

Middle School Fall Sports Information - updated July 10, 2018

Football

Tim Nelson coach, 715-870-1511

timnelson.nvc@gmail.com

First Day of practice August 13th

Volleyball

Laura Schiltz, Kay Olson coaches

schiltzl@tomahawk.k12.wi.us; olsonk@tomahawk.k12.wi.us

First Day of practice August 27, 3:45 - 5:30

<https://sites.google.com/view/tms-volleyball/home?authuser=1&scrlybrkr=09fdb51a#>

Cross Country

Dawn Huseby, Shirley Derleth coaches

453-5371 ext 316; husebyd@tomahawk.k12.wi.us; derleths@tomahawk.k12.wi.us

First Day of practice August 23rd, 3:30-5pm

Cross Country is for all middle school students' grades 6th-8th and for any running ability. The whole purpose of cross country is to have fun and to build the foundation for lifelong fitness.

The season is about 6 weeks long and will start on Thursday August 23rd at 3:30-5:00pm. Practices will be from 3:30-5:00pm every day after school, no practice Wednesdays or Harley Friday.

Things to have prior to the season starting:

- Updated Physical or Alternate Year Card filled out
- \$15 athletic fee
- Appropriate and comfortable running apparel (shoes, shorts, etc.)
- Water bottle

To prepare you for the season please consider:

- Running to build up your endurance (races are 2 miles in length)
- Joining the fun runs that are advertised on WJJQ
- Participating in a race (Rockin Tomahawk, Pow Wow Days, Don Lintereur Memorial Run)

Reminders for the beginning of the season will be announced on WJJQ and will be on the school district website. If you have any questions please call Coach Huseby at 715-453-5371 ext. 316 or email at husebyd@tomahawk.k12.wi.us, or you can call Coach Derleth at 715-453-2106 ext. 311 or email at derleths@tomahawk.k12.wi.us.

Remember to have fun while you run,

Coach Huseby and Coach Derleth

