



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

June 2025

Highlights

Important Dates

AP Testing	May 5 – 16
Band and Orchestra Concert.....	May 5
Choir Spring Musical	May 16 & 17
Senior Awards, walk, last day	May 20
Senior Scholarship	May 21
Graduation	May 24
Last day of School	June 6

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Back Row: Snigdha Rajamanuri, Lydia Hartman, Mallory Meighan, Jenna Gansen, Ava Fletty, Lyla Schultz, Miti Patel

Front Row: Pierce Sommerfield, Rece Miller, Vishnu Prakash, Tyson Hughes, John Werwinski, Aayush Daithankar, Gabriel Maldonado Garcia

Important Dates

Last Day of School.....	June 6
Summer School.....	June 16 – July 11
ACT Test at OHS.....	Saturday, June 14
Catherine Berg Summer Musical <i>Cinderella</i>	July 11 and July 12 --- 7:30 PM in the PAC
2025-26 Registration.....	Tuesday, August 12 --- 8:30AM – 7:00 PM
9 th Grade Parent Information Night	Tuesday, August 12 --- 6:30 PM in the PAC
Freshman Orientation Link Day	Wednesday, August 20 --- 8:00 – 11:00 AM in the PAC
Transfer (New) Student Orientation	Wednesday, August 20 --- 12:00 PM – 2:00 PM --- Hilltopper Room
1 st day of school	Monday, August 25, 2025 --- 7:45 AM
Last day to drop a class.....	Monday, September 8
Homecoming Week	October 6 – 11
Senior Pictures/ Baby Ads Due.....	Friday, September 26
Parent Teacher Conferences	Wednesday, October 1 --- 3:30 PM – 8:00 PM
.....	Thursday, October 2 --- 12:30 PM – 8:00 PM

2025 -2026

Student Fall Registration

Tuesday, August 12

Tuesday, August 12 from
8:30 AM to 7:00 PM.

The first day of classes is
Monday, August 25.

Fall Sports starting dates:

Tuesday, August 5

Football

Monday, August 11

Girls Golf

Tuesday, August 12

Girls Tennis

Girls Swimming

Monday, August 18

Boys Soccer

Cross Country

Girls Volleyball

Mandatory

Parent/Athlete/

Coach

Preseason

Meeting for ALL

Fall Sports prior to
the start of the
season.

Watch for an email
with more details
in July.

PowerSchool Returning Student Update for 2025-26

The School District of Onalaska is once again doing an online student data validation system update through PowerSchool. Powered by InfoSnap, this secure system allows the district to verify all student demographic, emergency and medical information for your child prior to the start of the new school year. The system will also allow you to electronically sign the annual permission forms for school district policies.

This information was sent out to all families on May 1, 2025. If you have not completed this, please do so.



Graduating Class of 2025



Maya Beth Absalon
 Danica Jean Alderman
 Matthew Hamilton Arsenault**NHS
 Dulce Maria Ascencio-Urtiz***
 William Lawrence Bakkestuen***
 Ava Elizabeth Ballmer
 Anna Jean Barth
 Rylee Annabelle Beahm
 Evelyn Elizabeth Boggus
 Ciana Lavea Bonner
 Emma Katherine Borden
 Kendall Ann-Marie Bornitz
 Nathaniel Andrew Brace
 Emily Marion Brewer
 Gia Christina Brorson**
 Samuel Jake Brown
 Izabelle Suzanne Lynn Burg
 Zachary Steven Burg
 Kennedy Josephine Busta***NHS
 Bodie Douglas Callaway***NHS
 Noah Michael Chenault***NHS
 Justin James Chouinard
 Macy Haven Clark
 RubyAnn Rain Clemmer
 Braxton Clermont
 Cameron J. Cornett***
 Tyler D. Costin
 Aayush Prasad Daithankar***NHS
 Reagan Mercer Darveaux
 Amara Rose Dayton*
 Bethany Rose Dearman
 Michael DeMaira
 Lauren Elizabeth Denker*
 Alexandra Jo Drazkowski***NHS
 Eva Marie Dryer
 Kaimayah Tacoah Du Charme
 Shaye Duescher
 Autumn Reecie Dulier
 Karissa J.M. Evans
 Dylan Michael Everson
 Grace Jillian Evelyn Fabian
 Gabriel Faure

Samuel Douglas Finch
 Ava Lee Fletty*NHS
 Jack R. Foglia
 Carter Joshua Fortun
 Kaylee Ann Fry
 Cameron Lee Gage
 Alex Jack Gamble
 Jenna Marie Gansen***NHS
 Dominic Gendron
 John Finn Gobel***NHS
 Chancellor Walter Gowey
 Nolan Andrew Graw-Ristow
 Alexander McLaren Grob
 Isabela Rose Gutierrez***NHS
 Samuel Anthony Maynard Hagen
 Lydia Karen Hartman***NHS
 Andrew Maxwell Hatcher
 Julia Josephine Hauser
 Emma Kristine Hayes***NHS
 Mariann Elizabeth Heiderscheit
 Brooke Abigail Hintz***NHS
 Michael D. Hintz
 Addison Elizabeth Hoff
 Madilyn Grace Hoogeveen*
 William Richard Horstman
 Noah Robert Hougom**
 Aidan D. Hughes***NHS
 Eddie Rose Hughes***NHS
 Tyson Randall Hughes***NHS
 Grace Patricia Husby
 Kaysan James Irwin
 Bryce Russell Kegebein
 Megan Jean Komperud***NHS
 Olivia Riley Konrardy-Buchal***NHS
 Olivia Renae Kunkel**
 Chloe Irene Langer
 Alexa Sarah Larson***
 Danielle Rose Coleen Lass
 Ethan Lee
 Jean Shuana Lee
 Jill Shuachua Lee
 Kenji Va Tou Lee

Selphie Dejntxhee Lee***
 Anders John Lester
 Finn Lester
 Michael Carnell Lien**
 Lauren Rae Limberg**
 Elijah Scott Lindley
 Zoie Elizabeth Loeffelholz***NHS
 Adeline Venise Lorenz*NHS
 Madison Elizabeth Lounsborough
 Kendall Marie Luebker
 Odessa Ava Mader
 Westley Peter Michael Mahr
 Ethan Anthony Majzer
 Gabriel Maldonado Garcia***
 Jean-Claude Marais
 Hailey Rose Marsh
 Gwen Victoria Marso***NHS
 Kamarion De'Andre Martin
 Eliana Amanda Mascotti
 Tristan Z. McCoy
 Shawn Wallace McKane
 Kylene Grace McNeese***NHS
 Mallory Sue Meighan***NHS
 Savana Rose Mesmer
 Sawyer Todd Meyer
 Levan Constance Miller***
 Rece Emerson Miller***NHS
 Xeta N. Mills
 Amelia May Moore
 Kipa Lou Moore
 Marta Mora
 Mya Elyce Mosier-Saintfort
 Makayla Rose Moss***NHS
 Lydia Jean Moxness
 Justin Neberman
 Diego José Neira
 Evan Robert Nelson
 Lilly Ann Netwal*NHS
 Mika Kim Nguyen
 Hanna Michelle O'Rourke**
 Michael Brian Odegaard**
 Addison Kate Olesevich



