mountain View Middle School.



Please congratulate Emily M.! Emily is the district's Poetry Out Loud winner. On February 15th she competed against Enterprise, Foothill, and other U-Prep students. Emily will move on and compete in Sacramento at the State Finals. Wish her good luck!



HS Team before competition

Science Bowl 2018

On Saturday February 24th Uprep sent 15 high school students and 10 middle school students to compete in the Far Northstate Regional Science bowl against dozens of other schools in this 10 county region. Uprep's top Junior High team played very well advancing out of the Round Robin Tournament and took 2nd place. For High School, 2 of Uprep's teams were undefeated in the Round Robin Tournament. The B team lost in a close match in the Semi Finals and the A team took 2nd place with their only defeat in the Finals in double overtime.

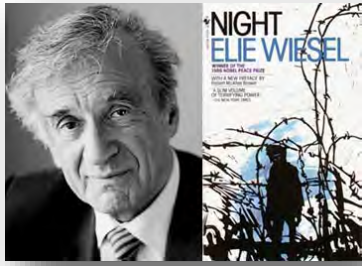
JH Team with Coach Peck



A Team with Coaches Murphy & Poole



A Team before start of finals



Come See the Humanity Fair Displays at Open House

The sophomore class is reading, Elie Wiesel's Nobel Peace Prize winning novel, "Night." As part of this unit of study, the students will be putting together a Humanity Fair for Open House. Not dissimilar to a science fair, the students will put together artifacts or projects which demonstrate their answer to the central question: *"Why is it important to learn about the holocaust, even today?"*

In order to share Wiesel's message to as many parents, students, and teachers in our U-Prep community as they can, these displays will be set up in the Board Room during Open House night for all to walk through and explore. We invite all U-Prep families, of all ages, to swing by the Board Room, and to participate in hearing Wiesel's message of peace and humanity. We look forward to seeing you there!

81ST ANNUAL STUDENT SPEAKERS CONTEST

In early February, the Lions Club invited a handful of students to participate in the 81st Annual Student Speakers Contest. This year's topic was "Integrity and Civility Play What Role in Today's Society?" Three determined students took up the challenge to enter the Lions' den to present their speeches. Each student brought unique and thoughtful insights to bear on the necessity of integrity and civility in our society. One student reminded the audience that "since relationships are built on integrity and civility, to create a more unified and healthy society, we must reinstate these values in our lives." While the speech contest was a valuable endeavor, all the students agreed that they valued the opportunity to interact with the Lions putting on the contest. After the contest, one student remarked that the contest was enjoyable because of "the opportunity to present my ideas to an audience who gave me tips on how to improve my presentation skills and encouraged me to pursue my dreams." Between the waffles, the speeches and the eternal fame and glory won, the 81st Annual Lions Club Student Speaker Contest was a great success.



U-Prep Students Nate C., Quinn D. and Sierra B.



A VISIT FROM CHINA

From February 12th to 19th, as part of the international exchange program a group of 26 Chinese high school students and 2 chaperones visited U-Prep. This is the sixth consecutive year that U-Prep has received visitors from China. These students, interested in attending universities in America or Canada when they graduate from high school, were excited to have this opportunity to have a taste of American school experience at U-Prep. Warmly welcomed by students and families, they immediately felt at home and immensely enjoyed their experiences at school and with host families.

In the classrooms the free discussions and frequent interactions between the teacher and students prompted the visitors to compare with their learning activities in China. Presentations on Chinese culture, games and discussions on various cultural topics enhanced both the Chinese and American students' interest in global issues, cultural awareness and general knowledge. Opening their home and heart to Chinese visitors, host families gave the visitors and themselves a rare opportunity to gain a new global perspective. As a result, feedbacks from host families have been extremely positive. In exchange, U-Prep plans to send two groups of our students to China in the summer of 2018.

