IN THIS JUNE 2019 ISSUE:

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REMINDERS: Please be mindful of the following, as posted on the School Calendar:

- **Beginning Monday, June 3**
  - Main Office Hours: 7:30 A.M.-3:30 P.M.
- **Sunday, June 9**
  - Pentecost
- **Monday, June 10**
  - Summer School Begins
- **Sunday, June 16**
  - Father’s Day
  - Trinity Sunday
- **Friday, June 14 — Saturday, June 22**
  - Service Mission Trip to Peru
- **Friday, June 28 — Thursday, July 4**
  - Palma Athletics Fireworks Fundraiser
- **Thursday, July 4**
  - Independence Day — SCHOOL CLOSED
- **Monday, July 8**
  - Freshmen Football Camp Begins
- **Friday, July 12**
  - Summer School Ends
June 1, 2019

Dear People of Palma,

Over the course of any school year here at Palma, certain events stand-out as being extremely special with fond life-long memories. In my view, our Mother & Son Dinner Dance is a classic onto itself as there are mothers and high school sons, in public no less, enjoying a great meal followed by a few hours of wholesome dancing in the company of friends and classmates. The event does wonders in believing in the inherent goodness of our students as well as observing the bond between a boy and his mother. It brings tears to my eyes in just thinking about the wonders of such an annual event.

As great as that event is, and it is great, it doesn’t come close to the awesomeness of our senior graduation. This one event, above all others, shows our students and their school at their absolute best; parents and families have great reason for joy and delight. Right before one’s eyes can be seen the transformation of Boys of Promise into Men of Character, up close and personal. The growth as a class and, more importantly, the growth of individuals into well-roundedness over their term of enrollment is truly a thing of appreciation, of engagement, of fulfillment, of satisfaction as this group of young men, the Palma Class of 2019, completes one chapter and prepares for the workings of what is to follow. There is great certainty in what has just been realized and completed; there is a goodly amount of fear and trepidation that will surface over these next few weeks as a big newness and unknown gets closer and closer to reality. All things in due time; this, too, shall come to pass - nicely, I’m sure.

Every year at this time I invite the Palma community to consider having a graduate’s name engraved on the marble wall in the Chapel Courtyard as a lasting tribute to graduating from Palma, no small feat. There are family, business, and memorial sections also available for lasting tributes. Please see the “Etch My Name on the Wall” flyer that is included in this Newsletter if this is of interest to you. Proceeds from the Garden Wall etchings are used to maintain the Blessed Edmund Rice Chapel and the garden walls.

I could never thank enough those who have been so close to our Class of 2019. Thank you for sharing your sons with Palma; they, as a Class, have met and exceeded the bar set by the previous class. I want to acknowledge the sacrifices and contributions made by parents and relatives in getting this gifted group of young men to where they are at this point in their life journeys. I thank you for your presence and time and support in a host of ways over their years of enrollment as Chieftains.

It seems strange and almost too early to say, but I wish each of you a safe and fun-filled summer. I pray each of you, our students, especially our most recent graduates, will find opportunities for ample rest of mind and body over these next few months. Be safe and make wise choices; make and keep good friends. Keep in touch with your God. Don’t stay out too late. Be sure to do your summer readings and, most importantly, never be a jerk. Thank you.

Sincerely,

Brother Patrick D. Dunne, C.F.C.
President
HONOR YOUR FAMILY AND FRIENDS BY PLACING THEIR NAME ON THE
BLESSED EDMUND RICE CHAPEL GARDEN WALL.

☐ ALUMNI WALL
HONOR A GRADUATE
$300 per name
Name: ________________________________ (Please Print Name)
Class of _________________

☐ APPRECIATION WALL
SHOW YOUR APPRECIATION (Brother, teacher, coach, relative, mentor, friend)
$300 per name
Name: ________________________________ (Please Print Name)

☐ BUSINESS WALL
SHOWCASE YOUR BUSINESS
$1,000 per square foot with additional space available at $500 per half square foot.
Name: ________________________________ (Please Print Name)

☐ FAMILY WALL
SHOW YOUR PALMA PRIDE
$1,000 per square foot with additional space available at $500 per half square foot.
Name: ________________________________ (Please Print Name)

☐ MEMORIAM WALL
HONOR A LOVED ONE (graduate, friend or family member; need not be affiliated with Palma)
$300 per name/ $500 per couple
Name: ________________________________ (Please Print Name)

NO ONE LIVES FOREVER BUT YOUR NAME COULD
HONOR YOUR FAMILY AND FRIENDS BY PLACING THEIR NAME ON THE
BLESSED EDMUND RICE CHAPEL GARDEN WALL.