Graduating Class of 2025



Payton Olivia Oliver
 Jaylin S. Olson
 Qitarra Marie Olson***NHS
 Olivia Grace Pantzer
 Miti T. Patel***NHS
 Yash J. Patel***NHS
 Vishnu Saivenkat Prakash***NHS
 Isabella Marley Pray***
 Amanuel Nigatu Putz*NHS
 Nicholas John Putz*
 Snigdha Rajamanuri***NHS
 Katherine Margaret Ramsay***NHS
 Jayden Jamie Randall***NHS
 Mason Richardson
 Tanner Lee Roberge
 Claire Alexandra Roby
 Mikayla Rachel Root
 Rebeka LalRem Ruatti
 McKenzie June Runde*NHS
 Alara Keys Running***NHS
 Scarlet Lihle John Ryan
 Gianna Grace Sanchez***NHS
 Alaina Rae Sanders
 Sonja Ann Schoenecker
 Sienna Kay Schoepke
 Lyla Dane' Schultz***
 Erin Joan Seberg
 Scarlett Rose Seidel
 Peyton Vincent Shanley*
 Lucy C. Slaughter
 Jack Hudson Smith
 Bradyn Christopher Snow
 Pierce Kanen Sommerfield***NHS
 Sebastian Cole Spies
 John Joseph Squire

Kyle Allan Steers
 Broden Joseph Steiner
 Ella Seana Stevens
 Landon Luke Stewart
 Jack Sylvester Stoen*
 Clayton Henry Gary Stouvenel
 Alexis Kay Sulentic***NHS
 Nolan James Sullivan***NHS
 Abaigeal Erin Sytsma***NHS
 Natalie Gray Tevis***NHS
 Jaela Nub Ci Thao**
 Maixee Thao
 Vincent Thao
 Hailee Elizabeth Thiel**
 Leah Marie Thies***NHS
 Roman Richard Thorson
 Calilyn Marie Thrower
 Jackson Earl Tillman
 Matthew James Tillman
 Tamera Dee Tonsay-Buarapha
 Ethan Francis Topolski***
 Nicolas Toral Bastida
 Derek H. Tran
 Ellexis Faith Van Ravenstein***
 Derrick Vang
 Lai Chia T. Vang
 Loobsim Vang
 Olivia Vang
 Phyllipe Vang
 Maggie Thomas
 Vannieuwenhoven
 Ryan Gensch Vriens
 Alex Kai Vue
 Grace Kaj Siab Vue
 Lucien Vue

Daniel Alexander Waldstein
 Tatum Arra Walters***NHS
 Andrew Derek Weigel
 Brian Weng**
 Olivia Susan Wenger***
 John Joseph Werwinski*NHS
 Madelyn G. West***NHS
 Reilly Owen Westlund
 Arlo Loren White***NHS
 Kassidy Jean Wick
 Kaomi Zeelou Widger*
 Lucas James Williams
 Emma Grace Willman
 Madelyn Elizabeth Wilson***NHS
 Connor James Wirth
 Keaton Robert Wood
 Elizabeth Jean Woyczik
 Evan Fue Kong Xiong
 Maddix H. Xiong**
 Shouana Xiong
 Allee Jailia Yang
 David KongPeng Yang
 Gao Kou Yang***NHS
 Paul Va Meng Yang
 Rachel Lynne Young
 Vincent Muajyeej Zito
 Miren Zulueta Gondra
 Connor Allen Zywicki***

Academic Honors

Honors – *
 High Honors – **
 Highest Honors – ***
 National Honor Society - NHS

Class of
2025



2025 Senior Speakers



Maggie Vannieuwenhoven



Jenna Gansen



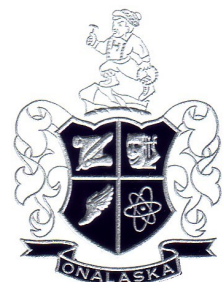
Snigdha Rajamanuri



Aayush Daithankar



The Onalaska High School staff would like to wish you success in your future life choices. Our role as educators has led us to this parting moment, and one we reluctantly face every year. We have done our best to prepare you for your life beyond high school. Our best to each of you as you follow your dreams.



