

Middle School Athletic & Activity Opportunities

ISD 282 offers a combination of opportunities for SAMS students to participate in both activity groups and on athletic teams. Athletic participation is open to students in 7th and 8th grade. SAMS sponsored teams that play a middle school schedule include volleyball in the fall and track and field in the spring.

High school sponsored teams that allow roster spots for SAMS students are below.

Fall

Adapted Soccer CI
Bowling
Cheerleading
Cross Country (Girls & Boys)
Soccer (Girls)
Swim and Dive (Girls)
Tennis (Girls)

Winter

Swim and Dive (Boys)
Nordic Skiing (Boys & Girls)
Gymnastics
Wrestling

Spring

Golf (Boys and Girls)
Lacrosse (Girls)
Softball
Tennis (Boys)
Track & Field (Boys & Girls)
Trap Shooting (Boys & Girls)

Sports Physicals

To participate in a school sport or activity, you must first be fully registered. For athletics, you must also have a current sports qualifying physical on file. Sports physicals are valid for three years.

If you need to submit a sports physical, email it to Mary-Clare Johnsen at mjohnsen@isd282.org or fax it to 612-707-1140.

Middle School Activities Offered

GSA

Lego League

Knowledge Bowl

Middle School Play

Fitness Center Access

Student Diversity Group

For more information about middle school activities, please contact the middle school office at msoffice@isd282.org.

Elementary & Middle School Opportunities through St. Anthony Sports Boosters

More opportunities to stay active and be involved are hosted through St. Anthony Sports Boosters. To learn more about offerings from SASB, please visit [their website](#).