



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

June 2026

Highlights

Important Dates

Summer School June 3 – 26
ACT Test at OHS June 13
Summer Musical..... July 10 and 11

In This Issue

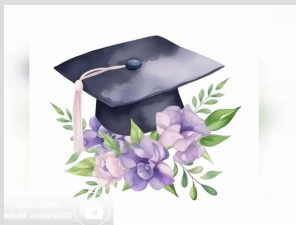
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 *class of*
2026
Top 5%



***Back Row: Elizabeth Matz, Isabelle Her, Asha Champion,
Raelyn Cowley, Krishna Ailiani, Kai Gallant***

***Front Row: Colton Klein, Elyse Keister, Lauren Mavrantonis,
Aditi Muduganti, Sophia Knight, Elijah Ferandes***



Important Dates

Summer School.....	June 3 – 26
ACT Test at OHS.....	Saturday, June 13
Catherine Berg Summer Musical <i>Drowsy Chaperone</i>	July 10 and July 11 --- 7:30 PM in the PAC
2026-27 Registration.....	Tuesday, August 11 --- 8:30AM – 7:00 PM
9 th Grade Parent Information Night.....	Tuesday, August 11 --- 6:30 PM in the PAC
Freshman Orientation Link Day.....	Wednesday, August 19 --- 8:00 – 11:00 AM in the PAC
Transfer (New) Student Orientation.....	Wednesday, August 19 --- 12:00 PM – 2:00 PM --- Hilltopper Room
1 st day of school.....	Monday, August 24, 2026 --- 7:45 AM
Last day to drop a class.....	Friday, August 28
Homecoming Week.....	September 14 – 19
Senior Pictures/ Baby Ads Due.....	Thursday, September 24
Parent Teacher Conferences.....	Wednesday, September 30 --- 3:30 PM – 8:00 PM
	Thursday, October 1 --- 12:30 PM – 8:00 PM

2026 -2027
Student Fall Registration
Tuesday, August 11

Tuesday, August 11 from
 8:30 AM to 7:00 PM.
 The first day of classes is
 Monday, August 24.

FALL SPORTS STARTING DATES:

TUESDAY, AUGUST 4

FOOTBALL

MONDAY, AUGUS 10

GIRLS GOLF

TUESDAY, AUGUST 11

GIRLS TENNIS
 GIRLS SWIMMING

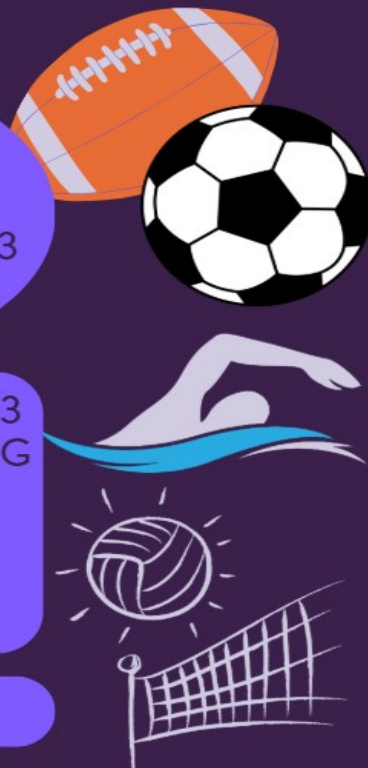
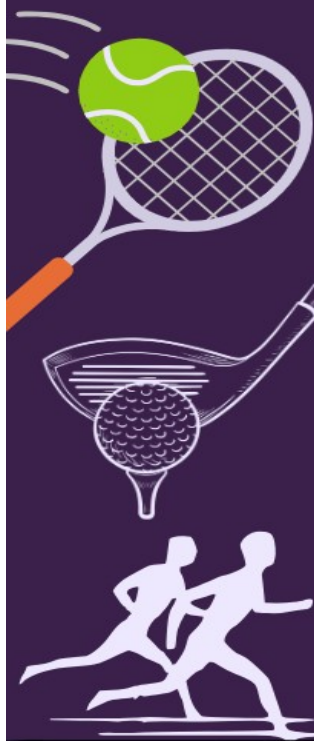
MONDAY, AUGUST 17

BOYS SOCCER
 CROSS COUNTRY
 GIRLS VOLLEYBALL

MANDATORY
 PARENT/ATHLETE
 MEETING
 MONDAY, AUGUST 3
 5:30 PM
 PAC

MONDAY, AUGUST 3
 4:30 IMPACT TESTING
 5:30 PM RULES
 MEETING IN PAC
 6:00 PM COACH
 TEAM MEETINGS

SPORTS PHYSICALS NEED TO BE CURRENT
 BY THE FIRST DAY OF PRACTICE





Graduating Class of 2026



Krishna Raju Ailiani***NHS
 Adam Michael Amundson*
 Gage M. Andrews
 Julio Cesar Aparicio Arias
 Luke Francis Archer
 Kennedy Anne Backman***
 Julianna K. Ball*
 Ruby Sue Baum
 Azul Marbella Bautista-Lopez
 Carter Matthew-Wayne Beeler***NHS
 Tyler John Bente***
 Elise Kaitlyn Berry***NHS
 Nathaniel Charles Berry
 Evan L. Bingham
 DeMarion Darrell Blackdeer
 Damien Steven Blank
 William E. Bloss
 Alexis Evelyn Brantner
 Greyson Robert Bruha*
 Kayce Buarapha
 Charles Joseph Burrows
 Lucas Coleman Cahill***
 Carson J. Campbell
 Kyara Isabel Cayasso***NHS
 Asha Danesavalli Champion***NHS
 David Javier Chiquito
 Caroline Enhui Clark***NHS
 Demetrius Jerome Conner III
 Ainsley Louise Cowan**
 Mallory M. Cowan
 Raelyn Jane Cowley***NHS
 Isabella Grace Cromheecke***NHS
 Miguel Angel Adam Cruz
 John William Curtin
 Thomas Duane Curtin**
 Ellie Sandra Dahl***NHS
 Keaton William Dahl
 Julia Renee Denker
 Kloe Mae Dummer
 Kaarina Diane Dunn***NHS
 Grady Myron Dunnum***
 Rylie May Eckert
 Jackson Patrick Egan***
 Anthony Thomas Evenson
 Bailey Mae Fee
 Connor Logan Fejfar***
 Antwon Felten
 Elijah Justus Fernandes***
 Vitaliano Buenaventura Figueroa III*
 Aislyn Rayne Fischer
 Cassidy Katlyn Foster

Molly Isabella Franck
 Kai Morgaine Gallant***NHS
 Mia Campbell Gallant***NHS
 Jonathan David Galstad
 Zander Robert Garbrecht***NHS
 Vayda Candace Garvin***
 Jakob Robert George***
 Lila Marjorie Gerbig
 Kylie Raye Gilhausen
 Easton Loren Glebke
 Lewis Te Go***NHS
 Sapphire Moon Godfrey
 Leonardo Inuyasha Gonzalez-Yang
 Alexander Drake Gregg***NHS
 Holden Grover
 Graysen Hart Guzzo***NHS
 Dillon Senghablong Ham
 Rainy Na Hang
 Ashley Rae Hanson
 Colin W. Hanson
 Entity N. Harter
 Isabella Ruth Hartman
 Maya Lilly Haugen
 Alexander Thomas Hauser**NHS
 Rebecca Hauser
 Autumn Joe Heiman***NHS
 Dayton Alexander Ray Heintz
 Ellianna Tru Helixon
 Jacob Charles Hellman***
 Ivy Rose Helseth
 Steven David Henke
 Isabelle Pakou Her***NHS
 Isabella Marie Hickey
 Maurice Jachun Holeyfield
 Ian Laniel Maurice Hronis
 Zachary Micheal Imgrund***NHS
 David P. Irvin III
 Andrew Jackson
 Natalie Coletta Jacobson***NHS
 Carter H. Johnson
 Morgan Christine Jones
 Elyse Melana Keister***NHS
 Gavin M. Kind***
 Jayda Katherine Kinney
 Colton Steven Klein***NHS
 Briana Nicole Knapp
 Sophia Grace Knight***NHS
 Aiden Jeffers Knopp***
 Wyatt Kogutkiewicz
 Zoe Lynn Koonce-O'Kane*
 Ian Kowal***