As always, U-Prep's international exchange program is helping deliver what our school promised our community – to make our students **A Positive Member of a Diverse Society -- Able to demonstrate compassion and empathy throughout the community, both locally and globally.** ~Dr. Biao Cheng



VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair

Elizabeth Johnson-Strings & Percussion

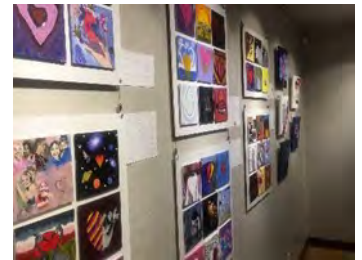
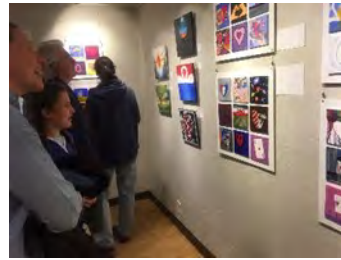
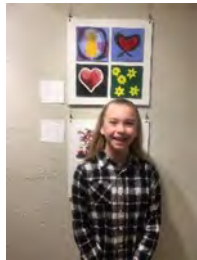
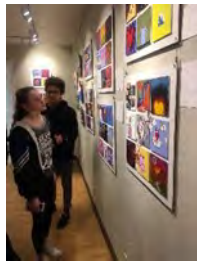
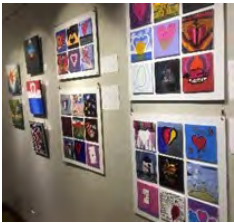
Romney Clements-Fall Musical

Marissa Kinneavy-Dance

Lura Wilhelm-Visual Arts

heART Show

The *heART SHOW* at the North Valley Art League's Carter House Gallery just closed on Friday March 2nd. The show was comprised of 204 expressive, unique and creative hearts. Each heart was painted, drawn and/or constructed by U-Prep's Junior High Art, Art1-IV as well as AP and Honors Art students. The show was up for an entire month. The photos provided are from the opening on February 10th. Even though our show is closed, you can still visit the NVAL's beautiful Carter House Gallery located at 48 Quarts Hill Rd.



Celebration of the Arts

The one night only exhibit, Celebration of the Arts took place on February 15th. Over 300 pieces were on display. During this exhibit artists Hannah B, Jolene C, Jaden J, Becca D, Sami I, Gus B and Talem B shared their art skills by creating a piece of art to be sold in order to raise money for the Art Club. Additionally Art Club President Kobe C and Art Club Rep Theresa J sold buttons, prints and art cards.



HS Art Show Competition

The Annual High School Juried Art Show Competition at the Shasta County Arts Council is on display now until April 6th: 1313 Market Street. The opening reception and awards for this show took place on Friday March 2. Out of 500 submissions from 14 high schools in the area, only 180 pieces were selected to hang in this show. Out of the 180 pieces, 36 pieces were selected from the U-Prep Art department. 2 students from U-Prep were given the third highest award for the show: Chet C and Ray M were both honored with the Award of Excellence. Gus B was given the Curator's Award which is the second highest award for the event. Please congratulate these students when you see them.

Chet C: Skateboarder	Amelia C: Pastel Desert	Ray M: Tac	Hannah M: Title
Angeni W: Wire Doll Sculpture	Abbi G: Wire Sculpture	Danielle M: Spirt	Becca D: Untitled
Lily G.: Bike of Hope	Trevor J: Today's Catch	Heleen M.: Snail	Ethan C: Bird
Carly K: Views for the Hammock	Serena T: Holy Wing	Sami I: Roses	Sophia V: Bug
Claire R: Maids of March	John H: Wired Turtle	Sami I: Amelia	Emily C: Lost Boy
Annie C: Wire Elephant	Nathaniel K: Wire Shades	Nate F: Cow	Katlin H: Flower
Shay L: Blossoming Death	Gunner N: Nevermore	Katie H: Wild Bear	Amelia C: Succulent
Claire R: Twenty Seventeen	Jaden J: Deep Thinking	Jolene C: Roster	Brenna B: My Sister
Gus B: Cross-Pollination of Ideas	Isha R: Word Design	Emily M: Fly	Gus B: Magic Stones

VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical

Marissa Kinneavy-Dance ♦Lura Wilhelm-Visual Arts

DANCE NEWS!

