

St. Anthony Middle School Athletics

Regarding participation and concerns about Middle School athletic opportunities.

Q: Who can participate in Middle School athletics?

A: Students in 7th and 8th grade may participate in Middle School and some High School sports.

Q: What sports can 6th grade students participate in?

A: Unfortunately, there are not any athletics options in the Middle School or High School for 6th graders. 6th grade students are encouraged to participate in community-sponsored Sports Boosters programs.

Q: Who are the Sports Boosters and how can I contact them for more information about registering my son or daughter for a sport?

A: The St. Anthony Sports Boosters is a volunteer organization that coordinates sports for the youth of the community. Any one who lives or attends school in St. Anthony is eligible to participate in the programs. In many cases, sports are offered for both in-house and traveling programs. You can inquire about Sports Boosters programs by calling Community Services at 612 706-1166 or stopping by Community Services in the St. Anthony City Hall. Additional information is also available at: www.stanthony.k12.mn.us/sportsboosters/index.html.

Q: What sports do the St. Anthony Sports Boosters offer?

A: Sports Boosters offers a variety of sports: fall sports include soccer (boys and girls) and football (boys); winter sports include basketball (boys and girls) and hockey (boys and girls); spring sports include baseball (boys), softball (girls), and t-ball (boys and girls).

Q: What sports are offered for Middle School students?

A: The independent Middle School athletics programs are volleyball (girls), basketball (boys and girls), and track and field (boys and girls). In addition to these Middle School sports, Middle School students may also participate in various High School athletics programs including: soccer (7th and 8th grader boys and girls have the opportunity to try-out for HS soccer teams), boys and girls tennis, boys and girls cross country, girls swimming and diving, girls hockey, wrestling, gymnastics, boys and girls Nordic skiing, and softball. ASK ROGER HOW HE WANTS GIRLS GOLF DESCRIBED.

Q: I have heard St. Anthony cooperates some of their High School and Middle School sports programs with Spring Lake Park. What programs cooperate?

A: Middle School track co-ops with Spring Lake Park (SLP). For High School sports Middle School students may participate in soccer, girls hockey, Nordic skiing, and wrestling. All of these programs are cooperated with Spring Lake Park.

Q: How do I find out about sports registration?

A: Information regarding sports registration is distributed in a couple of ways:

- 1.) The best way to keep up-to date may be on the athletics page of the district's webpage at www.stanthony.k12.mn.us.
- 2.) Daily announcements are made regarding upcoming sports registration in the High School and Middle School. These daily announcements are emailed to parents on the school's distribution list.
- 3.) In some sports, teams will have a pre-registration meeting which serves to notify families of upcoming requirements. For fall sports the athletics department holds a spring pre-registration and this information is given to fall coaches.
- 4.) The High School's sign in front of the school displays important registration details as each sport season nears.
- 5.) If you think the season may be near and you haven't heard about sign-ups yet, you may call the Athletics Office at 612 706-1105.

Q: When do the seasons begin? When do they end?

A: Please see the table below.

Sports	Grades	Registration Dates	Season Begins	Season Ends	Fees	Contact Information
Boys Cross Country Middle School	7-12	First two weeks of August	Mid August	End of October	70.00	Travis MacLeod (612) 706-1124
Girls Cross Country Middle School	7-12	First two weeks of August	Mid August	End of October	70.00	Lisa Swan (612) 706-1127
Girls Swimming & Diving Middle School	7-12	First two weeks of August	Mid August	Mid November	70.00	Tina Neill polarswim@aol.com
Girls Tennis Middle School	7-12	First two weeks of August	Monday of 3 rd week in August	Mid October	70.00	Celine Pederson (612) 706-1135
Boys Soccer (MS Try Out for HS Team)	9-12	First two weeks of August	Mid August	Mid October	70.00	Jake Smothers (763) 785-5549
Girls Soccer (MS Try Out for HS Team)	9-12	First two weeks of August	Mid August	Mid October	70.00	Brady Eichhorn-Hicks (763) 785-5549
Volleyball Middle School	7-12	Once school begins	First week of school	Mid October	70.00	Jenny Severson (612) 706-1121
Boys Basketball Middle School	7-12	Two weeks prior to winter break	After winter break	Mid / End February	70.00	Eric Kronback (612) 706-1043
Girls Basketball Middle School	7-12	End of October / beginning of November	First week of November	End of December	70.00	Eric Kronback (612) 706-1043
Gymnastics Middle School	7-12	October 30 – November 13	Mid November	End of February	95.00	Jill Kraemer (651) 307-3169
Girls Hockey Middle School	7-12	October 16 – October 30	End of October	End of February	135.00	Tom Kulenkamp (651) 768-4645
Nordic Skiing Middle School	7-12	October 30 – November 13	Mid November	Early February	70.00	Mike Miller (763) 786-5648
Wrestling Middle School	7-12	November 7 – 20	Mid November	End of February	70.00	Lance Schilling (763) 784-5326
Boys Golf (MS Try Out for HS Team)	7-12	February 26 – March 12	Mid March	Mid /End May	70.00	Michael Hinton (763) 521-4912
Girls Golf (MS Try Out for HS Team)	7-12	February 26 – March 12	Mid March	Mid / End May	70.00	Roger Johnson (612) 706-1103
Softball Middle School	7-12	February 26 – March 12	Mid March	Mid May	70.00	Lamar Brendemuehl (612) 280-6215
Boys Tennis Middle School	7-12	March 12 – 26	End of March	Mid May	70.00	Celine Pederson (612) 706-1135
Boys Track & Field Middle School	7-8	February 26 – March 12	End of March	Mid / End May	70.00	Karrie Schaaf (763) 795-6368
Girls Track & Field Middle School	7-8	February 26 – March 12	End of March	Mid / End May	70.00	Karrie Schaaf kschaa@district16.org

