



WEEKLY BULLETIN

Our website: <http://www.districtor1.org>

Saturday, May 13th

Activities: Graduation 2:00 pm PHS Gym
Practices:
Sports:

Monday, May 15th

Activities:	Breakfast: Sausage Gravy, Biscuit
Practice:	Lunch: Chicken, Vegetables, Biscuit
Sports: District Golf @ Crooked Creek 9:30 am Van leaves @ 8:00 am	

Tuesday, May 16th

Activities: Show Choir practice for Alumni Banquet 4:00-6:00 pm, FCCLA Spring Meeting @ Nebraska City	Breakfast: Cook's Choice
Practice:	Lunch: Salisbury Steak, Whipped Potatoes, Vegetable, Bread & Butter
Sports:	

Wednesday, May 17th

Activities:	Breakfast: Cook's Choice
Practice: HS Track 3:45 pm,	Lunch: Cook's Choice
Sports:	

Thursday, May 18th

Last Day! Early Dismissal!

Activities: FFA COLT @ Aurora Van leaves @ 6:30 am	Breakfast: Cook's Choice
Practice:	Lunch: Cook's Choice
Sports: State Track @ Omaha	

Friday, May 19th

Activities: FFA COLT	Breakfast:
Practice:	Lunch:
Sports: State Track @ Omaha	

Saturday, May 20th

Activities:
Practice:
Sports:

UPCOMING EVENTS:

May 23rd & 24th - State Golf

June 2nd - PHS Alumni Golf Tournament

June 7th, 14th and 21st - Cross Country Camp 7:00 pm-8:15 pm Palmyra Park

July 12th - Wrestling Camp 9:00 am-1:00 pm Bennet Gym

July 20th-23rd - Cheer Camp @ Hastings

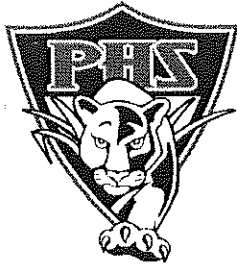
FYI!!!

Music Students must turn in their music shirts unless you are marching in summer parades!

Driver's Education class is full for this year!

Go Panthers!

7th Annual Palmyra High School Golf Scramble
ALL GOLFERS ARE WELCOME TO PARTICIPATE



Hidden Valley Golf Course

10501 Pine Lake Rd Lincoln, NE 68526

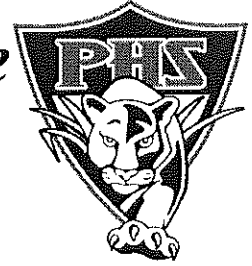
www.hiddenvalleylincoln.com

Friday, June 2nd, 2017

9:00 a.m. Shotgun Start

Registration Deadline: Friday, May 19th

(Registrations after the deadline will be accepted if spots are available.)



Details:

- 4-person teams
 - Teams can be any mixture of men/women. Women will use forward tees.
- Scramble format – ~~Cash Payouts~~ Will be flighted as well. Flights depend on # of teams.
- \$65 per person fee – includes 18 holes of golf, cart, **LUNCH**, and unlimited range balls
- After the golf, we will stay at Hidden Valley for awards, food, drinks, etc...

This year's challenge is again in the works – it will be a surprise on June 2nd! Prior years have seen a Hole in One challenge for a car, a putt for \$15k, this year???

(Info and Prize to be announced at tournament)

Par-3 holes will again be "\$\$challenge\$\$" holes.

To register your team, or for questions, email:
maas.tyl@districtor1.net (Coach Maas)

Proceeds will benefit the Panther Strength and Conditioning Program, as well as the PHS Foundation for Knowledge (last year's event provided \$1000 in scholarships for PHS Seniors).

2017 Panther Summer Strength and Conditioning

Please Note: We are in the middle of construction - thus, we are at the mercy of the contractors when it comes to scheduling. We will go with this schedule for now...however it is due to change. Please check the school's Twitter feed for any cancellations/changes, and stay in touch with your coaches.

SCHEDULE FOR JUNE 5th through June 15th
Plyometrics/Speed Work only.
1 outdoor session on Mondays, Tuesdays, and Thursdays
This daily session is for both males and females
8am Start. 9am Finish.

SCHEDULE BELOW STARTS JUNE 19th.
Concludes July 28th

	<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
8am-8:45am	Girls on Weight Deck Boys on Gym Floor	Girls on Gym Floor Boys on Weight Deck	Girls on Weight Deck Boys on Gym Floor	Girls on Gym Floor Boys on Weight Deck	Closed Closed
8:45am-9:30am	Girls on Gym Floor Boys on Weight Deck	Girls on Weight Deck Boys on Gym Floor	Girls on Gym Floor Boys on Weight Deck	Girls on Weight Deck Boys on Gym Floor	Closed Closed

Please note: The HS gym is completely closed for the summer, due to construction and storage. No open gyms will be sponsored by Coach Conn or Coach Maas in the mornings, as in the past. Open gyms for VB and BB will be ran through the respective coaching staffs.

The 2017 Palmyra-Bennet Alumni Dance Team
(otherwise known as the Team devoid of any dance talent)

Presents:

Dancing Through the Years

Swing back in time with Glenn Miller

Watusi with The Orions

Disco with Travolta

Hip-hop with Jay Z

Tap your feet as the Palmyra High School Show Choir Performs

ALL PHS ATTENDEES ARE INVITED!

Special guests: Class of 1942, 1947, 1957, 1967, 1977, 1987, 1992, 1997,
2007 and 2017

Take a chance on
50/50 tickets and
win the pot!

When: June 3, 2017

Where: Palmyra High School Gym

Social Hour 5:00

Banquet: 6:00

Questions call:

Teresa (Schroder) Weaver: 402-770-4186

Mail reservations by May 21, 2017 to

PHS Alumni Committee

6321 Newton St.

Lincoln, NE 68506

Win a night out
including a stay at
the Fairfield Inn!

(Due to construction, enter on the North side of the High School. A Handicap accessible entrance is also available on the South Side of the Building).

Cut Here

Cost: \$20 per person (Class of 2017 and graduates celebrating 70+ years eat free)
Each meal includes entrée, coleslaw, vegetable, roll and dessert. Please indicate your name(s) and entrée choice(s) below. Please print!

Name _____ Grad Year _____

Guest/Spouse Name _____ Grad Year (if PHS Grad) _____

___ Creamy Rosemary/Garlic Chicken ___ Pulled Pork ___ Vegetarian Pasta

Join us after the Banquet as the dancing continues at the 2017 Bennet Street dance.

** Proceeds go to PHS scholarships and community improvements. **