2025 Onalaska High School Scholarship Recipients

William E. Johnson

Amelia Moore
Kayson Irwin
Olivia Wenger

John and Linda Lyche Family Scholarship

Rebeka Ruatti
McKenzie Rundle

Kellie Miller Kim Memorial Scholarship

Hailee Thiel

Dr. Robert Weber Memorial Scholarship

Jack Stoen

Kaitlin Elizabeth Mahr Memorial Scholarship

Arlo White

Samuel W. Mahr Scholarship

Ryan Vriens

Clayton and Vivian Veum Memorial Scholarship

Kennedy Busta

Florence Hyatt Memorial Scholarship

Mallory Meighan

Lori Lynn (Rinartz) Horman and Deanna Lynn (Horman) Mason Nursing Scholarship

Maixee Thao

Whitebeck Scholarship

Gao Kou Yang
John Gobel

Achieve Excellence Scholarship

Jenna Gansen
Snigdha Rajamanuri

Excellence at Large

Pierce Sommerfield
Tyson Hughes
Vishnu Prakash
Aayuch Daithankar

Onalaska Employees Education Association

Gwen Marso
Sam Hagen
Ellie Mascotti

Marian Mieden Education Scholarship

Kaylee Fry

LaCrosse Area Retired Educators

Maddie Hooegeveen

Tim Gullikson Memorial Scholarship

Grace Fabian

Mary Aiken Memorial Scholarship

Makayla Moss
Kate Ramsey

Onalaska Lions Club

Leah Thies

La Crosse Kiwanis Community Award

Nick Putz

La Crosse Festivals Gemutlichkeit Foundation

Dulce Maria Ascencio-Urtiz

John and Ruth Sherman

Hannah O'Rourke

Kent Grimsled

Kylene McNeese

Valerie Burman Art Plus Scholarship

Alexis Sulentic
Brian Weng

Abellera Family Scholarship

Alexa Larson

Brock Family Scholarship

Eddie Hughes

Gerald and Marcella (Meyer) Horman

Zoie Loeffelholz
Olivia Kunkle

Joan Russell Peil Scholarship

Ava Fletty

Kelly Schuster Memorial Scholarship

Maddix Xiong

Matt Tillman

Lydia Hartman
Megan Komperud
Connor Zywicki
John Werwinski

Lauren Limberg
Gia Brorson
Jaela Thao
Evan Xiong
Yash Patel
Matt Arsenault

Mason Richardson
Michel Lien
Eva Dryer

Leah Thies

Makayla Moss
John Gobel

John Werwinski

Nolan Sullivan
Olivia Konrardy-Buchal

Lily Netwal

Tyson Hughes
Pierce Sommerfield
Noah Chenault

Arlo White

Jenna Gansen
Tatum Walters

Maddy Wilson
Gao Kou Yang
Gwen Marso
Kate Ramsey

Jackson Tillman
Daniel Waldstein

Natalie Tevis
Nolan Sullivan

Bodie Callaway

Vishnu Prakash

Sawyer Meyer

Jenna Gansen
Snigdha Rajamanuri

Noah Hougom
Andrew Weigel

Nolan Sullivan
Mallory Meighan

Lucy Slaughter
Snigda Rajamanuri
Kennedy Busta
Gao Kou Yang
Reagan Darveaux

Emma Hayes
Tatum Walters

Alexis Sulentic

LaCrosse Education Association

Kate Ramsey

Mabel Anderson Scholarship

McKenzie Runde

Hanna O'Rourke

Evan Nelson

Lilly Netwal

Olivia Konrardy-Buchal

Sawyer Meyer

Leah Thies

Noah Chenault

Reagan Darveaux

Noah Hougom

Eliana Mascotti

Tatum Walters

Emma Hayes

Natalie Tevis

Vern Dale Scholarships

Lydia Hartman

Alexis Sulentic

Pierce Sommerfield

Vishnu Prakash

Aayush Daithankar

Gabriel Maldonado Garcia

Miti Patel

Mallory Meighan

John Werwinski

Ava Fletty

Jenna Gansen

Tyson Hughes

Megan Komperud

Snigdha Rajamanuri

Jaydan Randall

Lyla Schultz

Tatum Walters

Lauren Denker

Madelyn Wilson

Arlo White

Emma Hayes

Bodie Calloway

Matthew Arsenault

Rece Miller

OHS PSG

Mikayla Root

Nolan Sullivan

Engineers Foundation of Wisconsin

Jenna Gansen

Mayo Clinic Dependent Scholarship

Will Bakkestuen

United Methodist Foundation

Matt Arsenault

John Gobel

2025 Principal's Award

Maggie Vannieuwenhoven

2025 Paul R. Newman Honor Medallion

Jenna Gansen

University Scholarships

University of Wisconsin Madison

Gao Kou Yang

Isabela Gutierrez

Miti Patel

Zoie Loeffelholz

University of Wisconsin LaCrosse

Daniel Waldstein

John Werwinski

Rece Miller

Lyla Schultz

Nolan Sullivan

University of Wisconsin Whitewater

Madilyn Hoogeveen

University of Montana

Kaylee Fry

Carthage College

Kylene McNeese

Winona State

Makayla Moss

University of Wisconsin Stevens Point

Lauren Limberg

University of Wisconsin Platteville

Michael Odegard

Jenna Gansen

University of Minnesota Rochester
Bethany Dearman

Viterbo University
Dulce Maria Ascencio-Urtiz
Alexander Grob

University of Missouri
John Gobel

Ripon College
Bradyn Snow

Iowa State
Alexis Sulentic

Arizona State University
Ryan Vriens

University of Wisconsin Stout
Tyson Hughes

Gustavus Adolphus
Sonja Schoenecker

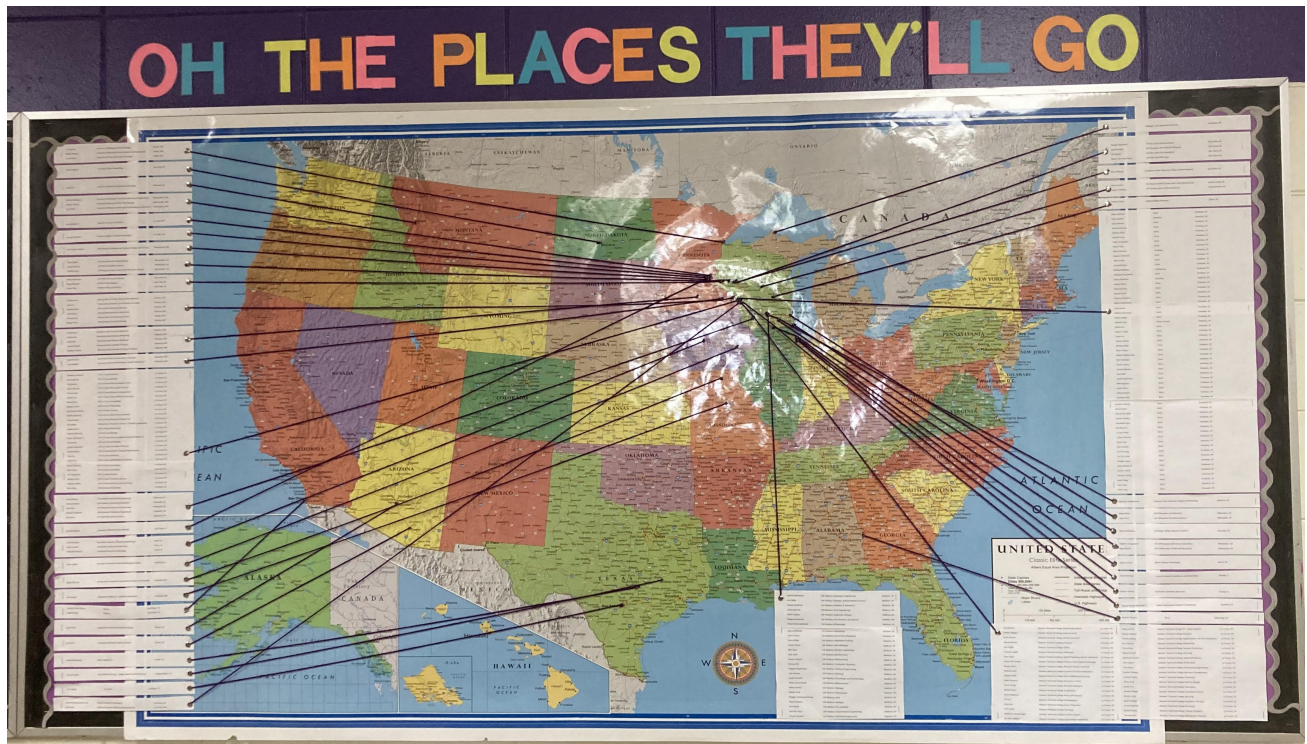
Loyola University Chicago
Alara Running

NCAA Athletic Scholarships

University of Wisconsin Madison
Manny Putz

Michigan Tech
Cameroon Cornett

Roosevelt University
Broden Steiner



**Oh the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!**

--Dr. Seuss



Class of 2025 Senior Awards

Excellence in Drama

- Eddie Hughes

Excellence in Forensics

- Kylene McNeese

AAA Award

- Kennedy Busta
- Bodie Callaway
- Lydia Hartman
- Olivia Konrardy-Buchal
- Hanna O'Rourke
- Qitarra Olson
- Alara Running
- Gianna Sanchez
- Jack Stoen
- Nolan Sullivan
- Maggie Vannieuwenhoven
- Arlo White

National School Marching Award

- Eddie Hughes

John Philip Sousa Award

- Lucy Slaughter
- Snigdha Rajamanuri

Louis Armstrong Jazz Award

- Alex Gamble

Group Dynamic Youth Servant Leadership Award

- Gao Kou Yang
- Kennedy Busta

Excellence in Art

- Madelyn West
- Alexis Sulentic
- Maggie Vannieuwenhoven

Link Leader of the Year

- Hailee Thiel

Excellence in Orchestra

- Kylene McNeese

Excellence in Social Sciences

- Megan Komperud

Excellence in Business and Marketing Education

- John Werwinski

Math Department Award

- Vishnu Prakash
- Aayush Daithankar
- Snigdha Rajamanuri
- Jenna Gansen,

Male and Female Athlete of the Year

- Amanuel Putz
- Jenna Gansen

LeFeber Award

- Bodie Callaway

WIAA Scholar Athlete Award

- Jenna Gansen
- Pierce Sommerfield

Family Consumer Science Department Award

- Hailee Thiel

Seal of Biliteracy

- Vishnu Prakash
- Alexis Sulentic
- Hannah O'Rourke
- Miti Patel
- Lydia Hartman