CONTACT & PAYMENT INFORMATION:
Your Name: ____________________________________________
Address: __________________________________________________________________________
City: __________________________ State: __________ Zip: __________ Phone: ________________
☐ Cash/Check enclosed
☐ For debit/credit card payments, please stop by the main office and we will process the transaction for you.
☐ I have questions; please call me at: _________________________

Return to: Palma Chapel Garden Wall . 919 Iverson Street . Salinas, CA 93901
Healthy Mind, Body and Soul

June 1, 2019

Summer is here! I hope that the days ahead bring our Chieftains much peace and rejuvenation as they prepare for knowledge, service and leadership in the fall 2019. I believe “time off” is good for our growth and maturity. The summer affords opportunities for our young men to exercise some freedoms and responsibilities, and to earn trust for good decision-making. It should also be noted, however, that our sons need to be guided on how to spend that down time. As parents we should know where and who with they are. We should know their friends and their families. They need to be encouraged to keep busy about good and purposeful work.

Please consider some important realities to which our sons are exposed today. The following information was published in 2010 by the Community Hospital of the Monterey Peninsula’s Clint Eastwood Youth Program:

- 40% increase in first-time use of marijuana during June and July; the number of drinkers and cigarette smokers also jumps during the summer
- 10,000,000 American junior and senior high school students admit to drinking monthly
- 79% teens report that being drunk/high feels good
- 67% teens say drinking/drug use helps them forget problems
- 66% teens succumb to peer pressure (“others do it”)
- 47% teens say they have nothing better to do
- the best predictor of risky sexual behavior is alcohol and/or drug use
- many teens who drink report that they buy their own alcohol or get it from mom/dad
- nearly 50% of teen fatalities from car crashes involves alcohol
- 30% of California 11th graders reported either driving a car after drinking or being in a car driven by another who had
- car crashes are the leading cause of death for young people aged 15-20; when one combines most teens’ inexperience on the road with risk taking behavior and any use of any drug or alcohol, this results in a high risk for disaster

Further, statistics and research on the exponentially growing use of vape pens, juul pods, and other devices of interest to kids are changing at a pace too fast to track!

Illicit use of controlled substances, alcohol, and narcotics are, for some people, a very attractive means to social gains, popularity, parties, and attention from the opposite sex. Our sons need to be reminded of the empty illusions that these substances portray. They need to have conversations with parents, mentors, teachers, and coaches who can call their attention to the regrets, the mistakes, lack of motivation, insidious behaviors, even illegal activity that so often accompany inappropriate / illicit use of such substances.

Do you have an adolescent in your life about whom you suspect there might be a problem? If you are concerned, have a conversation about what you are observing, do NOT wait until the issues become life altering. You can help by simply asking the questions. Asking for help is really the hardest step. A healthy soul frees and forms a healthy mind; and a healthy mind disciplines a healthy body. Have a safe summer vacation filled with many opportunities for recreation! God bless you and your families. Go Chieftains!

Yours in Blessed Edmund Rice,

David J. Sullivan
Principal
# June 2019

## 2018-19 Palma School Year

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>2</td>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>6:30 PM - 7:30 PM Soccer Practice for 7-8 yr. olds.</td>
<td>5:45 AM - 11:00 AM M,W,F Workouts.</td>
<td>3:30 PM - 6:00 PM Baseball: Gators.</td>
<td>5:00 PM Parents’ Club Mtg. in ICC.</td>
<td>Summer School Begins.</td>
<td>5:00 PM Admissions Presentation @ S.Heart (Salinas).</td>
<td>GYM CLOSED May 27-June 7: renovation.</td>
</tr>
<tr>
<td>5:45 AM - 11:00 AM M,W,F Workouts.</td>
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<td>5:45 AM - 11:00 AM M,W,F Workouts.</td>
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## Special Events
- **Juniors' High Trip to Wash., DC:** May 29-June 3.
- **Service Mission Trip to Peru:** June 14-22.
- **4th of July:** July 4th.

