

# MIDDLE SCHOOL ATHLETICS NEWSLETTER

## WINTER 2018-2019



<http://isd194.org/middle-school-athletics-and-activities/>  
<http://isd194.org/century-middle/>  
<http://isd194.org/kenwood-trail-middle/>  
<http://isd194.org/mcguire-middle/>



Harry Robbins, Middle School Activities Director  
952-232-2321

Becky Donner, Middle School Activities Director's Secretary 952-232-2320  
Register at <https://isd194feepay.com>

*All programs are open to 6-8 gr. It is Lakeville's philosophy not to cut players at the middle school level whenever possible. However large numbers of registrations may warrant closing registration for the sport.*

High School Winter Sports not offered at middle level are:

- ◆ Boy's/Girl's Alpine Ski
- ◆ Gymnastics
- ◆ Boy's/Girl's Hockey
- ◆ Boy's/Girl's Basketball

### BOYS SWIMMING \$200

Middle School Coach: Phil Smith, Chuck Smith

Boys swim will start Monday December 3rd. Practices will be held M-F at the McGuire pool, 3:15-4:45. Boys from CMS/KTMS will take a shuttle bus to MMS. Pool time will be shared with STORM Swim. This program is primarily for 6th graders, novice 7-8th graders or others who do not want to participate in the rigorous H.S. practice & meet schedules. Boys will swim in STORM meets during the season and other duals/tri's as scheduled. District 194 will pay STORM insurance and the entry fees for each swimmer. Parents will be responsible for transportation to and from local STORM meets.



### CO-ED NORDIC SKI \$200

Middle School Coach: Olivia Mehlhorn



Cross Country (Nordic) Skiing is one of the fastest growing sports in Minnesota, and is often an "all new" sport to most athletes, it is a lifetime sport and offers cardio-vascular fitness and cross-training of all sports. Lakeville Nordic Boosters offer a "ski rental program" (skis/poles/bindings) for \$50, dedicated to middle school skiers or those with limited available resources so the cost does not inhibit the decision to participate. Skiers must have their own boots for the rentals (Prolink/NNN bindings). Equipment details will be available at the pre-season meeting at Kenwood, Nov. 27 at 5:30. Practice is M-F at Kenwood, start date of Dec. 3; athletes will take the shuttle bus. Practice will be from 2:45-4:00 (MMS will join in as soon as they get there on the shuttle bus). Bring outside and inside clothes, running shoes, and poles (if you have them) the first day of practice. A locker at KTMS will be provided. Beginner, intermediate and advanced skiers all welcome. Skiing begins as soon as the snow falls. Prior to snow, "dryland" practices will be held. If snow is limited, we will reserve Hyland Park (man-made snow) for our practices. A season pass (Nov-Mar) for Three Rivers Parks (32.50) will be available to Lakeville skiers and their families.

### WRESTLING \$200

Middle School Coaches: Jim Baumert, Jerry Kennedy, Aaron Almedina, Jacob Goldberg

It is our belief that wrestling offers many reasons for participation. In wrestling, participants are matched up according to size and weight, which in essence means one will only compete against others of the same size and skill level at the middle school level. This in turn leads to better experience and quicker development in the sport. Wrestling allows the athlete an opportunity to experience both individual and team competition at the same time, because of the unique scoring system used.

The 6-8 grade season will start Nov. 19. Practices will be from 3:00-5:00 p.m. at Century. KTMS/MMS wrestlers take the after school shuttle to CMS. All home meets will be held at Century.

The more advanced, experienced 7-8 gr. wrestler may, after evaluation by H.S. coaches, be asked to participate with the Varsity team at the high school level and will pay the H.S. fee.