Global Scholars

- Nathaniel Brace
- Gao Kou Yang
- Snigdha Rajamanuri

French National Honor Society

- Miti Patel
- Gao Kou Yang

Diversity Advocate Award

- Jayden Randall
- Hailee Thiel

Excellence in Orchestra

- Bodie Callaway

2025 English Department Award

- Arlo White
- Maddix Xiong

Senior Athletic Award

- Matthew Arsenault
- Will Bakkestuen
- Bodie Callaway
- Noah Chenault
- Alex Drazkowski
- Eva Dryer
- Jenna Gansen

Technology and Engineering Award

- Bodie Callaway
- Michael Odegaard

Youth Apprenticeship

- Emily Brewer
- Cali Thrower

Onalaska Teacher Education Academy

- Selphie Lee
- Gwen Marso
- Evan Nelson

Automotive Academy

- Alex Grob
- Nick Putz

Health Science Academy

- Anna Barth
- Mikayla Root

Youth Apprenticeship

- Matt Arsenault
- Justin Chouinard
- Kaylee Fry
- Alaina Hill Sanders
- Madilyn Hooegeveen
- Will Horstman
- Bryce Kegebein
- Chloe Langer
- Anders Lester
- Finn Lester
- Elijah Lindley
- Adeline Lorenz
- Odessa Mader
- Wes Mahr
- Hailey Marsh
- Makayla Moss
- Nick Putz
- John Werwinski
- Kassidy Wick
- Kaomi Widger

Fire Academy

- Loobsim Vang

Onalaska Teacher Education Academy

- Dulce Ascencio-Urtiz
- Kaylee Fry
- Andrew Hatcher
- Gray Husby
- Mallory Meighan
- Kipa Moore
- Hailee Thiel
- Tamera Tonsay-Buarapha
- Grace Vue

Auto Academy

- Tyler Costin
- Kenji Va Tou Lee
- Elijah Lindley

Mentorship in Art Education

- Olivia White

Mentorship in School Counseling

- Hailee Thiel

Mentorship in Elementary Education

- Noah Chenault

Class of 2025 Senior Awards

Mentorship in Marketing

- Kendall Luebker

Mentorship in Automotive

- Evan Nelson

Mentorship in School Counseling

- Lily Netwal

Adobe Certified Professional

- Dulce Ascencio-Urtiz
- Evelyn Boggus
- Amara Dayton
- Lauren Denker
- Dylan Everson
- Chancellor Gowy
- Andrew Hatcher
- Michael Hintz
- Justin Neberman
- Diego Neira
- Olivia Pantzer
- Mason Richardson
- Andrew Weigel

Adobe Photoshop Professional

- Reilly Westlund

Autodesk Inventor

- Will Bakkestuen
- Alex Grob
- Rece Miller
- Nick Putz

Microsoft Office Specialist - Associate

- Daniel Waldstein
- Andrew Weigel

Nursing Assistant

- Bethany Dearman
- Isabella Pray
- Kate Ramsay
- Rebeka Ruatti
- Mikayla Root
- Alara Running
- Maixee Thao
- Ellexis Van Ravenstein
- Tatum Walters
- Makayla Moss
- Cassidy Wick
- Kaomi Widger

Assistant Childcare Teacher

- Kendall Bornitz
- Selphie Lee
- Isabella Pray
- Rebeka Ruatti
- Sonja Schoenecker
- Elizabeth Schwartz
- Hailee Thiel
- Ellexis Van Ravenstein
- Allee Yang

Excellence in Sight Singing

- Kylene McNeese
- Alara Running
- Lyla Schultz
- Olivia Wenger
- Gao Kou Yang
- Eddie Hughes
- Snigdha Rajamanuri
- Jayden Randall
- Arlo White
- Hanna O'Rourke
- Olivia Kunkel

Director's Award

- Sonja Schoenecker
- Maggie Vannieuwenhoven
- Qitarra Olson
- Nolan Sullivan
- Lucien Vue

Supreme Sight Singing Award

- Snigdha Rajamanuri

Outstanding Senior Award

- Arlo White

National Choral Award

- Kylene McNeese

Spanish National Honor Society

- Maya Absalon
- Nathaniel Brace
- John Gobel
- Jean-Claude Marais
- Eliana Mascotti
- Rece Miller

- Katherine Ramsay
- Alexis Sulentic
- Tatum Walters
- Madelyn Wilson

Excellence in Service

- Kennedy Busta
- Aayush Daithankar
- Eddie Hughes
- Olivia Konrardy-Buchal
- Adeline Lorenz
- Miti Patel
- Gao Kou Yang

Senior Athletic Award

- John Gobel
- Lydia Hartman
- Tyson Hughes
- Alexa Larson
- Ellie Mascotti
- Mallory Meighan
- Amanuel Putz and Jenna Gansen
- Alara Running
- Pierce Sommerfield
- Broden Steiner
- Ella Stevens
- Natalie Tevis
- Matthew Tillman
- Tatum Walters
- Rylee Beahm
- Reilly Westlund
- Paul Yang

Excellence in Science

- Miti Patel
- Aayush Daithankar
- Vishnu Prakash
- Gabriel Maldonado Garcia

Health and PE

- Manny Putz
- Ella Stevens

Spirit of Onalaska

- Michael Demaira



2025 SUMMER SCHOOL

If your child is interested in taking summer school courses, the online registration is in progress.

Be sure to register early since some classes do reach their capacity before the deadline and **ALL** courses are based on a first-come first-served basis.

Also, please keep in mind when registering for summer courses that there are strict attendance guidelines. For all **credit courses**, students are allowed to miss only two classes, and if they miss a third time, they are removed from the class. Please read the summer school booklet to find out what the specific attendance requirements are for each course.

Summer School

Summer School begins June 16 and will end July 11

There will be no classes on July 3 & 4.



Onalaska Summer School Registration

Who: Students entering grades 9–12

How: Online

When: Bright Arrow message soon.

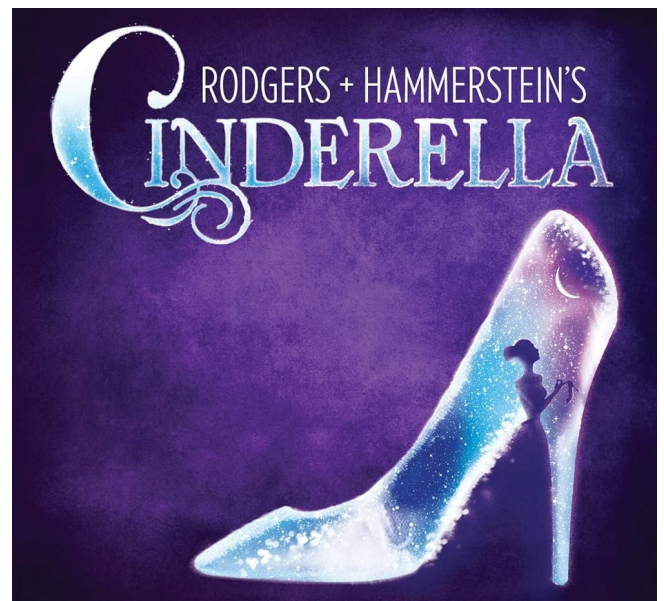
Contact: Jennifer Morrison, Summer School Secretary at morje2@onalaskaschools.com or 608-783-4571 x5029
Charlie Ihle, Summer School Coordinator at ihlch@onalaskaschools.com or 608-783-4561 x5003

Catherine C. Berg Summer Musical

This year's OHS Summer Musical will be the Broadway version of Rodgers and Hammerstein's "Cinderella," with such popular songs as "In My Own Little Corner," "Impossible," and "Do I Love You."