Sydney Clare Kranig***NHS
 Sophia Jade Larkin***NHS
 Alton James Larson***
 Delilah Hnub Ci Lee***NHS
 Alexis Lelievre
 Zachary Ronald Lemon***
 Avah Sheng Lor
 Chiao-lien Pa Lor
 Syona Jailia Lor
 Tydius Phong Lor
 Donovan Daniel Lucksted***NHS
 Jessica Rae Mahlum***NHS
 Isabella Che Malecek***
 Porter Gavin Mallady***
 Maddisyn Lin-Marie Manix
 Lexy Ann Marx
 Elizabeth Jane Matz***NHS
 Isabel Elaine Mavrantanis***NHS
 Lauren Yumi Mavrantanis***NHS
 Desirea Rose McCann
 Makena Kae McGarry***
 Rowan Vaughn McGrath
 Serenity McMillan
 Caedus John Melbo
 Logan Daniel Mellon
 Benjamin Peter Messlein
 Federica Maria Molinaro
 Tristan Paul Molling***NHS
 Jaden J. Moran
 Hunter Andrew Morse
 Vincent Mauro Moscatello
 Aleena Gao Sheng Moua
 Korina Moua
 Aditi Reddy Muduganti***NHS
 Chloe Rayna Onsrud
 Trent Keith Oyen
 Nevaeh Johanna Parshall
 Diya T. Patel
 Soham Mayur Patel***NHS
 Joshua Pedrin-Knutson
 Olivia Mae Peterson***
 Sangdurne Alexandra Phayvanh***NHS
 Joshua Jamison Phillips
 Hayley Nicole Pitz
 Wyatt Somsen Rory Pugh



Graduating Class of 2026



Amethyst Racila
 Brenya Kimberleigh Riley***NHS
 Zara Rizvi***NHS
 Alan Rodriguez Perez*
 Cooper Rudie***
 Tyler L. Sagen
 Aiden Sanders
 Carter S. Sanders
 Maddox Ray Santos
 Addison Karen Sanwick***NHS
 Brett Steven Schauer
 Brett R. Schindler
 Danielle Florence Schmit
 Mason Gordon Schroeder
 Carter B. Schultz
 Atlas Schwaab
 Quentin L. Sealey
 Norah Seberg
 Sophia Grace Shilts*
 Gabriel Robert Shugrue
 Samantha Rose Shugrue
 Tanner Adam Siebert
 Luke Joseph Siegel***NHS
 Hannah Arien Sime
 Jordan Alexander Simon
 Cameron Trinity Sisk-Ring
 Docel Roland Snodgrass
 Paul Alan Soderberg
 Gavin Kingston Sommerfield***NHS
 Kaitlyn Rose Steers
 Hailey R. Stoecker*

Henri Straetmans
 Alexis Rose Stupi***NHS
 Sabina Amelita Swanson
 Kaydence LeAnne Tanke
 Ja Koby Tender
 Samuel Suchi Thao
 Benny Patricia Thomas
 Malik Darryl Thompson
 Mia Marie Thompson
 Kaysie Daniel Thorson
 Elijah J. Tillema
 Rickie Isabelle Tillotson***NHS
 Maximus Bruce Todd**
 Kaelin Elisabeth Tomashek
 Angelina Torres-Huber
 Stevanna Rose Towle***
 Daniel Hieu Tran***
 Carson William Trisler
 Anthony James Ulvestad
 Elizabeth Rose Vallazza***NHS
 Ella Grace Vallazza***NHS
 Harrison William Van Der Horst**
 Talan Raymond Van Riper
 Daniel Benjamin Vanderloop
 Cherry Vang***
 Fuji Vang
 John Nie Vang
 Pa Nyia Melissa Vang
 Phengsu Vang*
 Nele Velten
 Olivia Kaylynn Vogler***NHS

Ethan Tyler Vue***
 Jai Vue
 Lance Vue
 PaChee Vue
 Jaylah Amaya Walker Heisig
 Macy Ellen Welch***NHS
 Perry A. West
 Brooklynn Jean Williams***
 Sheldon Lloyd Wright, Jr.
 Alexis Kahli Xiong
 Avalice Ntshais Lia Xiong
 Gaozouapa Xiong
 Kevin F. Xiong
 Pengxue Austin Xiong
 KaDee Ahliyah Yang
 Mya Grace Yang***NHS
 Nou Qu Yang***NHS
 Abigail Younis***NHS
 Michael D. Zelaya-Melgar
 Benjamin Wilhelm Zimmer***
 Carson M. Zinnecker***

Academic Honors

Honors – *

High Honors – **

Highest Honors – ***

National Honor Society - NHS

Time to soar....



CLASS OF 2026

2026 Senior Speakers



Krishna Ailiani



Elijah Fernandes



Elizabeth Matz



Aditi Muduganti



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.



2026 Onalaska High School Scholarship Recipients

William E. Johnson

Lila Gerbig
Syona Lor
Kadee Yang

John and Linda Lyche Family Scholarship

Cherry Vang
Malik Thompson

Kellie Miller Kim Memorial Scholarship

Jordan Simon

Dr. Robert Weber Memorial Scholarship

Greyson Bruha

Marian Mieden Early Childhood Education Scholarship

Sophia Shilts

Florence Hyatt Memorial Scholarship

Ellie Helixon

Onalaska Employees Education Association

L. Mellon
Kai Gallant

Kaitlin Elizabeth Mahr Memorial Scholarship

Elyse Keister

Samuel W. Mahr Scholarship Fund

Samantha Shugrue

Mary Aiken Memorial Scholarship

Delilah Lee
Kyras Cayasso

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

Sangdurne Phayvahn (Alex)

Clayton and Vivian Veum Memorial Scholarship

Alan Rodriguez

Whitebeck Scholarship

Kaarina Dunn
Madyson Manix

Tim Gullikson Memorial Scholarship

Caroline Clark

Achieve Excellence Scholarship

Krishna Ailiani
Elizabeth Matz

Excellence at Large

Raelyn Cowley
Elyse Keister
Asha Champion
Isabel Her

Golden Eagle

Brett Schauers

Onalaska Lions Club

Lauren Mavrantonis

John and Ruth Sherman

Samuel Thao

La Crosse Kiwanis Community Award

Liv Vogler

La Crosse Festivals Gemutlichkeit Foundation

Leo Gonzales Yang

Kent Grimsled

Elizabeth Matz

Brock Family Scholarship

Soham Patel

Valerie Burman Art Plus Scholarship

Greysen Guzzo
Rickie Tillotson

Abellera Family Scholarship

Abby Younis

Gerald and Marcella (Meyer) Horman

Daniel Tran
Sophia Larkin

Joan Russell Peil Scholarship

Ethan Vue

Kelly Schuster Memorial Scholarship

David Chiquitto

Robin D. Finco Memorial Scholarship

Jackson Egan

Senior Airman Adam Servais Memorial Scholarship

Alton Larson
Trent Oyen

O' Club

Olivia Peterson
Luke Seigel
Grady Dunnam

Student Leadership Character Scholarships

Vitaliano Figueroa
Autumn Heiman
Porter Mallady
Ben Zimmer
Tristian Molling

Onalaska Historical Society

Addison Sanwick

Onalaska American Legion Americanism Award

Jacob Hellman
Isabella Malecek

Harold Lemke 4-year renewable

Isabella Cromechecke
Max Todd

Charles and Nancy Nick Scholarship

Benjamin Zimmer

Dick and Lucy Mulder Scholarship

Sydney Kranig

Onalaska Royal Basketball

Trent Oyen, Rowan McGrath, Ian Kowal

Onalaska Cross Country Alumni

Lewis Go

Onalaska Alumni Association

Sydney Kranig and Donovan Lucksted

Trannel General

Alex Hauser

Trannel Soccer

Eli Fernandez

Trannel Hockey

Carter Johnson

Technical Education Scholarship

Talen Van Riper
Adam Amundson

Academic Excellence

Krishna Ailiani
Elizabeth Matz

River City Corvette Club

Pengxue Xiong

Rotary Interact

Nou Qu Yang
Kaarina Dunn

Band Boosters

Kai Gallant
Mia Gallant
Krishna Ailani
Leo Gonzalez-Yang

OHS PSG

Nou Qu Vang
Leo Gonzalez-Yang

Riverland Energy

Elise Berry
Alexis Stupi

Finance Quiz Bowl Scholarships

Connor Fejfar
Ethan Vue
Krishna Ailiani

AAUW

Sabina Swanson
Zoe Koonce-O'Kane

Mabel Anderson Scholarships

Carter Johnson
Easton Glebke
Elizabeth Matz
Isabella Malecek
Adam Amundson
Kai Gallant
Mia Gallant
Sydney Kranig
Zander Garbrecht