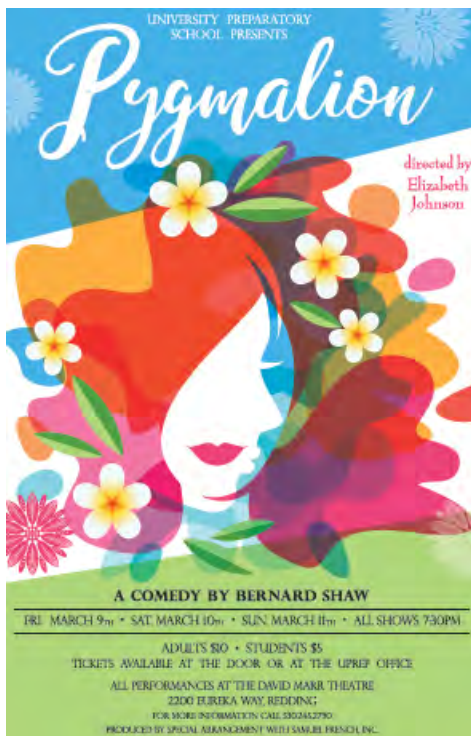


The Uprep Dance Department 9th Annual *Just Dance!* was a success. Over 120 Uprep students showcased their dancing skills on stage in front of large, adoring crowds. From musical theatre to contemporary, many styles of dance were showcased. Each class had multiple numbers, and the Competitive Dance Team performed all of their numbers, giving the audience over 30 dances to enjoy.

The Competitive Dance Team heads down to Santa Clara this month to attend the RADIX dance convention and competition in Santa Clara. At this event, they will not only compete but will get to take classes all weekend from top industry professionals. It will be a very long, but rewarding experience.



On February 12th, our Dance Team hosted a dance clinic for dancers ages 8-14. We had 30 girls come to the clinic! Dancers from Manzanita, Country Christian, Columbia, RSA, as well as U-Prep participated. The Dance Team led a warm-up and then taught a jazz routine. Everyone had a lot of fun. The 30 girls came back on Friday, the 16th to perform with the Dance Team at the Varsity Halftime Game. I love this event; it is so rewarding to see my girls teach younger students and make them feel so welcome and enjoy dance. ~Dance Teacher Marissa Kinneavy



U-Prep students Ethan R., Julie R., and Mark C.



Tickets are now on sale for University

Preparatory School's spring production of *Pygmalion*, a comedy by Bernard Shaw, directed by Elizabeth Johnson. Performances are scheduled for March 9, 10 & 11 at 7:30PM, in the Marr

ASSOCIATED STUDENT BODY



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

February was ushered in with a beautiful and well attended Semi-Formal dance on February 3rd. Our commissioners organized a fantastic evening. Also in February, our president, Derek Y., MC'ed the annual talent show, which showcased amazing performances by our fantastic student body.

Looking forward to March, ASB will be hosting Blood Source on March 15, an opportunity for our students to support the community by giving blood. Applications will be available for next year's student government class on March 19th and due by March 28th. Finally, we are excited for the annual Sadies dance on March 29th. The theme is "Super Sadies", based on superheroes, and will be in the Hoosier gym from 8:00-10:00 pm. The cost is \$3 with ASB, and \$5 without ASB.

The Junior High Super Spring Bash is Thursday, March 29th in the Hoosier Gym. 6th-8th grades will be from 6:30-8PM. The cost is \$3 with ASB and \$5 without. Guest passes are due to the Student Services Center by Tuesday, March 27th. Come dressed up in your best super hero costume or t-shirt and be eligible for prizes. We hope to see everyone there to kick off spring break!!