OHS students who wish to participate in the show's ensemble can still join by contacting John Reimler at Onalaska High School.

Performances will be July 11 and 12 in the Claude C. Deck Performing Arts Center, starting at 7:30 pm. Ticket prices will be \$10 for adults and \$8 for senior citizens and those under 18.



Freshmen Update

Welcome Class of 2029!

Freshmen Registration:

Tuesday, August 12, 2025

Open 8:30 AM – 7:00 PM

Takes approximately 1/2 hour.

Student may come alone or with a parent to pay fees, get your locker and lock combination, have ID Photo taken, meet the principal/associate principal, and see your friends.

OHS Commons

Freshmen & Parent**Orientation Meeting:**

Tuesday, August 12

6:30 PM

OHS Performing Arts Center

School Starts August 25 7:45 AM

Your Freshmen's 1st Day of High School Starts Here...

The Staff and Students of
Onalaska High School
Invite the class of 2029
to our Twenty-first Annual
Jump Start to High School
LINK

Freshmen Orientation

8:00 AM – 11:00 AM

August 20, 2025

The purpose of this orientation is to make the transition from middle school to high school a positive one. Seniors and juniors will serve as leaders to the freshmen. Large and small group activities are designed to address students' needs and concerns in an enjoyable manner. Wear comfortable clothes and don't bring all your stuff...travel light. If you have any questions, please call Link Crew Coordinator: Megan Sprague Ext. 5314 or email at sprme@onalaskaschools.com.

Plan to be engaged during the full time! OHS Students and staff have designed activities for the freshmen that will promptly start and end according to the schedule. Be sure to eat a good breakfast to get you through the morning.

Onalaska High School
Student Services
700 Wilson Street
Onalaska WI 54650

Congratulations on your RETIREMENT

Mrs. Brewer



If you are interested in following what is happening in the School District of Onalaska, check us out on Facebook.



Changes in Student Information

If you have any changes throughout the year in your child's information, please contact our Student Services office at 783-4610.

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students' physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Carrie Werkheiser and as the Family School Liaison for the School District of Onalaska, my role is to collaborate with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

Carrie Werkheiser, Family School Liaison, School District of Onalaska, 608-779-1959.

Attention Class of 2026 - make your senior picture appointments now!

A reminder from the yearbook staff and area photographers:

La Crosse/Onalaska area photography studios request that you make your appointment NOW to get your picture taken this summer. Dates are already being filled for photographs.

The Yearbook's deadline for submission of senior graduation photos is Thursday, September 25, and area photographers need the time to process your print selections (takes approximately four to six weeks). This is also the deadline for yearbook Baby Ads (see how to submit an ad below).



Class of 2026 Senior Baby Ad Plan ahead – Be prepared

The yearbook staff will be inviting you to place a Student Recognition Ad (better known as “[Baby Ad](#)”) in the 2025-26 Aksalano yearbook in August. Submit a favorite infant or toddler photo of your senior son or daughter, and include a personal message of love, support and encouragement. Plan ahead, as we will be accepting ads August thru the deadline of September 25.

The message should be no longer than 40 words, and the cost will be \$40.00. Payments can be made starting in August online at <https://onalaskahighschool.onalaskaschools.com/families/yearbook>.

Photos can be sent through the Jostens image share site (images.jostens.com – ID ONjif1-hGFdexh0pkWA3W3Q)), or emailed to Travis Johnson at johtr@onalaskaschools.com (jpeg format, 300 dpi).

In order for us to meet our deadline with Jostens, we must receive your photo, message and payment no later than Thursday, September 25. Late submissions cannot be accepted. September 25 is also the day senior portrait photos must be submitted to the yearbook staff.

Any questions should be directed to Travis Johnson, Onalaska High School Yearbook Advisor, at johtr@onalaskaschools.com.

Thank you,
The Aksalano Yearbook Staff





National Honor Society 2025 - 26



This fall a Faculty Committee will discuss NHS eligibility for juniors and seniors. Students interested in applying for NHS may use the following criteria to enhance their summer experiences, putting them in a better position for acceptance into NHS in the fall. *In addition, obtaining adult signatures verifying your hours of service work and leadership opportunities will save you time in the future.*

The NHS adviser will mail letters home in the late summer for juniors/seniors who qualify academically. Students who wish to apply will then receive an application to complete and submit.

The Faculty Committee will evaluate the following areas:

1. **Scholarship** – 3.5 cumulative GPA
 - ☐ No classes weighted more than others
2. **Leadership** – Must have TWO documented leadership experiences.
 - ☐ Demonstrates initiative in promoting school activities
 - ☐ Exercises positive influence on peers in upholding school ideals
 - ☐ Demonstrates academic initiative
 - ☐ Holds school offices or positions of responsibility
 - ☐ Demonstrates reliability and dependability
 - ☐ Leader in the classroom, at work, in other school or community activities
3. **Service** – Must have 20 documented hours of service while in high school. Better defined as actions undertaken by student which are done with or on behalf of others without any direct financial or material compensation
 - ☐ Volunteers and provides dependable and well-organized assistance
 - ☐ Works well with others
 - ☐ Cheerfully and enthusiastically provides service to others
 - ☐ Assists teachers, students, visitors

Please email me with any questions. Devin Pettys, NHS Adviser, petde@onalaskaschools.com.



Onalaska High School World Language Department



LE DÉPARTEMENT DES LANGUES ÉTRANGÈRES • DEPARTAMENTO DE IDIOMAS DEL MUNDO

JUNE 2025 • JUIN 2025 • JUNIO 2025

WORLD LANGUAGE



Mr. Brian Wopat
wopbr@onalaskaschools.com



Mr. Devin Pettys
petde@onalaskaschools.com



Mrs. Rebecca Chaouki
chare@onalaskaschools.com



Mrs. Valerie Mumm-Jansen
mumva@onalaskaschools.com



Mrs. Victoria Carter
carvi@onalaskaschools.com



Mr. Andy Beckstrom
becan@onalaskaschools.com



Mrs. Jennifer Garves
garje@onalaskaschools.com



FACT CHECK



MYTH: You only need to take two years of a world language.

REALITY: There is a false belief that one needs a world language to graduate from high school. Equally false, there is a belief that universities require two years for admission. The truth is, there isn't any requirement for high school graduation. However, universities use world language as criteria for selection. The more you have, the more likely you are to gain admittance to the university of your choice.

