

# MIDDLE SCHOOL ATHLETICS NEWSLETTER

## WINTER 2023-2024



Registration will open on October 30

Register here: [isd194.org/middle-school-activities](http://isd194.org/middle-school-activities)

Aaron Soule, Middle School Activities Director 952-232-2321  
Rebecca Donner, Middle School Activities Director's Secretary 952-232-2320



*Middle school teams 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 and being placed on a wait list.*

### **BOYS SWIMMING \$215**

M.S. Coaches : Chuck Smith, Gunnar Tiegen, Phil Smith



Boys swim will start Monday December 4th at the McGuire pool, 3:00-4:30 pm. Practices will be held M-F, with some weeks being 3 or 4 days. Boys from CMS/KTMS will take the after school activity 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. The season will be done January 31st.

### **CO-ED NORDIC SKI \$215**

M.S. Coach: Corey Kennedy, Trish Kennedy

Nordic Ski 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 cardiovascular 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 from the coach.

Practices will be Monday through Thursday from 3:00-4:15 at Kenwood Trail MS, December 11-February 10, weather dependent. On some Wednesdays, practices may be at Cleary Lake Regional Park. We will order a bus to transport skiers, the bus will depart from Kenwood at 3:00. Parents will pick up their skier from Cleary after practice at the time communicated by the coaches.

If skiers store their ski equipment in the Kenwood Nordic Ski shed, they can take the after school shuttle from Century and McGuire to KTMS for practices. If equipment is not stored, parents will need to transport their skier to KTMS by 3:00 for practices. Ski equipment cannot be transported on the route buses or on the after school activity shuttles. Athletes may go home after school if they can be transported back by 3:00.



### **WRESTLING \$215**

CMS/KTMS Coaches: Jim Baumert, Aaron Almedina, Colton Pasvogel  
KTMS/MMS Coaches: Neil Strader, Paul Donner, Ross Benson



Season dates: November 27-January 20 at Century and McGuire.

Practices will be held M-F. CMS/KTMS wrestlers will practice from 2:15-4:00. KTMS/MMS wrestlers will practice from 3:00-4:45. Team registration for Kenwood is based on your attendance area for high school. KTMS wrestlers will take the after school activity shuttle to the appropriate school.

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 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.