## Holiday Observances
- **Memorial Day:** May 27.
- **Pentecost:** June 9.
- **Jr. High Graduation:** June 14.
- **Father's Day:** June 16.
- **Trinity Sunday:** June 23.
- **Revised 5/30/2019. Go CHIEFTAINS!**
WARNING FOR SENIORS WITH POOR FINAL GRADES
Seniors who receive a grade of D or F for the last term should immediately contact the Admissions Office at the college they will be attending to learn if the grade will impact the student’s offer of admission. Each college provides provisions/conditions of the admission offer; failure to meet these will make the offer subject to cancellation.

THE CLASS OF 2019 IS OFF TO COLLEGE!
Another year is nearly in the history books! It’s time for our graduating seniors to begin the experiences of life after high school. Once again, Palma School graduates have indicated their intention to continue their education in colleges and universities across the nation. This year’s class has selected a truly diverse collection of colleges and universities. Our 2019 graduates can be found on a total of 8 different CSU campuses (10 students will be attending Cal Poly San Luis Obispo) and 2 UC campuses. Palma graduates are also on their way to other great colleges across the country like: Budapest Metropolitan University, Chapman University, Colorado School of Mines, Colorado State University, Concordia University, Curry College, Grand Canyon University, Montana State, University of Montana, University of Nevada, University of Oregon, Saint Mary’s College of CA, University of San Diego, Stetson University, University of Washington, West Point, and the Naval Academy. Our students will also be attending several community colleges: Butte College, Gavilan College, Hartnell College, and Monterey Peninsula College.

THE KEYS TO SUCCESS
In the fall, returning students and parents should continue to take advantage of Palma’s outstanding web-based guidance program called Naviance. It is an online research and planning tool for Palma students, parents, and guidance counselors. The website manages individual students as they move through the entire college planning, application, and decision process. Through Naviance, counselors and students can communicate about pending deadlines and receive important notices directly. Naviance is an important resource for college and career planning and can assist the student in making informed decisions about his future. Naviance allows you to search for colleges, compare academic stats, research careers and find scholarship opportunities. In addition, Naviance allows you to see how you compare with Palma alumni who applied to your favorite colleges in the past, monitor your applications, prepare a resume, ask for letters of recommendation, and find scholarships. Parents can also see each time their son has met with his counselor. Last fall, your son was provided with a personal, password protected account. Parents can reach out to their son’s counselor to receive their own access password or they can use their son’s password.

D's IN COLLEGE PREP COURSES JUST WON'T CUT IT!
Four-year colleges and universities will only accept grades of “C” or better to meet college prep course requirements for admission. If your son is planning to attend a four-year college, he must make-up any deficiencies prior to graduation. Students taking summer school courses to make-up D’s and F’s are reminded that passing a 5 credit course during summer school will only replace one 5 credit semester grade (not the entire year). In other words, a student failing both semesters of Algebra would need to register for (and pass) 10 credits of Algebra prior to graduation.

Also, remember that universities require that incoming college freshman need at least two years of credit in the same foreign language. This means that a student who completed one year of Latin and one year of Spanish has not met that requirement. The CSU and the University of California require completion of one year (10 credits) of a visual or performing art prior to graduation. Palma students have a number of options for accomplishing this requirement.

MONTHLY UPDATE
High School Counselors met with all freshmen and sophomores in May to update their resumes in Naviance and to discuss final exams. Sophomores also took a personality test, which generated a list of careers that match their personality, along with a list of majors and colleges that offer those majors. We met with all juniors twice in May to discuss the college application process and update their resumes. They created ACT accounts, and a Common Application account. They will be able to begin their UC applications and any private school applications through the Common App beginning August 1st. We also met with seniors on May 29th, 2019 at 8am in the MPB and 30th, 2019 at 1pm in the MPB. We discussed the college application process and urged them to begin filling out the various forms. We also met with juniors on May 30th at 3pm in the MPB. We discussed the college application process and urged them to begin filling out the various forms. We also met with seniors on May 1st and had them update their final decisions for college in their Naviance account, so we can send transcripts mid-June. For more details, log into your son’s Naviance account.