Altra Foundation

Lauren Mavrantonis
Aditi Muduganti

ROTC Scholarship

Carter Beeler

Patty Gupta Scholarship

Raelyn Cowley



CCU Credit Union Scholarship

Isabella Hickey

Ronald and Joyce Wanek Foundation Scholarship

Carson Zinnecker

Thomas Rooney Post VFW Voice of Democracy

Elyse Keister

Bowling Scholarships

Mason Schroeder

National Merit Scholarship

Elizabeth Matz

Western Chapter of WSPE

Aditi Muduganti

EO Johnson

Haley Stoecker

EFW Engineering Scholarship

Aditi Muduganti

Potter Sisters Scholarship

Luke Archer

Delilah Lee

Mayo Dependent Scholarship

Isabel Mavrantonis

Lauren Mavrantonis

Lewis Go

Finance Corps Association Scholarship

Rickie Tillotson

West Point Commission

Lewis Go

AATSP-WI

Elizabeth Matz

Krishna Ailiani

Live Your Dash Scholarship

Julio Aparicio

University Scholarships

Montana State University

Colton Klein

Academic Achievement Awards

Winona State

- Presidential Honor Scholarship

Easton Glebke

UW-Stout

- Stout Scholars Scholarship

Sydney Kranig

UW Green Bay

- Hetzel Long Foundation Scholarship

Mason Schroeder

Miami University

- RedHawk Excellence Scholarship

Lucas Cahil

Lawrence University

- Lawrence Laureate Scholarship

- Music Education Scholarship

- University Con Brio Award

- Main Hall Green Award

Kai Gallant

Viterbo University

Ainsley Cowan

Elliana Helixon

Delilah Lee

Olivia Peterson

Jaylah Walker-Heisig

University of Wisconsin-Madison

- Business Emerging Leaders Scholars

Isabelle Her

Savannah College of Art and Design

- Student Recognition Scholarship

- Achievement Honors Scholarship

- Academic Honors Scholarship

Natalie Jacobson

UW-Milwaukee

Pa Nyia Vang

University of Minnesota

- Presidential Scholarship

Asha Champion

UW-La Crosse

- Merit Scholarship

Liv Vogler

Mankato State

- Maverick Scholarship

Zander Garbrecht

Luther College

- Adolph Herseth Music Scholarship

Elizabeth Matz

NCAA Athletic Scholarship

Aiden Knopp

Class of 2026 Senior Awards

AAA Award

- Colton Klein
- Rickie Tillotson
- Elise Berry
- Phengsu Vang
- Soham Patel
- Kaarina Dunn
- Alexis Stupi
- Mya Yang
- Grady Dunnum
- Olivia Peterson
- Nou Qu Yang
- Addison Sanwick

Adobe Certified Professional

- Julio Aparacio
- Julianna Ball
- Carter Beeler
- Alexis Brantner
- Kayce Buarapha
- Vitaliano Figueroa
- Alex Gregg
- Rainy Hang
- David Irvin
- Carter Johnson
- Aiden Knopp
- Vince Moscatello
- Sangdurne Phayvanh
- Gabe Shugrue
- Talan Van Riper
- John Nie Vang
- Ethan Vue
- Alexis Xiong

Adobe Certified Professional IRC

- Jade Hauser
- Syona Lor
- Lance Vue
- Kevin Xiong

ASE – Maintenance/Light Repair

- DeMarion Blackdeer
- Kayce Buarapha
- Ian Hronis
- Daniel Tran
- Phengsu Vang
- Jai Lee Vue
- Tydius Lor
- Tyler Sagen
- John Nie Vang

Autodesk Inventor

- Raelyn Cowley
- Isabella Cromheecke
- Aditi Muduganti
- Max Todd
- Carson Zinnecker

Assistant Childcare Teacher

- Julia Denker
- Kloe Dummer
- Molly Franck
- Kylie Gilhausen
- Rainy Hang
- Maya Haugen
- Morgan Jones
- Sophia Larkin
- Maddisyn Manix
- Desirea McCann
- Desirea McCann
- Aleena Moua
- Korina Moua
- Chloe Onsrud
- Diya Patel
- Sangdurne Phayvanh
- Alan Rodriguez
- Danielle Schmit
- Sophia Shilts
- Kaitlyn Steers
- Kaydence Tanke
- Cherry Vang
- Fuji Vang
- Pa Chee Vue
- Alexis Xiong
- Avice Xiong
- Nou Qu Yang

Director's Award

- Sophia Knight
- Jordan Simon

Distinguishment of Literary Leadership

- Elyse Keister
- Cassidy Foster

Educating Tomorrows Teachers

- Jordan Simon

English Department Senior Award

- Elyse Keister

Excellence in Art

- Lauren Mavrantonis
- Alexis Stupi
- Thomas Curtin
- Rickie Tillotson

Excellence in Business Education

- Brooklynn Williams

Excellence in Drama

- Elizabeth Matz
- Samantha Shugrue

Excellence in English Language Learning

- Aparicio, Julio

Excellence in Family and Consumer Education

- Sophia Shilts

Excellence in Mathematics

- Aditi Muduganti
- Krishna Ailiani

Excellence in Orchestra

- Kaarina Dunn
- Asha Champion

Excellence in Science

- Krishna Ailiani
- Kaarina Dunn
- Krishna Ailiani
- Lauren Mavrantonis
- Raelyn Cowley
- Aditi Muduganti
- Zara Rizvi
- Delilah Lee
- Elizabeth Matz
- Kai Gallant

Excellence in Social Studies

- Kaarina Dunn

Excellence in Speech/Forensics

- Liv Vogler

Expert Sight Singer

- Vayda Garvin
- Graysen Guzzo
- Natalie Jacobson
- Zara Rizvi
- Ellie Dahl

FCA Leadership Award

- Elijah Fernandes
- Luke Siegel
- Colton Klein
- Kylie Gilhausen
- Elise Berry
- Carson Zinnecker

Female Athlete of the Year

- Isabella Malecek

French National Honor Society

- Brenya Riley
- Jessica Mahlum
- Daniel Tran
- Kai Gallant
- Mia Gallant
- Nevaeh Parshall
- Nou Qu Yang
- Sophia Knight

Global Scholars

- Abigail Younis

Global Scholars Award

- Kaarina Dunn
- Colton Klein
- Elizabeth Matz
- Lauren Mavrantonis
- Elizabeth Vallazza
- Ella Vallazza
- Nou Qu Yang

Class of 2026 Senior Awards

Group Dynamic Youth Servant Leadership Award

- Mia Gallant
- Lauren Mavrantonis

Health Science Academy

- Kyarra Cayasso
- Pa Nyia Vang

John Philip Sousa Award

- Elizabeth Matz
- Kai Gallant

LINK Crew Senior Award

- Jordan Simon
- Maddisyn Manix

Louis Armstrong Jazz Award

- Krishna Ailiani

Male Athlete of the Year

- Ian Kowal

Mark LeFebvre Award

- Rickie Tillotson

Measurement, Materials & Safety IRC

- Pengxue Xiong
- Jakob George
- Alton Larson
- Porter Mallady
- Cooper Rudie
- Nathaniel Berry
- Aiden Knopp
- Gabriel Shugrue
- Fuji Vang

Mentorship

- Harrison Van Der Horst
- Kaydence Tanke
- Daniel Vanderloop
- Abigail Younis
- Kyara Cayasso
- Atlas Schwaab
- Krishna Ailiani