French Pronunciation Competition 2025 Le Concours Oral Français 2025

The French Pronunciation Contest (Le Concours Oral Français) was held virtually this year due. Onalaska High School had 22 students join over 300 students from schools across Wisconsin to compete in the annual speaking contest. Students sign up to perform in one of six speaking categories. Each category has a corresponding level based on the number of years the student has been studying French. Students are judged by two French-speaking judges and given a rating a numerical rating that corresponded with a gold, silver, or bronze medal. We are proud of the 15 students who earned gold medals and 7 students who earn silver medals.

Félicitations



2025



Healthy meals for kids and teens. **FREE!**

No need to sign up or apply—just show up and enjoy!



Location and Time(s) of Meals:

Northern Hills Elementary 910 East Ave N.

Snack: 9:00-9:30 AM Monday – Friday

Lunch: 12:15-12:45 PM Monday – Friday

6/16, 2025 – 7/31, 2025. No meal service June 30- July 4th

Contact:

Onalaska School Nutrition Department

707 8th Ave. N Onalaska, WI 54650

608-783-6251

More Info:

wisummerfood.org or call 211

Text: 'food' to 304-304 for meals near you.



SCAN ME

This institution is an equal opportunity provider.

ONALASKA, WI

3RD WEDNESDAY EACH MONTH

4:30 - 6:00 PM

**JOURNEY LUTHERAN CHURCH
2703 SAND LAKE RD.
ONALASKA, WI**



2025 DATES

JANUARY 15	APRIL 23*	JULY 16	OCTOBER 15
FEBRUARY 19	MAY 21	AUGUST 20	NOVEMBER 19
MARCH 20*	JUNE 18	SEPTEMBER 17	DECEMBER 17

*DATE CHANGES

\$25 Cash Donation

EVERYONE IS WELCOME TO ATTEND!

**You Will Receive an Abundance
of Grocery Items**

**NO Income or Residency
Requirements**

**Need Additional
Information?**

Call (651) 674-0009

www.rubyspantry.org



RUBY'S PANTRY



RUBY'S PANTRY - ONALASKA, WI



Onalaska High School

Student Services

700 Wilson Street

Onalaska, WI 54650

Phone: 608.783.4571

Fax: 608.783.2604

Office Hours:

Week Days: 7:00 am - 3:30 pm

Reach the Student Service Administrative

Assistants at: Melissa de Boer – Ext. 5034

Jennifer Morrison – Ext. 5029

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silga@onalaskaschools.com

Serves students with last names beginning with A – Hr

Chrissy DeLong - Ext. 5030

delch@onalaskaschools.com

Serves students with last names beginning with Hs – Ra

John Horman - Ext. 5031

horjo@onalaskaschools.com

Serves students with last names beginning with Rb– Z

Administrative Assistants

Melissa de Boer– debme@onalaskaschools.com

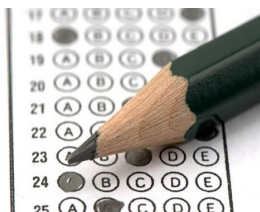
Jennifer Morrison – morje2@onalaskaschools.com

CHECK OUT OUR WEBSITE...

<https://onalaskahighschool.onalaskaschools.com/student-services>



ACT[®]

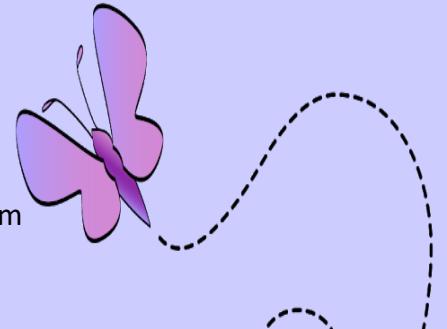


Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
July 12, 2025	June 6	June 20
September 6, 2025	August 1	August 19
October 18, 2025	September 12	September 30
December 13, 2025	November 7	November 24
February 14, 2026	January 7	January 21
March 10, 2026	ALL Juniors required FREE - No registration required	
April 11, 2026	March 6	March 24
June 13, 2026 At OHS	May 8	May 27
July 11, 2026	June 5	June 24

Important Dates

June 6	Last Day of School
June 16-July 11	OHS Summer School, No Classes July 3 & 4
August 12	OHS Registration 8:30 am - 7:00 pm
August 12	Freshman Parent Night 6:30 pm, OHS PAC
August 20	LINK Freshmen Orientation 8:30-11:00 am
August 20	New & Transfer Student Orientation 12:00-2:00 pm
August 25	First Day of School
August 29	Last day to drop a class



SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

<https://onalaskahighschool.onalaskaschools.com/student-services/college-information/scholarships>

This is your site for upcoming scholarship deadlines and information needed to be a successful scholarship recipient. Continue to check this database for new arrivals!



Mental Health Counseling Services for Students



**Peace of Mind
Counseling LLC**

Hello Hilltoppers! My name is Caitlyn Snyder and I am a licensed therapist that is contracted through Peace of Mind Counseling. We are partnering with the

School District of Onalaska to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may need some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

Mental Health Resources:

<https://sites.google.com/onalaskaschools.com/mental-health-resources/student-parent-family-caregiver-resources>

Summer Counselor Hours



While the Student Service Office is open weekdays during the summer, counselor staff will be available on a limited basis during the summer months. Counselors will be in their office and available for appointments on the dates below. Students and parents can see any of our counselors for help during the summer. Counselors will be in the office for Registration on August 12, but not taking appointments that day.

Mr. Garrett Silker Wednesday, July 9 Monday, July 28 Monday, August 4 Thursday, August 7 Friday, August 15	Mrs. Chrissy DeLong Tuesday, July 15 Friday, August 8 Monday, August 11 Wednesday, August 13 Friday, August 22	Mr. John Horman Wednesday, June 25 Thursday, July 24 Tuesday, August 5 Wednesday, August 13 Thursday, August 14
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ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **through the 2026-2027 academic year**. Many other colleges have also waived the ACT requirement. A strong ACT score can still help with admission to college and scholarship placement. Since most schools are now “test optional”, students can choose not to use a score if they are not pleased with it. Students will choose if they wish to include their ACT scores as part of their application. Visit the websites of your colleges for more information.

ACT Prep Course Options

Preparing for the ACT can increase test scores to gain entry into the college of your choice and receive scholarships. There are several options that are available each year, which can help students prepare for this test.

1. All Juniors took a FREE practice ACT test on September 24. This retired ACT test was administered, timed and will be scored identically to an actual ACT. ACT will score this test, and provide students with sub scores, a composite score and most importantly an itemized list of correct answers compared to the student answers. Students can log into their Act Online Prep account at <https://onlineprep.act.org/login> to view their results, review their answers, identify content they need more review, use online tutorials, and take additional practice tests.
2. UW-L's Continuing Education office offers an ACT prep course costing \$199. Students will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the essay part of the ACT test will also be provided. Visit <https://www.uwlax.edu/gel/ypc/act-test-prep-online/> for more information.