FUTURE DATES
- Financial Aid Presentation for Seniors Wednesday, October 2, 2019 at 8am in the MPB
- PSAT Test for grades 8-11 Wednesday, October 16, 2019
- College Fair: Tuesday, October 29, 2019 1:45-3pm in the gym
- Southern CA College Trip: February 11-15, 2020

SCHEDULE OF SAT/ACT TEST DATES FOR 2019

<table>
<thead>
<tr>
<th>Test</th>
<th>Test Date</th>
<th>Regular Reg. Deadline</th>
<th>Late Reg. Deadline</th>
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<tbody>
<tr>
<td>ACT</td>
<td>July 13, 2019</td>
<td>June 14, 2019</td>
<td>June 24, 2019</td>
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* A late fee will be added
VOLUNTEERS NEEDED:
We are looking for volunteers to help out at our fireworks stand June 27th through July 4th. This year’s fireworks stand location will be at the corner of North Davis Road and West Laurel Drive. Please see the following flyer for more information.

Volunteers are needed to help sell concessions at the California Rodeo Thursday, July 18-Sunday, July 21. For more information please contact Mr. Bishop.

IMPORTANT DATES:
Frosh football camp will be held Monday July 8th — Wednesday July 10th from 4:00 PM — 6:00 PM. Camp Fee: $25.00. The camp fee includes a practice jersey and instruction from the staff. This fee is non-refundable. Questions? Please contact Jeff Carnazzo at carnazzo@palmaschool.org.

Freshman football practice begins Saturday, August 10th @ 9:00 AM. Questions? Please contact Jeff Carnazzo at carnazzo@palmaschool.org.

Sports Physical Night will be held Wednesday, August 7th beginning at 6 p.m. in the Steve Clayton Memorial Gym.

High School Fall Sports Mandatory Parent/Player/Coach Meeting will be held Thursday, August 8th at 6 p.m. in the MPB.

First day of fall sports practices begin August 9th for HS cross country, football and water polo.

Mandatory ALL Sports Meeting (including JH sports) for winter and spring sport athletes who are NOT playing a fall sport will be held August 26th at 6 p.m. in the MPB. If you are playing a high school fall sport you do not attend this meeting.

Please visit the Athletics page on Palma’s website after June 14th for more information: www.palmaschool.org/athletics.
Palma Athletic Council

FIREWORKS FUNDRAISER

June 28-July 4, 2019

FIREWORKS STAND LOCATION

Palma’s Fireworks Stand will be at 1061 North Davis Road (in between IHOP & Carl’s Jr) @ the corner of North Davis Road and West Laurel Drive

To volunteer please contact debmendoza@comcast.net

THANK YOU FOR SUPPORTING OUR STUDENT ATHLETES!
Do you wish for your student(s) to accelerate in Math or Foreign Language? Do they need to elevate that below “C” semester grade? Do they want to keep academic skills sharp for next year? Palma is proud to offer a well-designed, diverse, and challenging curriculum that is intended to prepare students to excel across all disciplines and is excited to offer CO-ED courses this summer which are open to students in our community. Palma School is fully accredited by the Western Catholic Educational Association (WCEA) and the Western Association of Schools and Colleges (WASC)

**SCHEDULE OF COURSES**

Summer session courses will meet Monday through Friday*

<table>
<thead>
<tr>
<th>JUNE 10 through JULY 12</th>
<th>8 a.m. – 10:30 a.m.</th>
<th>10:35 a.m. – 1:05 p.m.</th>
<th>8 a.m. – 1:05 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Algebra 1 Review</td>
<td>Algebra 2 Review</td>
<td>Geometry (H)</td>
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<tr>
<td>Biology Review</td>
<td>English 9 and 10 Review</td>
<td>Spanish 3 (H)</td>
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<tr>
<td>English 11 and 12 Review</td>
<td>Math 7 Review</td>
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<tr>
<td>Pre-Algebra Review</td>
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<td>Geometry Review</td>
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<tr>
<td>Spanish 1 Review</td>
<td>Spanish 2 Review</td>
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<td>Spanish 3 Review</td>
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**FEES & DETAILS**

