

The Poughkeepsie Pioneer

Athletic and Wellness Newsletter

Issue 1

2024/2025 Edition

Welcome back Pioneer Family!

We are in full swing of the fall season, our sports practices are taking place at PHS, PMS, Krieger ES and the ELC. Coaches and student athletes are hard at work, developing skills and building team confidence. As the games unfold for the season, come support one of our many teams, check out the schedule on our [Pioneer Website!](#)



Cheer got off to a great start to the season attending the Trails End Cheer camp in Pennsylvania over the summer. The team took home some hardware as well, second in two categories and third in another two. The team also received the Leadership award for the whole camp. Great work Cheerleaders and Coaches!



Cheerleading Team at Camp in PA.



Varsity girls swim team

Poughkeepsie Varsity Girls started the season with over 40 students attending open swims! The team roster is now set and 10 new swimmers have officially joined the team. These young swimmers join our 2023 Conference 4 champions on their new platform in Conference 3 to build and strengthen Pk's swims. Congratulations to all PK Varsity Girls for an awesome start to the season.



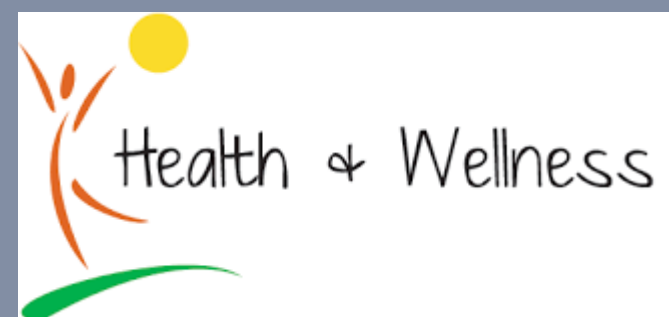
Boys soccer team in action

The Varsity boys soccer team has battled and played hard throughout their season. There has been outstanding play and learning curves as the season progresses. The whole team continues to strive for improvement in each practice and game. Please come support the boys soccer team in their upcoming home games at the high school stadium turf field.

The Poughkeepsie Pioneer Varsity Football is off to a rousing start. Our team is young but filled with exuberance and spirit as we continue to hone our skills and build camaraderie among our ranks. Family dinners, a Marist College visit and participation in a community event have helped our students realize bonding, goal setting and their importance in being a part of the City of Poughkeepsie. We want to thank the believers and invite all students and staff to come out and enjoy an evening of Pioneer Football.



Varsity Football Preparing for a kickoff



The wellness committee's next meeting will take place on November 21st. This is a great forum to discuss how we can enhance our wellness throughout the district. If you are interested in joining the Wellness Committee, please contact the Director of Athletics, Peter Bianco.

Food for thought:
Creating your Why for healthy habits. [This article will give you a good sense of how to do this and maintain success.](#)



**Join us for our Homecoming game Saturday 10/26
Against Tuckahoe! Kickoff starts at 4pm!**

ON DECK CIRCLE

- ~ Cheerleading Invitational on Saturday 10/12
- ~ Senior nights for our Varsity Teams!

Winter Sports

- ~ [Final Forms](#) open on 10/14 for high schools sports
- ~ [Final Forms](#) open on 10/21 for middle school sports.
- ~ High school sports tryouts are week of 11/13
- ~ Modified (middle schools) sports informational meetings will take place on 11/20 & 11/21

Winter Sports Offered:

Boys Basketball: Varsity, JV, Freshman, Modified

Girls Basketball: Varsity, JV, Modified

Boys and Girls Bowling: Varsity, Unified

Cheerleading: Varsity, JV

Boys and Girls Indoor Track: Varsity

Boys Swimming: Varsity

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