Microsoft Office Specialist

- Asha Champion
- Porter Mallady
- Syona Lor
- Alan Rodriguez

Microsoft Office Specialist IRC

- Porter Mallady
- Syona Lor

National Choral Award

- Elizabeth Matz

National School Marching Award

- Elizabeth Matz

Nursing Assistant

- Azul Bautista-Lopez
- Rylie Eckert
- Maya Haugen
- Delilah Lee
- Aleena Moua
- Diya Patel
- Sangdurne Phayvanh
- Kaitlyn Steers
- Cherry Vang
- Jaylah Walker Heisig
- Abigail Younis
- Ben Zimmer

Onalaska Teacher Education Academy

- Julia Denker
- Ellianna Helixon
- Maddisyn Manix
- Desirea McCann
- L Mellon
- Sophia Shilts
- Jordan Simon
- Daniel Vanderloop

Outstanding Senior Award

- Nou Qu Yang

Outstanding Student in Physical Education & Health Award

- Trent Oyen
- Carter Beeler
- Fuji Vang

Peer Tutor

- Raelyn Cowley
- Ellianna Helixon

Pillar of Community

- Vincent Moscatello

Seal of Biliteracy

- Sabina Swanson
- Kyara Cayasso
- Kai Gallant
- Mia Gallant
- Sophia Knight
- Elizabeth Matz
- Lauren Mavrantonis
- Isabella Cromheecke

Spanish National Honor Society

- Krishna Ailiani
- Asha Champion
- Isabella Cromheecke
- Elizabeth Matz
- Isabel Mavrantonis
- Lauren Mavrantonis
- Alexis Stupi
- Elizabeth Vallazza
- Mya Yang
- Kaarina Dunn

Senior Athletic Award

- Luke Archer
- Charles Burros
- Carson Campbell
- Isabella Cromheecke
- Raelyn Cowley
- Gradey Dunnum
- Jackson Egan
- Carter Johnson
- Zoe Koonce-O'Kane
- Ian Kowal
- Isabella Malecek
- Maddisyn Manix
- Trent Oyen
- Danielle Schmitt
- Max Todd
- Rickie Tillotson
- Tristian Molling
- Olivia Peterson
- Gavin Sommerfield
- Kaelin Tomashek
- Carson Zinnecker
- Mya Yang

Technology and Engineering

- Alton Larson

Uber Expert Sight Reader Award

- Kai Gallant
- Elizabeth Matz
- Nou Qu Yang
- Liv Vogler

West Salem Automotive Academy

- Demarian Blackdeer
- Kayce Buarapha
- John Curtin
- Ian Hronis
- Daniel Tran
- Phengsu Vang
- Jai Lee Vue

WIAA Scholar Athlete Award

- Makena McGarry
- Maximus Todd

Youth Apprenticeship

- Evan Bingham
- Isabella Hartman
- Andrew Jackson
- Carter Johnson
- Aleena Moua
- Chloe Onsrud
- Kaitlyn Steers
- Phengsu Vang
- Pa Chee Vue
- Perry West
- Kloe Dummer



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

--Dr. Seuss





2026 SUMMER SCHOOL

Keep in mind 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 credit courses begin June 3 and will end June 26.

The ETS program runs from June 1 – July 31.

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 Drowsy Chaperone." Music and lyrics by Lisa Lambert and Greg Morrison, book by Bob Martin and Don McKellar.

Performances will be July 10 and 11 in the Claude C. Deck Performing Arts Center, starting at 7:30 pm. Ticket prices will be \$11 for adults and \$9 for senior citizens and those under 18.

Freshmen Update

Welcome Class of 2030!

Freshmen Registration:

Tuesday, August 11, 2026

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 11

6:30 PM

OHS Performing Arts Center

School Starts August 24 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 2030
to our Twenty-second Annual
Jump Start to High School
LINK

Freshmen Orientation

8:00 AM – 11:00 AM

August 19, 2026

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 email Link Crew Coordinators: Mesa Heit , Trevor Kramolis or Katie Jahns.

heit.mesa@onalaskaschools.com

kramolis.trevor@onalaskaschools.com

Jahns.katherine@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

Join Our Team! Part-Time School Nutrition Openings

Are you looking for a rewarding role that fits your schedule? We are hiring for part-time positions in our school nutrition department!

Work-Life Balance: Enjoy daytime school hours—no nights, weekends, or holidays!

Flexibility: Perfect for parents, retirees, or anyone needing a flexible schedule.

Impact: Help fuel our students' success every day.

Apply today:

www.onalaskaschools.com/jobs



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

School District of Onalaska, WI Facebook Page



Onalaska Hilltopper Athletic Booster Club



Onalaska Hilltopper Athletic Booster Club
Community · 1.6K followers

Attention Class of 2027 - 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 24, 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 2027 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 2026-27 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 24.

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 Sam Servais at servais.samuel@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 24. Late submissions cannot be accepted. September 24 is also the day senior portrait photos must be submitted to the yearbook staff.

Any questions should be directed to Sam Servais, Onalaska High School Yearbook Advisor, at servais.samuel@onalaskaschools.com.

Thank you,
The Aksalano Yearbook Staff





National Honor Society 2026 - 27



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.*

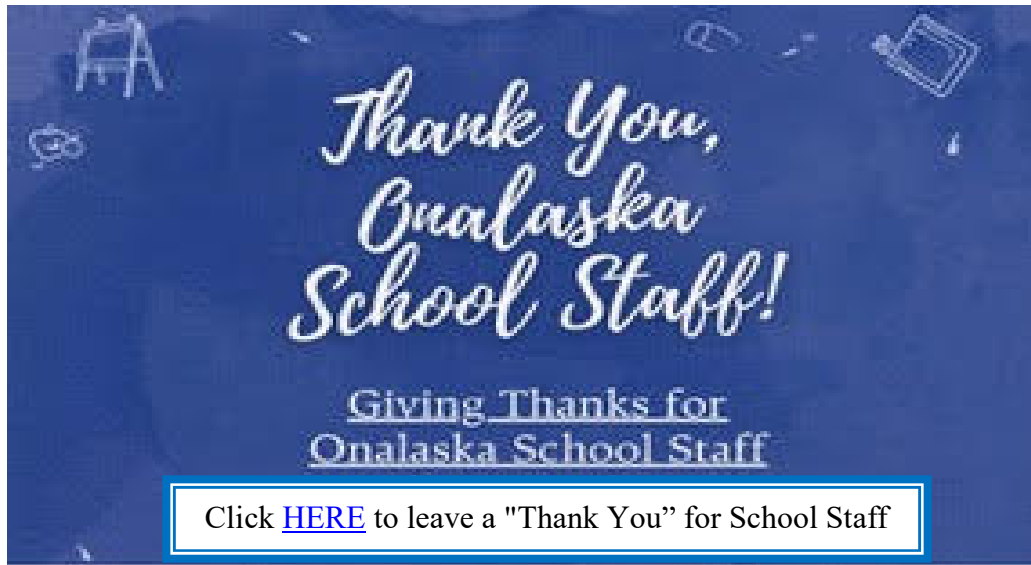
The NHS adviser will mail letters home in the late summer for juniors/seniors who qualify academically. Students who wish to apply will then receive an application to complete and submit.

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, pettys.devin@onalaskaschools.com.



The Onalaska Education Foundation's (OEF's) "Giving Thanks for Onalaska School Staff" is a tribute program that gives students, families, and community members the opportunity to recognize the tremendous efforts of all staff members in Onalaska public and private schools. By making a donation to this program, you can celebrate our amazing teachers, paraprofessionals, educational assistants, custodians, bus drivers, administrators, coaches, school counselors, administrative assistants, school nurses, food service workers, or ANY school staff!

****This form above will be accepting responses through May 22nd, 2026, and school staff will receive certificates of appreciation the week of May 25th, 2026.****

Each Onalaska school staff member recognized through the OEF's "Giving Thanks" program will receive a certificate of appreciation with a personal note of gratitude from you and/or your student, or you may choose to remain anonymous.