- CLASSES FOR 10 CREDITS: $1,350
- CLASSES FOR 5 CREDITS: $710
- FUNDAMENTALS OF SPANISH: $710
- DISCOUNT OF $50 FOR TWO OR MORE 5 CREDIT COURSES
- TEXTBOOKS (IF NEEDED): TO BE PURCHASED OR RENTED AT FIRST CLASS MEETING * Refunds are not paid after the start of Summer School.

**NOTE:** RELIGIOUS REVIEW STUDENTS WILL MEET ONCE EACH WEEK, BY APPOINTMENT, WITH THE INSTRUCTOR.
2019 SUMMER SCHOOL @ PALMA

COURSE DESCRIPTIONS

ALGEBRA 1 REVIEW
Credits: 5 (High School or Junior High)
Reviews numbers and basic arithmetic operations applied to them and proceeds through solving systems of equations and inequalities, polynomials and algebraic fractions by applying various algebraic axioms, concepts and methods. For those who failed or did poorly in Algebra I or those who wish to improve their math skills before entering school in the fall.

ALGEBRA 2 REVIEW
Credits: 5 (High School)
This course is designed to review the major concepts of Algebra II. Open sentences in one variable, systems of linear equations, factors and operations with polynomials are given special attention. The new concepts covered are irrational and complex numbers, rational exponents, and logarithms.

BIOLOGY REVIEW
Credits: 5 (High School)
This course reviews the study of energy flow, plant and animal classification, microorganisms/aspects of cell theory, biochemistry, heredity and genetics, and evolution. Designed for students who failed or received a low grade in one or both semesters of Biology.

FRESHMAN/SOPHOMORE ENGLISH REVIEW (ENG 9 & 10)
Credits: 5 (High School)
Review of college preparatory freshman and sophomore English composition and literature - specifically, of Palma’s required summer reading texts. Designed for Palma students who have failed or received a low grade in English I or II and for those who need “extra help” with their summer reading or with English skills.

FUNDAMENTALS OF SPANISH
*This course is for enrichment only; not for credit. – 2.5 hrs for 5 weeks.
This course introduces students to the Spanish language and prepares incoming students who will be taking Spanish 1 at Palma. The instructor will review the fundamentals of Spanish such as numbers, sentence structure, alphabet, and verb conjugations.

GEOMETRY (HONORS)
Credits: Honors: 10 HS or Jr. HS credits; Review: 3 weeks for 5 HS or Jr. HS credits
An intensive course to present or review the principles of geometry covered at Palma. Honors course is designed primarily for Palma students who wish to advance to Algebra II during the coming school year. This course is intended for students needing to make up for a failing or low grade in Geometry or those who wish to improve their math skills before entering school in the Fall.

JHS ENGLISH/LITERATURE REVIEW (JUNIOR HIGH)
Credits: 5 (Junior High)
Reviews the principles of English composition and literature covered in the seventh and eighth grade at Palma Junior High. Primarily designed for Palma Junior High students who have failed or received a low grade in English and for those who need “extra help” with their summer reading or with English skills.

JUNIOR/SENIOR ENGLISH REVIEW (ENG 11 & 12)
Credits: 5 (High School)
Review of college preparatory junior and senior English composition and literature - specifically, of Palma’s required summer reading texts. Designed for Palma students who have failed or received a low grade in English III or IV and for those who need “extra help” with their summer reading or with English skills.

MATH 7 (JUNIOR HIGH)
Credits: 5 (Junior High)
This course reviews the principles of general math covered in the seventh and eighth grade at Palma Junior High. Primarily designed for Palma Junior High students who have failed or received a low grade in General Math or those who wish to improve their math skills before entering school in the Fall.

PRE-ALGEBRA
Credits: 5 (High School or Junior High)
Review of the principles of pre-algebra covered at Palma. Primarily designed for Palma students who have failed or received a low grade in Pre-Algebra or those who wish to improve their math skills before entering school in the fall.

