

Hello,

I hope you all have been enjoying your summer and time with family and friends! It's hard to believe that we are nearing the end of July. Though summer is a great time to rest and recharge for another year, we are anxiously waiting to connect with our students once again.

Our students have been working hard this summer to better themselves and improve in their sport. As we approach the new school year, I want to welcome any 7-12 students planning to participate in a fall sport to our annual fall sports meeting on August 8<sup>th</sup>, 2024. As we gear up for the new school year, our theme is "Be Connected." Together, let's strengthen our bonds, support each other, and strive for greatness. Below is the schedule for the evening. Also below, you will find certain items which are required to turn in prior to participating in MSHSL athletics.

#### **Condensed Schedule for Aug 8, 2024**

5:30pm – Student and Parent Session with Guest Speaker, Jamie Wagner

6:30pm – MSHSL and Lakeview Eligibility/Policy Session with Matt Konrad

6:50pm – Activity Information Sessions with Head Coaching Staff

#### **Other Items Required to Turn in to Participate in MSHSL Athletics.**

1. **Registration** must be completed by all students, and is best done through the following site: <https://lakeview2167-ar.rschoolday.com/>. This includes: MSHSL Eligibility Brochure, Athletic Training Service Waiver, Insurance Waiver. Please reach out to the High School Office if you need supplementary insurance.
  - a. **Registration open for the following sports:**
    - i. Football (Grade 7-8 or 9-12)
    - ii. Volleyball (Grade 7-8 or 9-12)
    - iii. Cross Country (Grades 6-8 or 9-12)
    - iv. Cheer (Grades 6-12)
2. **Payment.** Any student on a Reduced Lunch Program can pay 50% of the base rate.
  - a. 9-12 Sports: \$100 or \$50.00
  - b. 7-8 Sports: \$80 or \$40.00
  - c. Payment Site: <https://lakeview.epaytrak.com/AthleticsActivities-C275.aspx>
3. **Updated Physicals** are due for all students. Physicals expire every 2 years. Please turn in a copy to the High School Office.

Sincerely,

**Matthew Konrad, Activities Director**

Lakeview Schools

875 Barstad Road

Cottonwood, MN 56229

507-423-5164 Ext. 1322

[mattkonrad@lakeview2167.com](mailto:mattkonrad@lakeview2167.com)



Eyes Up Mindset partners with individuals, businesses and teams to help optimize performance.

We work with programs to identify the individual needs, values and culture of an organization. Aiming to develop the skills needed to take the next step, we address the mental and emotional skills often overlooked in performance.

While playing college football at Bethel University (St. Paul, MN), Eyes Up Mindset Co-Founder Jamie Wagner, was a part of a national semi-finalist team in 2007 and returned to coach there in 2010 as they made another run to the national semis. Prior to that he was a member of a national runner-up wrestling team at Augustana College in Sioux Falls, SD and was an All-State athlete in three sports at Nicollet High School in Minnesota.

He has a diverse background in coaching from youth to high school to college sports and in his most recent stop was the head coach of a track program where they tallied an impressive 15 individual or relay state championships in five years.



Eyes Up Mindset has worked with most sports offered in rural schools:

volleyball, cross-country, football, tennis, basketball, wrestling, track, baseball, softball and golf. They have also served industries as diverse as agriculture, medical and software development.

Jamie brings energy, passion and knowledge combined with the heart of a teacher. His belief is that we all need to be coached, and sometimes coached hard. The foundation of living eyes up is driven by that seeming paradox: growth comes through challenge and care, demand both.

Eyes Up Mindset  
[eyesupmindset@gmail.com](mailto:eyesupmindset@gmail.com)  
507-381-3721