Donations to the "Giving Thanks" program are welcomed and appreciated, but you can also "Give Thanks" and honor school staff members through this program without making a monetary donation to the OEF. Donation amounts are not disclosed to the school staff.

Link to donate: <https://laxcommfoundation.fcsuite.com/.../create/fund...>

All of the money raised will be used towards funding the OEF's 2026-2027 programs (see descriptions below). With your support, the OEF can continue to make a difference!

The OEF is a local, non-profit organization with the mission of supporting Onalaska educators in their quest to develop innovative and creative learning opportunities for students, providing support for students in need, and to encouraging outstanding academic achievement among students in Onalaska's public and private schools.

The OEF is a fully volunteer-run organization, so 100% of donations to the 2026 "Giving Thanks for Onalaska School Staff" tribute program will be used to support these important OEF programs:

OEF's Claude Deck Grants Program: This program provides competitive grant funding to Onalaska educators for innovative and creative projects and programs that inspire their students to achieve educational excellence. More than \$28,000 in Claude Deck grant funding was awarded to educators at all eight Onalaska schools during the 2025-2026.

OEF's Acts of Kindness (AOK) and Seasons of Kindness (SOK) Programs: These programs provide funding to ensure that students in need in Onalaska schools have access to essentials items and services like clothing, tennis shoes, winter boots and coats, glasses, bicycle helmets, toiletries, sports physicals, eye exams, instrument rental and activities fees, haircuts, bus passes, holiday gifts, and much more. The OEF provided more than \$30,000 in AOK and SOK funding during the 2025-2026 school year.

ONAbility

School District of Onalaska Beyond 18 Transition Program

The mission of **ONAbility** is to transition students beyond 18 with varying abilities from high school into adult employment and independent living.

  **Endless Possibilities Business**  



We have been making several new items in our Endless Possibilities Business.

A selection of items is available in the High School main office.

Jewelry, Key Chains, Car Coasters, Magnets, Bookmarks.

If you like what you see stop and check it out.

For customized orders, please email us. Onability@onalaskaschools.com





SUMMER FOOD SUMMER FUN!

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:

Onalaska Middle School
707 8th Ave N, Onalaska, WI 54650

Monday-Thursday 9am Snack / 11:30-12:30 Lunch

Contact:

Onalaska School Nutrition
608-783-6251

More Info:

wisummerfood.org or call 211

Text: 'SFSP' to 914-342-7744 for meals near

This institution is an equal opportunity provider.



SCAN ME

Summer Food Service Program
Wisconsin Department of Public Instruction



Onalaska High School

Student Services

700 Wilson Street

Onalaska, WI 54650

Phone: 608.783.4571

Fax: 608.783.2604

Office Hours:

Weekdays: 7:00 am - 3:30 pm

Reach the Administrative Assistants at:

Melissa de Boer – Ext. 5034

deboer.melissa@onalaskaschools.com

Jennifer Morrison – Ext. 5029

morrison.jennifer@onalaskaschools.com

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silker.garrett@onalaskaschools.com

Serves students with last names beginning with A – Ht

Chrissy DeLong - Ext. 5030

delong.christine@onalaskaschools.com

Serves students with last names beginning with Hu – Ri

John Horman - Ext. 5031

horman.john@onalaskaschools.com

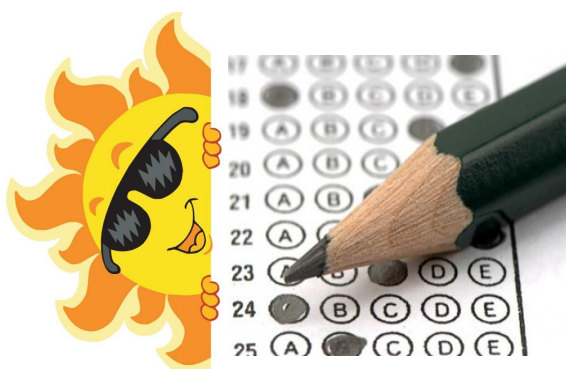
Serves students with last names beginning with Rj– Z

CHECK OUT OUR WEBSITE...

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



ACT[®]

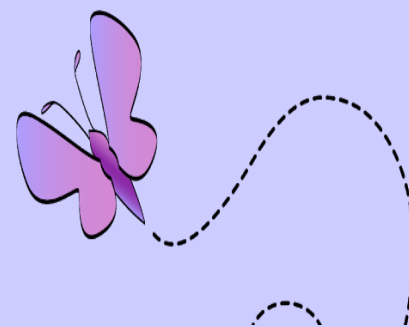


Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
June 13, 2026 at OHS	May 8	May 29
July 11, 2026	June 5	June 24
September 19, 2026	August 14	September 1
October 17, 2026	September 11	September 29
December 12, 2026	November 6	November 29

Important Dates

June 3-26	Summer School at OHS
June 13	ACT test at OHS
August 11	OHS Registration 8:30 am-7:00 pm
August 11	Freshman Parent Night 6:30 pm, OHS PAC
August 19	LINK Freshmen Orientation 8:00-11:00 am
August 19	New & Transfer Student Orientation 12:00-2:00 pm
August 24	First Day of School
August 28	Last Day to Drop a Class



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

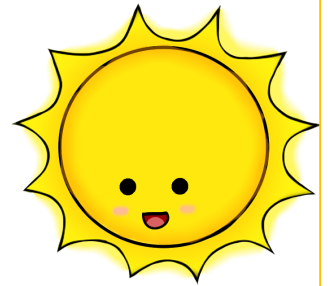
School District of Onalaska to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may need some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

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 11, but not taking appointments that day.



Please note that, due to construction, Student Services Personnel will be working in OHS Room 335 this summer. Please enter the building through the main office. Room 335 is to your left, towards the PAC.

Mr. Garrett Silker July 7 July 27 August 5 August 10 August 14	Mrs. Chrissy DeLong July 22 August 3 August 4 August 13 August 14	Mr. John Horman July 16 August 6 August 12 August 13 August 21
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CIEE Looking for Host Families for International Students



Study abroad and intercultural exchange organization, CIEE, is currently looking for volunteer host families for several high school exchange students coming to Western Wisconsin for the school year. Their students will attend the high school closest to their host family, and can

take school transportation or carpool. Students speak very good English and have their own medical insurance and spending money to cover personal expenses. A host simply puts another plate on the table and welcomes them as one of their own!

Volunteer host families come in all shapes and sizes; retired, single parents, couples with or without children of any age, etc. Interested parties can visit www.ciee.org/host for more information or start a host family application at ciee.org/hostapply.



ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **through the spring of 2028**. The University of Minnesota has extended their test optional policy for the class of 2027 applying Seniors. Many other colleges have also waived the ACT requirement. A strong ACT score can still help with admission to college, course/program placement, and scholarships. 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 have their ACT scores considered as part of their application when they apply. 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 the ACT.

1. All Juniors took a FREE Pre ACT test on September 23. ACT provided students with a composite score, sub scores and most importantly a list of correct answers compared to the student answers. Students can use their score sheet and ACT Prep Google Classroom to view their results, review their answers to specific test questions, 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.
- Decide if you want to take the science test. The option to include the science portion is new this year. We suggest all students include the science portion of any additional ACT they register for.
- 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.

Seniors, There's Still to Apply to College!

Seniors are encouraged to continue applying to colleges and universities. Students should gather materials such as lists of activities, involvements, community service and recognitions, and letters of recommendation (if necessary) to make completing applications easier. It should be simple to find the application to your college on their website. We suggest using the Common Application ONLY IF students are applying to many schools in many different states. The Common App can be more time consuming than applying to 1-3 colleges directly from the college websites.

Regardless of the kind of school students plan on attending, it is very important to apply early. Technical college programs, especially, fill quickly on a first come first serve basis.

Application Process:

Once a student has completed their application, he or she should:

1. Request a transcript by using your [Xello](#) account - log in through [PowerSchool](#)
2. Work with teachers and Student Services to send letters of recommendation, **IF necessary**. (Most schools do **NOT** require letters of recommendation.)
3. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests in Xello.
5. Counselors will complete requested information, and all application materials will be sent to colleges in a timely manner.