JUNIOR HIGH
STUDENT GOVERNMENT



U-PREP HIGH SCHOOL ATHLETICS



MONICA CABRAL - HIGH SCHOOL ATHLETIC ADMINISTRATOR
STEVEN SCHUSTER - HIGH SCHOOL ATHLETIC DIRECTOR
SARAH KENDALL - ATHLETIC SECRETARY



High School Boys Tennis

Head Coach: Andy Pire

Mar. 6	Vs. Red Bluff @ Red Bluff	3:00
Mar. 8	Vs. Yreka @ Yreka	TBA
Mar. 9/10	Foothill Tournament	TBA
Mar. 13	Vs. West Valley @ West Valley	3:30
Mar. 15	Vs. Central Valley @ SHS	3:30
Mar. 19	Vs. Willows @ Willows	3:00
Mar. 20	Vs. Anderson @ SHS	3:30
Mar. 21	Vs. Foothill @ Shasta College	2:30
Mar. 27	Vs. Yreka @ SHS	3:30
Mar. 29	Vs. West Valley @ SHS	3:30

High School Track Schedule

Head Coach: Kristen Reagan

Mar. 15	Panther Relays @ UPrep	3:45
Mar. 23	Eagle Classic Relays @ WV	TBA
Mar. 24	Burt Williams Invite @ CV	10:00
Mar. 28	Vs. CV & WV @ WV	3:30
Mar. 31	Hornet Invite @ EHS	TBA

High School JV/Varsity Softball

Varsity Coach: Bobby Shufelberger; JV Coach: Matt Williams

Mar. 7	Vs. Los Molinos (V)	3:30
Mar. 9/10	Anderson Tourney (V)	TBA
Mar. 19	Vs. Etna @ UPrep (V)	3:30
Mar. 27	Vs. Los Molinos (V)	3:30
Mar. 29	Vs. Oroville @ UPrep (JV) DH	2/4
Mar. 29	Vs. Oroville @ Oroville (V) DH	2/4

HIGH SCHOOL JV & Varsity Baseball

JV Coach: Brad Baker

Varsity Coach: Bradd Miller

Mar. 6	Vs. Durham @ UPrep (V)	3:30
Mar. 6	Vs. Durham @ BLD (JV)	3:30
Mar. 8-10	Colusa Tournament (JV/V) @ Colusa	TBA
Mar. 13	Vs. Etna @ BLD (JV) DH	1/3
Mar. 19	Vs. Oroville @ Oroville (JV/V)	4:00
Mar. 22-24	ACA Tournament (V) @ BLD	TBA
Mar. 27	Vs. Anderson @ UPrep (JV)	4:00
Mar. 27	Vs. Anderson @ Anderson (V)	4:00
Mar. 30	Vs. Anderson @ Anderson (JV)	4:00
Mar. 30	Vs. Anderson @ Tiger Field (V)	4:00

Stunt Cheer

Head Coach: Jenny Adams

Mar. 15	Vs. EHS @ EHS	5:00pm
Mar. 29	Vs. Chico @ Chico	8:00pm
April 12	Vs. Pleasant Valley @ Foothill	6:00pm
April 19	Vs. Foothill @ Pleasant Valley	7:00pm
April 26 V	s. Shasta @ Shasta	5:00pm



U-PREP JUNIOR HIGH ATHLETICS



ROCHELLE ANGLE - JUNIOR HIGH ATHLETIC ADMINISTRATOR

CORY REAGAN - JUNIOR HIGH ATHLETIC DIRECTOR

SARAH KENDALL - ATHLETIC SECRETARY



JR. HIGH NVAC SOFTBALL

Head Coach: Kelly Hornbuckle

Mar. 7	Vs. Shasta Lake @ BLD	3:30
Mar. 12	Vs. Boulder Creek @ BLD	3:30
Mar. 14	Vs. Sequoia @ BLD	3:30
Mar. 19	Vs. MVMS @ MVMS	4:00
Mar. 21	Vs. Parsons @ BLD	3:30
Mar. 26	Vs. Grant @ City Park	3:30
Mar. 28	Vs. RCS @ BLD	3:30