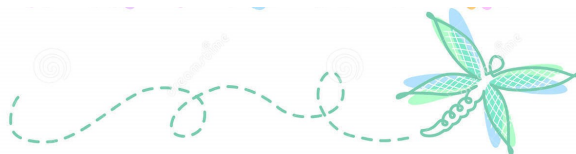
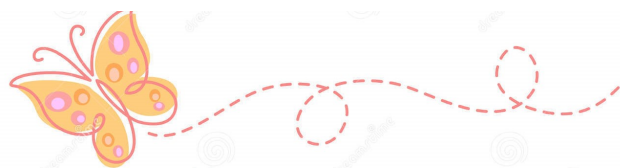
Register to Retake the ACT

Students interested in retaking the ACT, please register at ACT.org. The following are tips to help students complete the registration process:

- Students go to myACT.org to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test.
- Give yourself at least 45 minutes to complete the registration
- Decide which 4 colleges/universities you want FREE score reports sent to. It is better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket, and keep it somewhere safe – you will need it to be admitted to your testing room.

Juniors, Class of 2026 - It's Time to Schedule Campus Visits:

Many colleges are now offering virtual visits as well as in-person visits. Go to your college's website for more information. While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Pick up a campus newspaper to see what's important to students and soak in the environment. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your Junior STAR Conference materials for more helpful tour information.



Still Time to Apply for College

Seniors are encouraged to complete and submit their applications to colleges and universities as soon as possible. Many colleges and universities will be closing their admissions process in the coming months. Technical college programs, especially, fill quickly on a first come first serve basis. Seniors considering applying to college for the fall of 2025, but who still need help with the process, should stop in to see their counselor today!

Looking for a Job? Check out the OHS Jobs Board

Students:

Check out the Job Opportunities on the OHS website. Opportunities change, so check it often!

<https://onalaskahighschool.onalaskaschools.com/student-services/job-board>

Parents & Employers:

Please submit employment opportunities for high schools to the Student Services Office for posting both online and on a bulletin board near our office. You can reach us at 608-783-4571 or by email at debme@onalaskaschools.com.

WORK PERMITS ARE DONE ON-LINE ONLY

Remember that students **under age 16** need a work permit. Work permits are completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly to the department through the application, using credit or debit card, or by ACH direct withdrawal. Go to <https://dwd.wisconsin.gov/er/laborstandards/workpermit/> for instructions and more information.

College Bound Student Athletes

Students who plan to compete in D1 or D2 athletics in college must register with the NCAA in order for you to be eligible to compete prior to enrollment this fall.

1. Log into his or her account at www.eligibilitycenter.org
2. Follow the directions on the page to register for the clearinghouse

If you have questions, please contact Mr. Wojta in room 105, or call 783-4571 Ext. 5105.



UGETCONNECTED! - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit

<https://www.ugetconnected.org/> and check it out!

www.uggetconnected.org

It's Financial Aid Time!

FAFSA: To apply for financial aid, the Free Application for Federal Student Aid (FAFSA) must be filled out online. Be sure to register for a FSA ID # at <https://fsaid.ed.gov/npas/> BEFORE filling out the FAFSA form! Contact your college to find out their campus-specific financial aid priority deadline. Find more information about earning money for college on the "Paying for College" link on the Student Services website.

FSA ID: Seniors and their parents BOTH need to create a FSA ID to be able to complete and submit their financial aid application. Now is a great time to start the federal financial aid process by visiting <https://fafsa.gov/>.

Youth Apprenticeship

Students who participate in Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program!

Student Services Accepting Donations for Students

The OHS Student Services office maintains a supply of items for students who need them throughout the school day. At this time, we are in need of the following items:

- gently used and currently in-style prom dresses
- gently used or new clothing such as leggings, sweatshirts, sweatpants, and t-shirts
- prepackaged healthy snacks
- feminine hygiene products (tampons and pads)

If you have any of these items you'd like to donate, you can drop them off at OHS and let them know your donation is for the Student Services Office. Thank you!

Eligible for Free or Reduced Lunch?

Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, even if they do not eat in the school cafeteria. Many opportunities are available to students participating in this program such as fee waivers for tests, like the ACT, and scholarship/grant programs. OHS Counselors often confidentially inform students of these opportunities, but only know who is eligible based on this program. Applications for the School District of Onalaska's Free and Reduced Lunch Program are available in the main office or online. Names of students participating in this program are kept confidential.

Upcoming Opportunities

MRA (My River Adventures) Camp, July 21-15, 2025 at UW-La Crosse

Explore careers in STEM and water-related sectors at this free overnight camp. Meals and on-campus lodging provided. Open to incoming 9th-12th grade students. See [flyer](#) for registration and more information.

Business World Summer Camp 2025, July 13-16, 2025 at Lakeland University

This four-day, three night camp encourages students to explore new career paths, enhance their business education and to engage with executive business leaders from all across the state while test-driving a college campus. And, even though the days are jam-packed with learning, creative and networking opportunities, we leave time for the students to unwind during factory tours, socials and supervised evening free-time activities.

Visit this [website](#) for more information.

Variety of Camps for Youth at University of Wisconsin-Stevens Point campuses

Topics include Art, Dance, Business World, Esports, Soccer, Health Careers and More! Visit their website for information, registration information, and specific dates –

<https://www3.uwsp.edu/conted/Pages/Camps.aspx>

UW-Stout's STEAM Summer Camps, Summer 2025

See website for information, including registration: <https://www.uwstout.edu/youth-camps>

- 24-hour immersive instruction in areas like Art & Design, Business & Entrepreneurship, Engineering & Technology, Science & Health
- Four nights in a university dorm (Sun-Thurs)
- Connections with UW-Stout faculty, staff and current students

University of Notre Dame Pre-College Online Program

Two- and four- week sessions available on a variety of topics.

Explore offerings and program details at [this link](#).

Wisconsin Business World, July 20-23, 2025 at UW Stevens Point Campus

Summer camp for any student entering 9th grade through recently graduated 12th graders. Students will be challenged to innovate, lead, build and learn how to run a business from the ground up. Registration is open now at <https://app.campdoc.com/!/dn/login?r=uwstevenspoint>.

Brown University Pre-College Program, Summer 2025

Website for information: <https://precollege.brown.edu/>

Northwestern Pre-College Online Program

<https://bit.ly/nu-gcflyer>

Motivated students 13 or older are encouraged to explore subjects including Business, Engineering, Law, Medicine & Psychology, taught by renowned faculty and featuring dynamic video lessons and interactive tools.

Upcoming Opportunities

Carnegie Mellon's Pre-College Programs, Summer 2025

Available to students 16 or older by June 21, 2025, who are currently in 10th or 11th grade.

Website for information: <https://www.cmu.edu/pre-college/index.html>

Ball State University Youth Summer Interior Design Forum (YSIDF)

Online workshop date: Monday, June 2-Friday, June 27, 2025

More information and registration information available at [this link](#).

Badger Precollege Summer Program, Registration opens January 13, 2025

[Link for more information](#)

Pre-college program for ages 7-18 - courses from advanced learning programs and STEM classes to music clinics and college readiness conferences.

Colleges That Change Lives College Fair - August 10, 2025 in Minneapolis/St. Paul

Distinctly different liberal arts college fair in Minneapolis. See website for event details and registration: <https://ctcl.org/info-sessions/>

How to Overcome Loneliness



From The Jed Foundation website, <https://jedfoundation.org/>

Summer can be a fun time, surrounded by friends and family, but it can also be a time of transition and loneliness, when the daily routine of school no longer exists. Depending on the circumstances that caused feelings of loneliness, here are some tips that might help:

Give It Time

Loneliness stemming from grief or loss can abate over time with support from loved ones, new routines, new relationships, etc. Adjusting to the new normal can take time, and it's important to be patient with yourself and your healing. Loneliness from physical or emotional distance and life changes may be alleviated in similar ways: being patient, reaching out to a support system, and making new connections.