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, (application available on the school website at <https://www.onalaskaschools.com/departments/school-nutrition/free-and-reduced-lunch>), **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.

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!

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 childcare or employment opportunities you have to the Student Services Office for posting. You can reach us at 608-783-4571 or by email at deboer.melissa@onalaskaschools.com.

WORK PERMITS --- ON-LINE ONLY

Students under age 16 need a work permit. Work permits are now completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly 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.

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 page out for new arrivals!



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.uggetconnected.org/> and check it out! **www.uggetconnected.org**

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:

- feminine hygiene products such as pads and tampons
- deodorant - both male and female scents/brands

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!

Juniors, Class of 2027 - It's Time to Schedule Campus Visits:

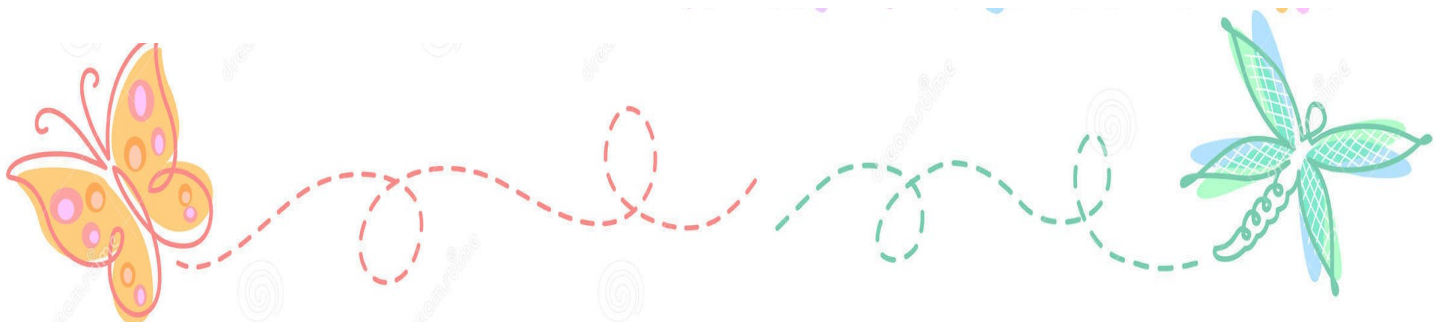
Now is a great time to schedule in-person college campus visits. Go to your college's website to schedule your visit. While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, 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 tips.

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 at wojta.eric@onalaskaschools.com.



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/>.

Upcoming Opportunities

Boys & Girls Club Tuition Free Summer Classes with Viterbo University, Orientation June 18
Credits are transferrable to any university and will be reflected on an official college transcript.
Previous involvement in the BGC is not required. Seniors who will graduate this year are also eligible for the courses.

- ***College Success Strategies - Entering Sophomore year and up (1 Credit) @ Boys & Girls Club Workforce Center***
- ***Nutrition & You - Entering Sophomore Year and up (1 Credit) @ Viterbo University***

You can find the sign-up for our Viterbo Classes listed under our "Workforce: Weekly Teen Programming" on our website or click the link below. Feel free to sign up for additional workforce readiness programs, if interested. [Viterbo Summer Class Sign Up](#)

MRA (My River Adventures) Camp, July 27-31, 2026 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. Visit the [website](#) for registration and more information.

Inspire U, June 15-19, 2026 at UW-La Crosse

Inspire U is a free 5 day/4 night residential camp for students entering 9th-12th grade in fall 2026. This camp will focus on leadership and career/college pathways. 15-20 students from the greater La Crosse area will spend 6 hours per day on campus Monday-Friday to form a community along with pre-college staff and college student camp counselors. Visit the [website](#) for registration and information.

UW-Stout Foster Success Day Camp, Thursday, June 11, 2026

This camp is for any Wisconsin student entering grades 9-12 who has experienced out-of-home care, which includes but is not limited to foster care, legal guardianship, kinship care, group homes, late-stage adoption, or court-ordered placements. During this camp, students will get to explore the services offered by our Fostering Success program, go on a campus tour, learn about college majors and careers, explore funding options for college (including scholarships for foster youth), hear from a panel of current Fostering Success students at UW-Stout, and more. **This camp is completely free**, and lunch will be provided. For more information and instructions on how to register, please visit our website: [Summer Foster Youth Day Camp | University of Wisconsin - Stout](#)

Variety of Camps for Youth at **University of Wisconsin-Stevens Point** campus

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>

Upcoming Opportunities

Badger Precollege Summer Program, Registration open now

[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. Our programs offer students a low-risk opportunity to dive deeper into an academic subject they enjoy — or to try a new one that may not be offered at a traditional high school. Alongside academics, students will build confidence and develop skills in preparation for college or other post-high school plans — all while living and learning with a community of peers at the top-ranked UW–Madison.

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](#).

Ball State University College of Architecture and Planning High School Camps & Workshops

A variety of academic programs to offer students who are interested in real-world learning, immersive and hands-on experiences. Our academic programs set students up to jump into their careers right after graduation.

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

Northwestern Pre-College Online Program

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. Find more information at [this link](#).

Colleges That Change Lives College Fair - August 9, 2026 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 Build Resilience in Teens and Young Adults: 7 Essential Tips

Source: *The Jed Foundation website, Article by Kelly Burch*

Mental health experts and educators have increasingly focused on the value of resilience. In its simplest form, emotional resilience means working through hard times and handling life's ups and downs.

When you apply for new jobs after being laid off, juggle the challenges of raising teens while caring for your own parents, or create a new normal after divorce, you're demonstrating resilience. You also demonstrate resilience in smaller ways every day when you show up for yourself and your kids despite feeling stressed, overwhelmed, or any number of challenging emotions.

As much as we'd love to protect them, our teens are going to encounter stress, sadness, frustrations, and anxiety. Building resilience in young adults is about showing them that they can endure a wide range of emotions and get through them — even if it's hard.

Resilience training can become part of everyday life, as you show teens how to build resilience in normal day-to-day situations. Emotional resilience will help teens transition to adulthood, whether they're learning to compromise with roommates at college or navigating the stressors of working full time. Here's how building resilience in children and teens can create skills that will last a lifetime.

1. Don't Try to Solve Everything

As a parent, there's a real temptation to sweep away things that are bothering or challenging your teen, but solving problems for your child won't teach them resilience. The best way to develop resilience is by coping with difficult situations firsthand.

Sit by your teen as they go through a challenging time and validate their feelings, prompting them to talk through what they're experiencing and asking what they think they need to do to solve the problem. That can help build up your teen's distress tolerance.

It can be hard to watch your teen struggle — with a breakup, [anxiety](#), being fired from a job, or anything else.

Remember that this is a good time for your teen to practice building resilience, while they still have the safety net of living at home. By letting them think of and try their own solutions — and make occasional mistakes — you're equipping them with better resilience in adulthood.

2. Let Them Know When You're Worried

Giving your teen space to solve their problems doesn't mean stepping back completely. It's still important to check in on them and let them know when you're concerned. If you notice your teen spending even more time in their room than usual, for example, talk with them about it.

This is a great time for open-ended questions. Try saying something like, "I've noticed you're not going to drama club anymore. What's up with that?" Ask your teen if they'd like help brainstorming solutions or if they just want to vent. Remind them you're always there for them, but be sure to check back later since it can be difficult for teens to start these conversations.

3. Show Empathy

Some things that devastate your teen — such as being left out of a social gathering or being embarrassed on social media — may seem insignificant to you, but turn up your empathy instead of downplaying what your teen is going through.

You can say something like, "High school friendships can be hard. I didn't have to deal with social media when I went through it, but I can see how much this affects you." Validating the stress your child is experiencing goes a long way.

4. Model Problem-Solving

Resilient people are able to find solutions to their problems and make a new plan if their first one doesn't work out. But that skill is developed over time, and many teens haven't yet had a chance to work on it. As a parent, you can help demonstrate realistic problem-solving skills and teach your teen how to find solutions. Start by asking your teen if they've ever talked a friend through a similar situation, and what helped. Listen to what they say first, and help them figure out steps to take for themselves. Together, brainstorm what other approaches may work in case they need a backup plan.