Q: What do I need to do for my son or daughter to be eligible to participate in a sport?

A: There are two answers to this question. The requirements for a Middle School athlete to participate in a middle school sport differ from participation in a high school sport. For MS sports (volleyball, basketball, and track) each athlete must turn in three items: a signed SAMS Eligibility statement, a Minnesota State High School League (MSHSL) eligibility statement, and his or her participation fee. For HS sports, athletes must also complete a MSHSL Annual Health Questionnaire, have a sports qualifying physical from within the past three years, and an emergency card.

Q: Where can I get the registration forms?

A: Registration forms are available in the Athletics office and on the Athletics webpage.

Q: Does my son or daughter need a Sports Qualifying Physical for MS sports?

A: High School sports require Sports Qualifying Physicals every three years. For middle school athletics programs (volleyball, basketball, and track) a physical is not required.

Q: What transportation is provided for Middle School sports?

A: Teams take a bus to and from contests. On rare occasions parents may be asked to drive as well. For co-op sports, a shuttle bus brings students to and from Spring Lake Park each day. However, there is not a return bus from SLP *when* there is a game / meet / match. Parents are responsible for transporting their son or daughter home after co-op event competition.

Q: How do I find out more about the shuttle bus to Spring Lake Park?

A: There is a pamphlet answering many of the commonly asked questions about the shuttle bus. Please ask the Middle School or Athletics office for the pamphlet with more shuttle bus information.

Q: What are daily sports schedules like?

A: This may vary from team to team. Middle School volleyball and basketball teams practice Monday through Thursday from 3 to 4 p.m. and will generally have two games a week. High School programs in which Middle School athletes may participate are much more rigorous. HS teams practice five days a week and, in many cases, practices will last until 5 or 6 p.m. HS games are also in the evening, whereas MS events usually start in the 4 o'clock hour. Parents and MS athletes in High School programs should be aware of the significant time requirements for participation.

Q: What are the costs for Middle School sports?

A: Sports for Middle School athletes cost \$70. The two exceptions are gymnastics and girls hockey. The costs for gymnastics is \$95 and girls hockey is \$135.

Q: What sports can I play in the summer?

A: For summer programs, you may either contact the coach of the sport to ask about summer leagues and teams, or sign-up for a Sports Boosters summer team. There are no MS or HS sports in the summer.

Q: I have heard of captains' practices, what are they?

A: Captains' practices are pre-season practices organized by team members in preparation for their upcoming season. If your son or daughter is interested in a sport, they should contact upper classmen or ask their coach if there will be captains' practices. It is a violation of MSHSL rules for the Athletics Office to coordinate captains' practices.

Q: How to I find out about game schedules and cancellations?

A: The best way is to use the school's website. Go to www.stanthony.k12.mn.us and click on "District Wide Event Calendar". From here you can access each team's schedule and view the district's weekly event schedule for any changes. This is updated as soon as there is a change in any schedule. Using this calendar, you can also sign up for email notifications if your schedule changes. The Sports Hotline also has game information. You can call the Sports Hotline at 612.706.1025.

Q: Who is responsible for the equipment needed for a sport?

A: Generally items such as shoes and any work out apparel is the responsibility of the athlete. Competition uniforms will be provided by each team and athletes are in charge of their care. Some sports may ask for a small fee to pay for team t-shirts or something similar.

Q: How do I contact my child's coach?

A: On the district's Athletics Page there is a link to "Coaches Contact Info."

Q: When is fall sports sign-up?

A: The Monday of the third week in August. Middle School volleyball's sign-up will not be until the second or third day of school in the fall.

Q: What if I have any additional questions that are not answered in this Q and A?

A: Many of your questions will be answered on the Athletics webpage (www.stanthony.k12.mn.us, then click on Athletics). You can also call the Athletics Office at 612 706-1105 for any additional questions.