JR. HIGH NVAC BASEBALL

Head Coach: Kip Kinneavy

Mar. 7	Vs. Shasta @ BLD	3:30
Mar. 12	Vs. Boulder Creek @ K3	3:30
Mar. 14	Vs. Sequoia @ K3	3:30
Mar. 19	Vs. MVMS @ MVMS	4:00
Mar. 21	Vs. Parsons @ K3	3:30
Mar. 26	Vs. Grant @ K3	3:30
Mar. 28	Vs. RCS @ K3	3:30

JR. HIGH NCAL BASEBALL

Head Coach: Mike Dean

Mar. 7	Vs. Bethel @ K3	3:30
Mar. 12	Vs. Sequoia @ Sequoia	4:00
Mar. 14	Vs. Turtle Bay @ BLD	3:30
Mar. 19	Vs. Buckeye @ K3	3:30
Mar. 21	Vs. Turtle Bay @ TB	4:00
Mar. 27	Vs. Buckeye @ BLD	3:30
Mar. 28	Vs. Mistletoe @ BLD	3:30





OPEN HOUSE



UNIVERSITY
PREPARATORY SCHOOL

Wednesday, March 28, 2018
4:30-6:00 p.m.

Join us for a brief informational meeting in the Marr Auditorium at 4:30 p.m. Classrooms will be open from 5:00-6:00 p.m. Sober Grad will be serving a spaghetti dinner as a fundraiser for 2018 Sober Grad.

Student Government, Booster, and community organizations will be available.
Hope to see you there!

University Preparatory School
2200 Eureka Way
Redding, CA 96001
(530) 245-2790
uprep.net

One Safe Place Drive

Donate To Help Those in Need

Date: March 5th-16th

Help your local shelter by donating everyday products to victims of domestic violence and abuse

Please donate: hygiene products (toothpaste, soap, deodorant), clothing, items for children (diapers, baby wipes, toys), and individually packaged food items



U-PREP VOLUNTEER POLICY

For clarification purposes, school districts, schools, including charters, are not allowed to require "volunteer hours" or payment of a fee in lieu of performing volunteer hours as a condition of admission, enrollment, continued enrollment, sibling preference, attendance, participation in educational activities or receipt of credit or privileges related to educational activities (EC Section 49011c). However, U-Prep still requests – not requires - that parents perform 10 hours per school year as a means to strengthen school-community relations and assist in the development of school programs and services. Thank you for your continued support!

ATHLETIC BOOSTERS

2017-2018 MEETING SCHEDULE

April 10, 2017

May 7, 2017

All meetings are at 6:00PM and take place in the Resource Center.

Drawing of the Day Competition

Provided by the U-PREP High School Art Club

Use your mad drawing and art skills for the chance to compete in a school wide art competition. Create a drawing based on a daily prompt created by the U-PREP High School Art Club. In this competition you will create 5 prompted drawings and compete for 5 days: 1 drawing per day the week of the competition. Each day you will turn in your drawing of the day by 3:45pm and it will be posted for exhibit in the Art Hallway.

Days:

Starting: 7AM March 19th 2018

Ending: 2:15PM March 23rd 2018

Winners will be announced at 3:15PM Friday March 23rd in room 132

How it works:

Signup between March 12th- 16th from 7am-7:40am or 2:45PM-4: PM in room 132 with Ms. Wilhelm.

Entry Fee will be \$2.00 per student for the entire week to compete in the drawing of the day. The entry fee will get you 5: 3" by 5" cards.

Each day you will get a prompt on the outside of Ms. Wilhelm's door (room 132).

You must draw out your drawing of the day on a 3" by 5" card (it doesn't have to be the one provided to you at the beginning. If you need to use a different card because you created an error on the one initially given to you, you can use your own 3" by 5" card).

You may use any medium: Draw, paint, collage... etc...

You must write your name clearly on the back of your drawing!

Each day you will need to hand in your 3" by 5" card to Ms. Wilhelm by 3:45pm the day of the prompt.