5. Encourage Connections With Other Adults

As parents, we want teens to come to us. But even when our kids know they're supported and loved unconditionally, they're sometimes more comfortable talking to an adult who isn't their parent. Strong social relationships with other caring adults and peers are strong factors in resilience. It's not a failure if your teen doesn't come to you. It shows that they have healthy relationships outside their immediate family, which is a key part of teen development.

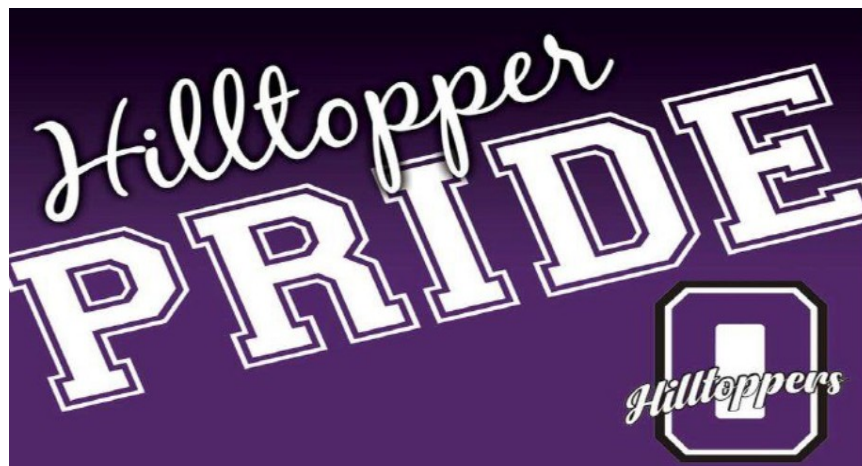
6. Recommend Professional Help

One of the best ways to teach resilience is to acknowledge that it's OK to need support. When teens feel overwhelmed by their emotions, encourage them to seek professional support. That models the idea that you don't have to wait until a crisis point to get mental health support. Instead, early intervention is healthy, helpful, and effective. Learn more about how to get help for your teen.

7. Normalize Tough Times

Stress is an everyday part of life. You wouldn't want to burden your child with your stressors, but it's OK to talk to them about some challenging parts of your life. Seeing you navigate a minor financial setback or a complicated friendship can demonstrate resilience firsthand. In a similar way, it's important to try to keep an even keel, especially in front of your teens. Seeing a parent take a deep breath, stay calm, and create a solution teaches teens healthy coping. Try to avoid saying things like, "I can never catch a break," which can cause teens to internalize the message that life is hard. Instead, opt for, "We always get through" — a reaction that emphasizes resilience. If you overreact to a challenge, don't beat yourself up. It happens to everyone, and it offers an opportunity to model the ways you recenter yourself in, or after, the moment.





0 EXPECTATIONS OF ONALASKA STUDENT ATHLETES 0

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

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“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 - TeamHome 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!

June 15, 5 to 8 p.m. - Family Medicine Residency Clinic, La Crosse

July 23, 5 to 8 p.m. - Sports Medicine Clinic, Onalaska

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.



Get ready for the school year with a

Well Child Visit

A well-child visit is a routine medical appointment to promote the health and development of children from infancy through adolescence. During the well child appointment we provide a complete exam including:

- Physical Examination
- Growth and Development Tracking
- Immunizations
- Health Screenings for sports
- Completing any required forms

These visits are crucial for ensuring that children are growing and developing properly and for addressing any health concerns early on. It is recommended that children aged 3-21 years old connect yearly with their primary care provider.



Need to make an
appointment?
608 - 392-5000

or scan the QR code to
self-schedule an appointment
or use the Mayo Clinic App

Important Fall Sports Dates:

Starting Dates:

Football: August 4, 2026

Girls Golf: August 10, 2026

Girls Swimming: August 11, 2026

Boys & Girls Cross Country: August 17, 2026

Girls Tennis: August 11, 2026

Boys Soccer: August 17, 2026

Volleyball: August 17, 2026

A Mandatory Parent/Athlete/Coach Preseason Meeting will be prior to the start of fall sports, on Monday, August 3 – 5:30 PM in the PAC.

Monday, August 3

4:30 PM – Impact Testing

5:30 PM – Rules meeting with Mr. Thiry

6:00 PM – Break out Coach team meetings for all fall sports

Athletic Registration Information

We have a new program for Athletic Registration this year. Please wait to register for fall sports until after the Athletic Department sends out information.

You can turn physical forms in to the Athletic Office at any time. You will also be able to upload them to your online registration page once that is available. If your student athlete's last physical was before April 1, 2025, they will need a new physical exam this year to be eligible to participate in a sport.

Participation Fees will be available in August with our new District payment program. Fees will then need to be paid prior to the first competition.

Thank you

OHS Activity/Athletic Office



ONALASKA HIGH SCHOOL ATHLETIC USER FEES

\$45.00 – (\$6.75)

Cross Country
Swimming
Tennis
Track & Field

\$100.00 – (\$15.00)

Dance
Golf
Gymnastics

\$75.00 – (\$11.25)

Baseball
Basketball
Football
Lacrosse
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

\$200.00 – (\$30.00)

Winter Guard

\$250.00 – (\$37.50)

Hockey



*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.

*Families with students in multiple athletic programs will be responsible for a maximum family fee of \$350.00 per year.

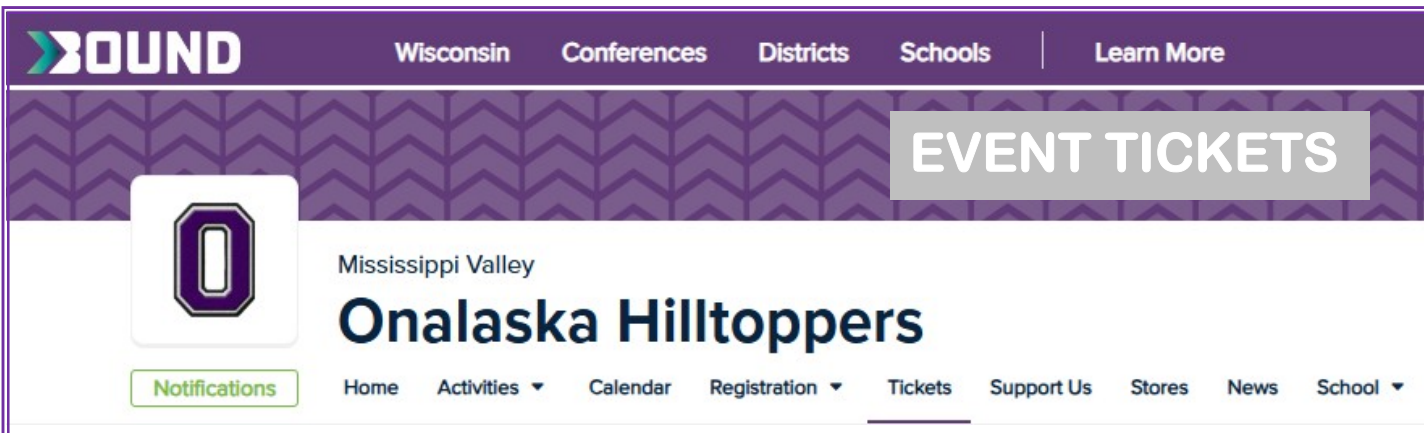
*Participation fees are to be paid prior to the first competition.

*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.

*All school-owned athletic equipment **MUST** be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

Admission Charges for Athletic Events: [Purchased through Bound](#)**Adults - \$6.00****Students (K-12) - \$4.00****Senior Citizens (61 or Older) - FREE****School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00**

Good for all OHS home events - **except** post season tournament events



NEW Bound Ticket/Sports Pass system

The [Bound Event Ticket system](#) is the new ticketing system for all OHS events.

Electronic individual game tickets and athletic sports passes will be available for purchase at Onalaska High School's Bound page link -

<https://www.gobound.com/wi/schools/onalaska/tickets>.