Reach Out

Try working on your communication and reaching out to people you trust for more contact. This could include making regular contact with family members, either virtually or over the phone, as well as checking in on friends and acquaintances to ask them about their lives, recent changes, etc. You might also try planning more structured outings with your friends, like lunches or outdoor activities, Zoom game nights, walks or hikes in local parks and green spaces or ask coworkers or classmates to spend time together outside of work/class.

How to Overcome Loneliness . . .

Branch Out

If we're in a rut, loneliness can sometimes be alleviated by trying something new. A new hobby will not only introduce you to a new community of people with similar interests, but will add new stimulation to your routine and improve your overall feelings of self-efficacy and positive self-image. This could also include using social media, dating apps, and other forums to connect with people digitally or volunteering for a cause that's important to you. Giving back is often its own best reward in terms of making us feel good.

Invest in Your Alone Time (Practice Self-Care)

Are you meeting your basic care needs of food, water, rest, and hygiene? While obvious, these are often overlooked as reasons we don't feel like ourselves. Some other things you can do include:

- Make your living space comfortable, functioning, and nurturing
- Reorganize your closet space or any other cluttered spaces
- Create ways to make your space more enjoyable and comfortable (new pillows, rugs or other small splashes of color or accessories)
- Decrease social media use if you feel yourself using it for self-comparison, self-hatred, or if you notice yourself feeling reliant on or "addicted" to your screen
- Take yourself on outings, "dates," or take advantage of your alone time to cultivate special interests and do things you enjoy

Put Yourself First (Romantic Loneliness)

Sometimes the pressure to be in a romantic relationship from family, friends, media, social expectations, etc. can cause us to be lonely. But by putting ourselves first, and "dating" ourselves, we can often appreciate how nice it is to be uncommitted for the time being. Don't underestimate the enjoyment that can come from taking yourself out to eat or to a movie — the people watching alone can be quite engaging!

Re-Categorize a Relationship

Sometimes loneliness can be a result of feeling cut off from one person, or a group of people. This can be due to mismatched expectations or availability. If you find that you've tried to create the relationship you want but seem to be met with no real change, you may need to change your expectations, or "re-categorize" the relationship. For instance, if you have a school friend that you studied with often during the school year, but things have tapered off since the semester or school year ended, instead of expecting the same quality of friendship as before, and repeatedly being upset or disappointed, accept the change in the friendship (which might be temporary).

See a Therapist

Of course, therapists, counselors, and support groups can help give you resources to cope with loneliness, improve your social connections and communication, and give you a safe space for your feelings of loneliness and other emotions. Therapy doesn't have to be a last resort and there's nothing wrong with seeking help as soon as you feel down. The important thing is to do what you need to do to feel better.



EXPECTATIONS OF ONALASKA STUDENT ATHLETES

1. YOU ARE TOUGH
2. NO DRAMA...PERIOD
3. COMMITTED TO THE TASK
Find a Way, Take Care of your People
4. ABOVE THE LINE DECISION
MAKING 24-7-365
5. DO NOT BE A FENCE RIDER
Decide and Move on



Onalaska Hilltopper Athletic Booster Club
Page · Community · onaboosters · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.
Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.
Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

Check Out The Onalaska Booster club website -

Onalaska - Team Home Onalaska Hilltoppers Sports

Check it out - onalaskahilltoppers.net

*Sport schedules - continuously updated

*Link to join the Booster Club

*Link to become a sponsor

*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:

<https://alerts.getvnn.com/>

Looking forward to a great school year supporting our student athletes!

Students registering for athletics

must have a **current physical examination**

on file in the athletic office **before the student is authorized to participate in practice/tryouts.** If your

students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

Bronston Chiropractic - 1202 CTH PH Suite 100 - Onalaska 608-781-2225

OR **Neighborhood Family Clinics** -

La Crosse - 1526 Rose Street - 608-781-9880 or

Onalaska - N5560 CTH ZM - 608-779-5323



Sports physicals nights

Get off to a good start...schedule today!

July 10, 5 to 8 p.m. – Sports Medicine Clinic, Onalaska

July 21, 5 to 8 p.m. – Family Medicine Residency Clinic, La Crosse

By appointment only. Call (608) 775-6680.

Billable to insurance or \$30 cash pay option.* Athletes under age 18 must be accompanied by a parent or have a signed parental consent.

** No other discounts apply.
Not intended to replace your annual wellness exam.*

emply
HEALTH
by Gundersen

Important Fall Sports Dates:

Starting Dates:

Football: August 5, 2025

Girls Golf: August 11, 2025

Girls Swimming: August 12, 2025

Boys & Girls Cross Country: August 18, 2025

Girls Tennis: August 12, 2025

Boys Soccer: August 18, 2025

Volleyball: August 18, 2025

A Mandatory Parent/Athlete/Coach Preseason Meeting will be prior to the start of fall sports. Watch for an email with more details in July.

All Athletic Registration is online!

All necessary forms for Athletic Registration are online. You will need to know your student's ID number to register. Please wait to register for fall sports until after July 21.

The only paper form that can be handed in to the Athletic Office is the physical form. This completed form can also be uploaded to your online registration page. If your student athlete's last physical was before April 1, 2024, they will need a new physical exam this year to be eligible to participate in a sport.

To access the online registration page, go to our school website at <https://onalaskahighschool.onalaskaschools.com/activitiesathletics/registration> .

Participation Fees will be available the end of July to pay through School Pay at <https://www.onalaskaschools.com/departments/finance-business-services/payments> .

Fees need to be paid prior to the first competition.

Thank you

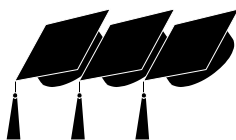
OHS Activity/Athletic Office

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

Welcome to OHS! Check
out our website at:
www.onalaskaschools.com



An Equal Opportunity Employer



Important dates for Seniors

Senior Assembly	Tuesday, May 20 --- 9:00 AM in the Field House
Senior Walk	Tuesday, May 20 --- 2:20 PM
Last Day of School for Seniors	Tuesday, May 20
Graduation Practice.....	Wednesday, May 21 --- 9:00 AM in the Field House
Senior Scholarship Awards.....	Wednesday, May 21, 2025
Graduation Date	Saturday, May 24, 2025 --- 1:00 PM

CONTACT

School phone # 608-783-4561
Student Services # 608-783-4571
School fax # 608-783-0102
Student Services fax# 608-783-2604
School voice mail 608-779-5760
School Hours: 7:45 AM – 2:50 PM

Jared Schaffner Principal
schja2@onalaskaschools.com

Charlie Ihle Assoc. Principal
ihlch@onalaskaschools.com

Jason Thiry Activities Dir.
thija@onalaskaschools.com

LeAnn Dirks Admin. Assistant
dirle@onalaskaschools.com

Kim Weber Attendance
ohsoffice@onalaskaschools.com

Laura Fugina Activities
fugla@onalaskaschools.com

Web: www.onalaskaschools.com



*The mission of
the School
District of
Onalaska is to
work together
to ensure high
levels of
learning for all.*

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