Winning Categories:

Top 3 Daily Winners

Top 5 All Around Winners

*** Winners will receive an assortment of art materials.

****No one person will win two awards for one piece





4 - Day High School Volleyball Summer Camp Registration Form

What: Volleyball1on1 4-Day Camp

Where: UPREP: Stuart Gym

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

Cost: \$225 / Player

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)

Camp Bonuses Include:

Volleyball1on1.com 6-month Online Volleyball Video Subscription. (Valued @ \$149.00)

A Volleyball1on1 Ball Branded Volleyball. (Valued @ \$34.95)

Player Name: _____ **Grade:** _____ **Total Payment Amount:** _____

School Provided Lunch: Yes/No (circle)

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 the UPREP ASB office BY June 1st (SPACE IS LIMITED – THIS WILL SELL OUT!!!)

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) 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 APPROACH. 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/>

Day-2 (Tuesday) 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 & Thursday) Putting It All Together: Attendees will learn how to apply the skills they learned to 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) 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!



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

Tel: 323-592-9613 * Fax: 310-427-6495 * Vbinfo@Volleyball1on1.com

SUPPORT U-PREP



PREP SOBER GRAD

All funds raised benefit the Class of 2018 Sober Grad Event!



MARCH 28
Served from 5pm
until food is gone!

Spaghetti FUNDRAISER



\$7.00

On the Quad during Open House
(The dinner will be held in the Cafeteria in the event of bad weather.)

**SPAGHETTI WITH MARINARA OR MEAT SAUCE
SALAD, BREADSTICK, & DRINK**

Eat here or take it to go!



Most meal components generously donated by:
Olive Garden



PRESENTS:

WOMEN in STEM Conference

(Science, Technology, Engineering and Mathematics)

6th, 7th and 8th Grade Girls

**SATURDAY,
MARCH 17, 2018**

8:00 AM TO 2:00 P.M.

**James M. Grant Student Life Center
SIMPSON UNIVERSITY
2211 College View Dr.
REDDING, CA 96003**



To increase interest, awareness and provide young women the opportunity to meet and form personal contacts with professional women in technical career fields

Schedule:

8:00 - 8:30am	Registration/Breakfast
8:45 - 9:25	Welcome/Keynote
9:30 - 10:10	Session 1
10:20 - 11:00	Session 2
11:10 - 11:50	Session 3A, Lunch A
12:00 - 12:40	Session 3B, Lunch B
12:50 - 1:30	Session 4
1:30 - 2:00	Closing Session

Registration link:

<http://www.expandingyourhorizons.org/conferences/AAUWReddingSTEM/>

Register early for optimum selection of sessions.
Some sessions close.

COST: \$20 per student, \$20 per adult

**REGISTRATION AND PAYMENT MUST BE
RECEIVED BY MARCH 9th WHEN REGISTRATION
CLOSES.**

Some scholarships are available.

For more information visit AAUWRedding.org or email AAUWReddingSTEM@gmail.com



University Preparatory School

2017-2018 School Calendar

July 2017						
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					

20

September 2017						
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

16

January 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			

22

October 2017						
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				

18

February 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			

22

May 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		

22

November 2017						
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		

21

March 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

0

June 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

0

August 2017						
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		

14

December 2017						
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						

14

April 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					

14

Final Exams
Minimum Day
Academic Conferences

HOLIDAYS/RECESSES



Labor Day Sep 4
 Veteran's Day Holiday..... Nov 10
(by law must be Nov 11 if a weekday)
 Thanksgiving Break Nov 20-24
 Winter Break Dec 21-Jan 8
 Martin Luther King Day Jan 15
 Lincoln Day observed Feb 12
 Washington Day observed..... Feb 19
 Spring Break Mar 30-Apr 10
 Memorial Day May 28

Easter - April 1

CERTIFICATED DATES

School Starts: August 16
School Ends: May 31 **Graduation:** June 1

Staff Work Days ○ Aug 15
 April 10
 June 1

Staff Development Days △ Aug 14
 Jan 8
 April 9

Snow Day Makeup: April 10
*(If snow day makeup is used, then April 10
 work day will be moved to June 4)*

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	29	

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 Break 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)*

Board Adopted 11-2-16