- ☐ Activity Sports Passes purchased through Bound.
 - Student Sports Pass – optional \$30 for all home athletic events (Students K-12)
 - Adult Sports Pass – optional \$70 for all home athletic events
 - NO PASS NEEDED - Senior Citizen – (61 or older) - **FREE**
Both Resident/Non-Resident - **FREE**

Partnering together, the MVC Conference has decided to admit ALL Senior Citizens to Coulee Region sporting events for free.

(ALL MVC Conference Schools ONLY, Resident or Non-Resident)

With proof of age (61 or older) No need for a ticket or pass, just a driver's license with proof of age for admittance.

- Download the [Bound](#) app and create an account
<https://lets.gobound.com/the-new-bound-app>

Bound is more than just tickets. It's an all-in-one fan engagement hub designed to keep fans informed and involved at every step of the season. Stay connected with schedules, rosters, scores, stats, and team notifications—all in one place.

***2025-26 Mississippi Valley Conference
Spring Academic All-Conference players***

These terrific athletes are also terrific students. MVC honors these athletes for their athletic ability and academic performance during the fall sports season. To qualify, a student must earn a Varsity Athletic Letter and obtain a 3.5 GPA.

ASL

Liam Caulkins
Aubrey Nelson
Ying Kong Xiong

Baseball

Kaden Betz
Tyler Kowal
Donovan Lucksted
Trent Oyen
Cooper Rudie
Benjamin Tempelis
Carson Zinnecker
Raelyn Cowley – Manager

Boys Golf

Asher Andel
Grayson Andel
Jackson Egan
Tristan Molling
Tyler Runde
Colten Schroeder
Chasen Witt

Boys Tennis

Bradley Baker
Tyler Bente
Xavier Busta
Elijah Fernandes
Jakob George
Elliot Glebke
Gavin Kind
Elliott Luecke
Soham Patel
Gavin Sommerfield

Girls Soccer

McKenna Alderman
Adaryn Belanger
Khloe Burnstad
Avery Cowley
Isabella Cromheecke
Sofiya Cromheecke
Vivian Guzzo
Lia Mahlum
Lillian Ryan
Ellie Schmid
Ella Shananaquet
Elsie Shananaquet
Addison Shelton
Amelia Spencer
Ellie Thesing
Claire Verzwuyvelt
Francesca Vriens
Finley Walters

Lacrosse

Ari Duddeck
Timothy Newman
Alexander Sammann

Softball

Maryjane Flynn
Madison Heit
Zoe Koonce-O'Kane
Zoey Lichty
Camryn Moss
Lauren Pica
Claire Weigel
Cayenne Zinnecker

Track and Field

Ellie Archer
Carter Beeler
Kaylee Bennie
Wylder Burch
Brendan Chenault
Madelyn Davidheiser
Grady Dunnum
Claire Fortun
Sofia Gerlach
Elin Gilles
Maya Hartman
Mara Klein
Zayda Lawrence
Isabella Malecek
Lorraine Marinier
Makena McGarry
Elodie Most
Olivia Peterson
Sadie Peterson
Megan Ramsay
Finley Rudie
Kohen Rupp
Luke Siegel
Cade Sommerfield
Alexis Stupi
Lejla Tahic
Warren Thompson
Rickie Tillotson
Mya Yang – Manager





Congratulations Spring More Than An Athlete Students



Freshman

Kellen Adams
Asher Andel
Ella Bennie
Jameson Benrud
Evan Clark
Laila Cossette
Madelyn Davidheiser
Carter DeLong
Brendan Dowd
Connor Fecht
Parker Flaten
Dashiell Gregg
Jack Hamilton
Peyton Hopkins
Lauren Hughes
Elleanna Hundt
Amelia Jorstad
Gabriel Kazda
Norah Keister
Makenna Klein
Macy Koshollek
Ian Krall
Nathan Kuhn
Zayda Lawrence
Masyn Manix
Lorraine Marinier
Howard Martin
Emery Miller
Phoebe Miranda
Matthew Moeller
Lilly Morse
Swayam Patel
Marshall Peters
Hailey Pollex
Jackson Reinsvold
Evan Rickleff
Ruby Romero
Karen Ross
Tyler Runde
Alexander Sammann
Ellie Schmid
Ella Shananaquet
Elsie Shananaquet
Addison Shelton
Cason Smith-Nichols
Paxton Spies
Ivan Stacey
Viola Sveen
Lejla Tahic
Milo Temp

Owen Tempelis
Warren Thompson
Graham Van Der Horst
Eric Vang
Alexander Walden
Sean Weng
Jolivia Werlein
Cal Williams
Grady Wojta

Sophomore

Cameron Alderman
McKenna Alderman
Ellie Archer
Bradley Baker
Kaden Betz
Jack Breidenbach
Aislyn Bruha
Wylder Burch
Liam Caulkins
Avery Cowley
Sofiya Cromheecke
Bradyn DeLong
Ari Duddeck
Tameron Evaro
Carter Fay
Charles Filla
Maryjane Flynn
Claire Fortun
Clayton Gerig
Sofia Gerlach
Elin Gilles
Elliot Glebke
Taylor Gretebeck
Vivian Guzzo
Abbie Hanson
Benjamin Hauser
Clayton Heiman
Madison Heit
Cooper Hilton
Aiden Hoff
Joshua Imgrund
Mindy Kao
Kasey Kees
Tyler Kowal
Sydney Kraus
Adam Kuhn
Madelyn Larson
Ella Leemkuil
Fiona Li
Grant Lorenz

Lia Mahlum
Ella Maly
Matthew Masey
Samuel Mika
Camryn Moss
Elodie Most
Aubrey Nelson
Chase Palmer
Poorv Patel
Sadie Peterson
Madison Phillips
Megan Ramsay
Finley Rudie
Kohen Rupp
Joseph Scafe
Alexa Schauer
Colten Schroeder
Josephine Shillin
Peyton Soland
Cade Sommerfield
Amelia Spencer
Alison Storandt
Ellie Thesing
Claire Verzwylvelt
Claire Weigel
Noah Witcik
Kameron Zieba
Mason Zimmer
Cayenne Zinnecker

Junior

Grayson Andel
Ella Ballmer
Adaryn Belanger
Kaylee Bennie
Khloe Burnstad
Xavier Busta
Brendan Chenault
Madalynn Dahl
Caleb Dannenberg
Lucas Fillbach
Kelty Grant
Maya Hartman
Matthew Jackson
Mara Klein
Alexis Lelievre
Zoey Lichty
Jackson Ludden
Elliott Luecke
Timothy Newman
Derrel Ombogo

Jackson Palmer
Lauren Pica
Alea Runde
Lillian Ryan
Myles Stapleton
Kaeson Stettler
Benjamin Tempelis
Nele Velten
Francesca Vriens
Lacy Vue
Finley Walters
Drew Wilson
Elizabeth Witcik
Chasen Witt
Parris Wolf
Ying Kong Xiong

Senior

Carter Beeler
Tyler Bente
Raelyn Crowley
Isabella Cromheecke
Grady Dunnum
Jackson Egan
Elijah Fernandes
Vitaliano Figueroa
Jakob George
Kylie Gilhausen
Lewis Go
Dayton Heintz
Carter Johnson
Gavin Kind
Zoe Koonce-O'Kane
Sophia Larkin
Donovan Lucksted
Isabella Malecek
Porter Mallady
Maddisyn Manix
Makena McGarry
Tristan Molling
Trent Oyen
Soham Patel
Olivia Peterson
Cooper Rudie
Brett Schindler
Luke Siegel
Gavin Sommerfield
Alexis Stupi
Rickie Tillotson
Carson Zinnecker

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 photo submission deadline for the OHS Yearbook Thursday, September 24, 2026
Submit close up shot showing predominantly head and shoulders, wallet size only
Senior baby ad submission deadline for the OHS Yearbook..... Thursday, September 24, 2026
Cap and Gown measurements taken and packets sent home early November
Graduation orders taken for announcements, etc. early November
Graduation Date Saturday, May 22, 2027 --- 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
School Hours: 7:45 AM – 2:50 PM
Jared Schaffner Principal
Schaffner.Jared@onalaskaschools.com
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*The mission of
the School
District of
Onalaska is to
work together to
ensure high
levels of learning
for all.*

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