

NSSD MIDDLE SCHOOL ATHLETICS UPDATE

SEPTEMBER 12, 2024

INTRODUCTION

Parents,

Our Fall Season is off to an amazing and crazy start! We have over 200 student-athletes this season! That's an amazing number, but it also has provided us with some challenges. I wanted to reach out to parents with an updated newsletter to update parents on some specific changes.

First, I need to update ALL parents on a clerical error that I made in August. For many years, girls basketball and wrestling have always been in our Winter 1 season, which is prior to Winter Break. Last year, boys basketball and dance had switched to the Winter 1 season. However, when I announced the season schedule for all sports in August, I had accidentally announced the opposite, that girls basketball and wrestling were in the Winter 1 season and boys basketball and dance were in the Winter 2 season. I guess old habits die hard! This was corrected in the Fall, but I wanted to make sure that I'm as clear as possible. Here's the proper season schedule for athletics for the 2024/2025 school year (see the highlighted areas for clarification on my error):

2024-2025 SEASON CALENDAR

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

PARENT VIDEO

If you haven't been able to watch the Parent Information video that I sent out last week, please click [HERE](#). Mrs. Carey also emailed that out via FamilyID. There is some important information in that video that parents need to be aware of. If you've seen one of those videos from me before and you feel like you know and understand the expectations of our athletics program, feel free to skip it.



Below you will find important announcements for specific sports programs. If you have a child in these programs, please be sure to read below...

GIRLS SOCCER



Our girls soccer program did not have enough girls attending practices regularly to have a season. To remedy this situation, I have opened up our middle school girls soccer program for 6th grade girls. Please remember that your 6th-grade girl will be playing against 7th and 8th-graders. If your child has never played soccer before, this may not be the best fit. However, we are more than happy to coach them up as 7th-graders when they've had a year to grow a little bit.

GIRLS VOLLEYBALL

We have over 80 girls participating in volleyball this year! This is by far a record in my 11 years as athletic director! That's amazing, but that will create some challenges for us including possible

uniform shortages, schedule changes, overcrowding in the gyms for practices, and ensuring everyone has opportunities to play in games. Here's what I'm doing about these issues:



- **Uniform Shortages** - If we don't have enough uniforms OR not enough uniforms in a particular size, I will be working to purchase more. This usually takes a few weeks so please be prepared to have your child need to share for the time being. That means we may need parents to wash the uniform immediately after the game so that uniforms can be swapped out for another player for the next game. Coaches worked on uniforms last night and will let me know today what needs we have.
 - **Schedule Changes** - We will be dividing B-team players into two teams at each grade level. That means a schedule change will be coming out shortly. We will post the new schedule on the website as soon as it's finalized and hand out new copies to the athletes. Here's how this will work:
 - Some schools also are faced with this same problem. These ADs have agreed to send all 6 teams to the scheduled site to play. However, instead of 3 sets for each team each match, we will reduce the sets to 2 sets per match. This will ensure that all B-teams have games on the scheduled night.
 - Other schools will only have one A-team and one B-team at each grade level. These games will be divided evenly among the two B-teams. You will see that our B-teams will be separated into a "Blue" team and a "Gold" team. When we are playing a game with a school with only two teams per grade level, only one team will play on those nights and the other team will not. For home games, the girls who are not scheduled to play will be encouraged to come cheer on their teammates. However, they will not travel to away games, but will stay home and have practice at the regular times. It will be important for you and your daughter to know what team they are assigned to.
 - We will also be scheduling two scrimmages against our B-teams. I will be working to see if we can get officials for these scrimmages, but if they are unavailable, we will have our coaches officiate. We've done this in the past and it's always a really fun night for our girls!
 - **Practice Changes** - With over 80 girls in our volleyball program, our gyms are two crowded to have an efficient practice. MidCo, our transportation company, has done a wonderful job helping us solve this situation. Mrs. Nau has also had to do a lot of coordinating to make this happen. Thank you, Shelly Long and Wendy Nau, for working so hard ensuring that all of our students get to where they need to be for practices and games. We've had to make a slight change in practice sites. Here's how we are managing this:
 - The 7th-grade A and B teams as well as 8th-grade B-teams will be practicing at Stayton Middle School (regular practice times).
 - The 8th-grade A team will be practicing at Sublimity School. Stayton Middle School students will leave campus at 2:35 to be shuttled to Sublimity School for practice. They will be shuttled back at 4:50 to be back at Stayton Middle School by 5:00. All Stayton Middle School girls who are on the 8th-grade A team practicing at Sublimity will be required to ride the shuttle to and from practice. All pick-up for Stayton Middle School students will be at Stayton Middle School.
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QUESTIONS?

Thank you, parents, for all that you do for your student-athletes. I'm looking forward to next week as games kickoff and we all get to watch them compete. As always, if you have any questions, please feel free to contact me!

Go Vikings!

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Wendy Nau

Wendy is using Smore to create beautiful newsletters