RELIGIOUS STUDIES REVIEW
Credits: 5 (High School or Junior High)
Independent study by contract to make up Religious course or credit shortages in required subjects. Enrollment is restricted to Palma students. The students will meet once each week, by appointment, with the instructor.

SPANISH 1, 2 OR 3 REVIEW
Credits: 5 (High School or Junior High)
This course is to review the principles of college preparatory Spanish 1, 2 or 3 covered at Palma. Designed for Palma students who have failed or received a low grade in Spanish 1, 2 or 3; or those who wish to improve their language skills before entering school in the fall.

SPANISH 3 (HONORS)
Credits: Honors: 10 HS credits; Review: 3 weeks for 5 HS credits
An intensive course in the third year of college preparatory Spanish. Honors course students will meet five hours each day for six weeks. Prerequisite: Spanish 1 and 2 with C or better grade.
CO-ED SUMMER SCHOOL 2019 @ PALMA SCHOOL ENROLL NOW

PALMA SUMMER SESSION REGISTRATION: JUNE 10-JULY 12, 2019 (Please print)

PRINT STUDENT NAME: __________________________________________________________________________________________
First                     Middle

Last DATE OF BIRTH: _____/_____/______           GRADE IN FALL 2019: __________

ADDRESS: ____________________________________________________CITY: _____________________________ ZIP:___________

PRIMARY TELEPHONE: ______________________________   PARENT’S WORK #(S): __________

PARENT’S NAME: ______________________________________________________________________________

SCHOOL NEXT FALL: ___________________________________________________________________________________________
(School Name and Address)

DOCTOR’S NAME: ________________________________________________ DOCTOR’S PHONE: ____________________

COURSES                      COST
ALGEBRA 1 REVIEW
ALGEBRA 2 REVIEW
BIOLOGY 1st & 2nd SEMESTER REVIEW
FRESHMAN/SOPHOMORE ENGLISH REVIEW (ENG. 9 & 10)
*GEOMETRY (HONORS)
GEOMETRY REVIEW, 1st SEMESTER
JHS ENGLISH/LITERATURE REVIEW (JR. HIGH)
JUNIOR/SENIOR ENGLISH REVIEW (ENG. 11 & 12)
MATH 7 REVIEW (JR. HIGH)
PRE-ALGEBRA REVIEW
RELIGIOUS STUDIES REVIEW
SPANISH 1 REVIEW 1st SEMESTER & FUNDAMENTALS OF SPANISH
SPANISH 1 REVIEW 2nd SEMESTER & FUNDAMENTALS OF SPANISH
SPANISH 2 REVIEW 1st SEMESTER
SPANISH 2 REVIEW 2nd SEMESTER
*SPANISH 3 (HONORS)
SPANISH 3 REVIEW 1st SEMESTER
SPANISH 3 REVIEW 2nd SEMESTER
*Full Year Course

TOTAL COST (less $50.00 discount if applicable): ____________

FEES PAID: $ ____________ * Refunds are not paid after the start of Summer Session.

CASH _____ CHECK#_______  For Credit Card payment, please register online at www.palmaschool.org under Quicklinks or visit our main office during the hours of 7:30 a.m.-5:00 p.m. (M-F) and we will be happy to process your payment.

CONDUCT & ATTIRE:
For boys the regular Palma dress and hair code will be enforced. Boys may not wear earrings. Dress shorts in good taste may be worn. For girls, clothing in good taste is expected. “Good taste” includes the following: no holes in pants or jeans; no bare midriffs; no flip-flops. Use of cell phones, iPads or tablets for texting, playing games, social media, listening to music and cheating during class time is not permitted. Tardy arrivals are unacceptable. Regular attendance is required. Three or more absences or several tardies will result in reduced credit hours. Exception: only students who must miss the first week of Summer School because they are completing the regular school year will be able to complete the Summer School program. Refunds will not be made to students asked to withdraw or who fail to attend the Summer School program.

