

# NSSD MIDDLE SCHOOL ATHLETICS UPDATE

AUGUST 9, 2024

## INTRODUCTION

Parents,

I hope everyone has had a great summer and an opportunity to rest and prepare for another busy school year. It seems crazy that the Fall athletics season is just around the corner, but it is! My goal is to always provide an athletics newsletter prior to the start of each season so that you can have the information that you need in order to prepare your student-athletes for competition.

Below you will find some important information that will make sure everyone is ready to participate on the first day of practice. It is important to make sure that you have registered for sports on [FamilyID](#) and have a current sports physical. Without those two items, your student will not be able to participate. You will find more information below on how to complete those two items. It is also important that your child is prepared for practice with the proper equipment. You will find a list of those items below as well.

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## VOLUNTARY CONDITIONING

Each year, we have voluntary conditioning times. This allows our coaches to meet some of our athletes and begin to get them moving, acclimated to the heat, and practicing individual skills. This year, voluntary conditioning will be on **August 26, 27, and 29** from **3:30-5:00**. You will need to drop your athlete off at Stayton Middle School and pick them up after conditioning practice. There will not be an athletic shuttle running for these practices. These are voluntary so coaches will not be teaching strategies or plays. This is just an opportunity for our athletes to get moving again and start practicing sport-specific skills. Football players need to report to the football field, soccer athletes to the soccer fields, volleyball players to the SMS gym, and cross country runners to the playground behind the main gym.

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## 2024-25 SPORTS REGISTRATION

Registration for ALL 24/25 sports options is now open. The deadline for registration for Fall sports will be **September 8, 2024**, which will be AFTER the first week of practice. Please note that all late registrations will require a minimum of a 24 hour waiting period for the paperwork to be processed and physical cleared by our nursing staff.

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## 2024-2025 SEASON CALENDAR

Fall 2024 (9/3/24-10/25/24)	<ul style="list-style-type: none"><li>• Cross Country (Grades 6-8)</li><li>• Girls Volleyball (Grades 7-8)</li><li>• Football (Grades 7-8)</li><li>• Boys Soccer (Grades 7-8)</li><li>• Girls Soccer (Grades 7-8)</li></ul>
Winter 1 (10/28/24-1/10/25)	<ul style="list-style-type: none"><li>• Girls Basketball (Grades 7-8)</li><li>• Boys and Girls Wrestling (Grades 6-8)</li></ul>
Winter 2 (1/13/25-3/7/25)	<ul style="list-style-type: none"><li>• Boys Basketball (Grades 7-8)</li><li>• Dance (Grades 6-8)</li></ul>
Spring (3/10/25-4/9/25)	<ul style="list-style-type: none"><li>• Boys and Girls Track and Field (Grades 6-8)</li></ul>

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## MUST DO THINGS BEFORE FALL SEASON

Here are a few things you need to have done before the start of the school year:

- Register your child for all of their athletic teams on FamilyID.
  - Upload a current physical to FamilyID.
  - Be sure your child has the correct equipment for each sport.
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## EQUIPMENT NEEDS FOR FALL SPORTS

Here is a list of required equipment that is not provided by the school in order to participate:

Cross Country	Boys and Girls Soccer	Girls Volleyball	Football
<input type="checkbox"/> Running Shoes <input type="checkbox"/> Shorts <input type="checkbox"/> Shirts <input type="checkbox"/> Sweats/Sweatshirts	<input type="checkbox"/> Soccer cleats <input type="checkbox"/> Shin guards <input type="checkbox"/> Shorts <input type="checkbox"/> Tshirts <input type="checkbox"/> Sweats/Sweatshirts	<input type="checkbox"/> Athletic Shoes <input type="checkbox"/> Knee pads <input type="checkbox"/> Spandex	<input type="checkbox"/> Football Cleats <input type="checkbox"/> Mouthguard

If you have a **financial need** that may keep your child from participating in athletics. Always feel free to contact me and I can get you some assistance with equipment using the Ty Hart Foundation. The Ty Hart Foundation was started to help ALL NSSD students with equipment needs due to financial restraints. It's a simple process to access that resource. If this is something that your family needs, I'm more than happy to help! You can find my email address at the bottom of this letter.

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## PRACTICE AND GAME SCHEDULES

All practices for all sports will follow the same schedule. Because school starts on a Tuesday, the first week of practice will be Tuesday-Friday (Sept. 3-6). The following week, practices will be Monday-Friday (Sept. 9-13). After that, all athletic practices and events will be Monday-Thursday, unless otherwise scheduled due to a scheduling conflict. All athletic practices will run from 3:00-5:00. For volleyball and soccer, games are "generally" scheduled for Mondays and Wednesdays. Football games are "generally" scheduled for Wednesdays, and cross country meets will be scattered throughout the week, which is dependent on the hosting school or organization.

Game schedules will be released during the first week of practice once they are finalized. Once the schedules are released, you can always find the most recent schedule posted to the Stayton Middle School website.

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## QUESTIONS?

As always, if you have any questions or concerns, always feel free to reach out to me!

Go Vikings!

Matt Olson  
Assistant Principal/Athletic Director  
Stayton Intermediate/Middle School  
[matthew.olson@nsantiam.k12.or.us](mailto:matthew.olson@nsantiam.k12.or.us)  
503-769-2198

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### STAYTON INTERMEDIATE/MIDDLE SCHOOL

Mr. Matthew Olson  
Assistant Principal/Athletic Director  
**Email:** [matthew.olson@nsantiam.k12.or.us](mailto:matthew.olson@nsantiam.k12.or.us)  
**Website:** <http://sms.nsantiam.k12.or.us/>  
**Location:** 1021 Shaff Rd, Stayton OR 97383  
**Phone:** [503.769.2198](tel:503.769.2198)



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Twitter: [@SMSMattOlson](https://twitter.com/SMSMattOlson)



**Wendy Nau**

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