



Hello to Minnewaska Laker Families!

Although the Laker fall seasons don't begin until Monday, August 15th, I want to make sure our Laker families are aware of our fall sports meeting that will take place on Wednesday, August 3rd. This meeting will give the Laker Activities Department an opportunity to deliver a unified message about our activities and provide families a chance to take care of details in advance of the hectic start to the 2022-23 school year. The Minnewaska Area Activities Department's goal is to ensure all our Laker families are informed and prepared to address the busy schedules of student-athletes, parents, and guardians. Most importantly, please mark your calendar so you and your athlete/s can be part of our meeting in August.

New this year will be a 2022-23 Minnewaska Laker Fall Sports Meeting for all parents/guardians, participants, and coaches in grades 7-12. The meeting will take place on Wednesday, August 3rd, at **Minnewaska Area High School** and will address different areas all in one evening. *Beginning at **6:00 p.m. on August 3rd**, there will be a meeting **in the auditorium** for all parents/guardians, participants, and coaches. At that time, Minnewaska Area Activities Director Phil Johnsrud will speak briefly about important topics for athletes and parents, followed by breakout sessions for each sports program led by the head coach and their assistants beginning at 6:30 p.m.*

In addition to the meetings, for families that don't have internet access or need help with online registration, we will offer an activity registration session in the computer lab from 4:00 p.m. to 5:45 p.m.. This session will be led by our activities office staff in our MAHS computer lab in (G-120). Those interested in online registration assistance can simply attend the session any time between 4:00 p.m. and 5:45 p.m. for one on one help on Wednesday, August 3rd.

Finally, impact testing (concussion) and physicals (for those paying cash only) will take place on Thursday, August 4th, at Minnewaska Area High School. All athletes in grades 9-12 that participate in football, soccer, volleyball, diving, and tennis must have updated baseline impact tests completed before the season begins. Impact testing will take place in the Minnewaska Area High School computer lab (G-120). Below you find the impact testing schedule for Thursday, August 4th.

In regard to physicals, those that will be paying CASH ONLY (\$75 cash or check) can make an appointment through Glacial Ridge Health System by calling (320-634-5157). Appointments are available between the hours of noon and 5:30 p.m. on Thursday, August 4th. Cash-only physicals will take place at Minnewaska Area High School. Families utilizing their health insurance and

for more of a comprehensive physical must take place at a medical facility of your choice, so please make your appointments at your convenience so they are completed before August 15th, 2022. Once again, physicals are required by the MSHSL, which means all student-athletes going into 7th and 10th grades must have an updated physical on file. This also includes participants not going into 7th or 10th grade and who have not had a physical in the last three years.

Online registration and payment for the upcoming fall season, beginning on Monday, August 15th, is now available on the Minnewaska Area Schools website (minnewaska.k12.mn.us) under the Activities tab. For any questions, please contact the Minnewaska Area Activities office at 320-239-1305

August 4th Impact Testing Schedule:

| TIME | SPORT |
|---------------|----------------------------|
| 12:00 - 12:45 | 9th FOOTBALL PLAYERS |
| 12:50 - 1:35 | 10th FOOTBALL PLAYERS |
| 1:40 - 2:25 | 11th FOOTBALL PLAYERS |
| 2:30 - 3:15 | 12th FOOTBALL PLAYERS |
| 3:20 - 4:05 | SOCCER (9-10) PLAYERS |
| 4:10 - 4:55 | SOCCER (11-12) PLAYERS |
| 5:00 - 5:45 | VOLLEYBALL (9-10) PLAYERS |
| 5:50 - 6:35 | VOLLEYBALL (11-12) PLAYERS |
| 6:40 - 7:25 | DIVING & TENNIS (VARSITY) |