



2025-26 OMS Athletics

**Fall registration
begins online
Monday, Aug. 1, 2025**



Scan
to
register

Registration Deadline

3 days after the first day of practice OR capacity has been reached.

Refunds

No refunds after the fifth day of practice.

**For more information go
to [stillwaterschools.org/
OMSathletics](http://stillwaterschools.org/OMSathletics)**

Contact Information

Dominic Isaac
Athletic Coordinator
[OMSathletics@
stillwaterschools.org](mailto:OMSathletics@stillwaterschools.org)

	Start Date	Sport
FALL	08/25/25	Tennis (Girls)
		Soccer (Boys)
		Soccer (Girls)
		Cross Country (Girls & Boys)
		Volleyball (Girls 7th/8th Grade Only)
		Swim & Dive (Girls)
WINTER	10/27/25	Basketball (Girls)
		Wrestling
	01/06/26	8th Grade Basketball (Boys)
	01/26/26	6th/7th Grade Basketball (Boys)
SPRING	04/06/26	Track & Field (Girls & Boys)
		Tennis (Boys)
		Baseball (Boys)
		Softball (Girls)

**Fee:
\$95/sport**

Sports Qualifying Physical Examination

Before you begin the registration process:

- Students must have a current Sports Qualifying Physical Examination form on file in the Stillwater Middle School nurses office to be eligible to participate.
- Physical exams expire three years from the date of the exam.
- You will not be able to register for an activity if the expiration date occurs during the season for which you are registering.

3 Ways to submit your physical exam form:

1. **E-mail to:** OMSathletics@stillwaterschools.org
2. **Fax to:** 651-351-8505
3. **Mail to:** Oak-Land Middle School
820 Manning Ave. N.
Lake Elmo, MN 55042
Attn: Physical Exam

Scan
for
form