STUDENT’S SIGNATURE (REQUIRED): ____________________________________________    DATE: ____________

PARENT’S SIGNATURE (REQUIRED): ____________________________________________    DATE: ____________
FRESHMEN FOOTBALL
2019 PRACTICE

FREQUENTLY ASKED QUESTIONS:

When does practice begin?
Saturday, August 10th @ 9:00 AM

What should athletes wear on the first day?
T-shirt, shorts and football cleats.
Equipment will be given after practice on the first day.

Do athletes get cut in Freshmen Football?
NO!

Can Freshmen take advantage of the strength & conditioning program at Palma?
YES, beginning after students graduate from 8th grade.
Mondays - Wednesdays
9:00-11:00 AM
Fridays
8:00-11:00 AM

COME AND TAKE ADVANTAGE OF THE OPPORTUNITY TO BE ON A WINNING TEAM, MAKE MEMORIES AND HAVE A GREAT TIME!

For any further questions contact head varsity coach Jeff Carnazzo at carnazzo@palmaschool.org
2019 FOOTBALL CAMP FOR INCOMING PALMA FRESHMEN

Monday July 8th – Wednesday July 10th
4:00 PM – 6:00 PM

THE CAMP

This is not a conditioning or recreational camp. The goal of this camp is to give the incoming Palma freshmen interested in playing football an opportunity to work with the Palma varsity coaching staff on football fundamentals while learning the Palma offensive and defensive systems. It also gives the players an opportunity to meet other incoming freshmen while competing against great competition.

Age Level: The camp is open to all incoming Palma freshmen interested in playing football.

Equipment Needed: Cleats, shorts and socks.

Camp Fee: $25.00. The camp fee includes a practice jersey and instruction from the staff. This fee is non-refundable.

Registration: Mail this completed registration form, along with check payable to Palma School. Questions? Please contact Jeff Carnazzo at carnazzo@palmaschool.org

Name________________________________________________________________
Address_______________________________________________________________
City______________________________________State__________Zip___________
Phone____________________________________ Adult T-Shirt Size______________

Parent/Guardian Signature_________________________________________________

MEDICAL RELEASE FORM

The undersigned further agree(s) and understand(s) that my/our son participates in the Palma School Freshman Football Camp at his own risk, and that the undersigned on my/our son’s behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said Palma School Freshmen Football Camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the Palma School Freshmen Football Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in any way and at any time arise out of the Student’s participation in the Palma School Freshmen Football Camp.

Mother Signature________________________  Date _______   Father Signature  ________________________  Date ________

OFFENSE
Running Backs: Ball handling, stance, release, faking, ball carrying, running, cutting, blocking, pass receiving.
Quarterbacks: Stance, center exchange, drop back, setting-up, throwing, release, follow through, ball handling, faking, reading defenses, play action passing.
Receivers: Stance, release, pass patterns, running, pass catching, stalk block technique.
Linemen: Stance, pass protection, run blocking, pulling, center exchange.

DEFENSE
Defensive Backs: Stance, alignment, pass coverage, zone and man cover techniques, form tackling pursuit and run support.
Inside and Outside LB’s: Stance, alignment, pass drops, how to read offenses, form tackling, pursuit.
Linemen: Stance, pass rush, reading offensive linemen, stunt techniques, form tackling, pursuit, and reaction drills.
2019-2020 MUSIC NEWS!

There’s lots of fun ahead in the Palma music program! Palma Band Camp will be Tuesday, August 6, 2019 from 4:00-6:00 p.m. in the band room, E5.

We will be rehearsing our high energy pep band material, which we play at the home football and basketball games (schedules are listed below). Participation in the pep band is mandatory for Symphonic Band members.

Below are a number of the events in which we will be participating. More information will follow at Mini Schedule Night on Wednesday, August 28th.

2019-2020 Events:
Sunday, November 24th – Salinas Parade of Lights in Downtown Salinas
Wednesday, December 4th – 6:30-8:30 p.m. Palma Christmas Concert in the MPB
April 24th-26th – Anaheim Heritage Festival
Wednesday, April 29th – 6:30-8:30 p.m. Palma Spring Concert

Football Home Games @ Rabobank Stadium:
August 30th
October 4th & 11th
November 2nd & 8th