

Activities Director/Dean of Students Report

November 22, 2022

News/Notes

- Our fall season sports season has come to an end and all winter sports have now started practicing! We had several athletes received honors for their accomplishments this Fall:
 - FOOTBALL: Gabe Ridlon (All-District), Dylan Klancher (AD), Will Meyer (AD), Jacob Millsop (AD), Brayden Holmvig (AD Honorable Mention), Gabe Windorski (AD HM), Kolbe Severson (AD HM)
 - TENNIS: Margaret Silgen & Tori Oehrlein (All-Conference), Brooke Johnson (AC Honorable Mention).
 - VOLLEYBALL: Josie Schafer (All-Conference).

Athletics Updates

Football

• The team concluded their season in the Section 7AA Finals falling to Moose Lake-Willow River 25-0 and ended the season with a 5-5 record. They made the Finals with a win over International Falls 36-0 in the Semifinals that were held at C-I. Coach Syrstad is excited to take that next step next Fall.

Volleyball

• Volleyball concluded their season in the Section Playoff 1st Round losing to Mesabi East 3 sets to 1 (25-11, 20-25, 25-17, 25-23). Their overall record for the year was 6-20.

Cross Country

• At the Section 7A Championships the Girls team finished 6th place overall but were only 10 points away from 4th. Many of the Girls achieved PR's at the meet and all of them return next year. The boys finished with an INC score but also will return everyone with the plan of having a scoring team.

Dance

• Dance had a very successful start to their season on November 18th & 19th. On the 18th they finished 2nd place at Pequot Lakes in both Jazz and Kick then followed that up the next day in Brainerd with 1st Place finishes in both. A great start to the season for Coach Norwood and her team!

Girls Hockey

• The Northern Lakes Girls Hockey team has played three contests this season and is 1-2 so far overall.

Upcoming Events

- The first Girls Basketball Game is Tuesday, November 29th in Proctor.
- Northern Lakes Lightning Boys team plays their first contest on Tuesday, November 29th against Fergus Falls at the Breezy Point Arena.
- Wrestling begins their 2022-23 campaign in Rush City Saturday, December 3rd.
- Boys Basketball first Game is Tuesday, December 6th against Pine River-Backus at Home.

Please see the following page for Athletic Registration Numbers.

For updated scores and schedules visit: ci-rangers.org

Respectfully submitted,

Cley Twigg

Activities Director/Dean of Students





2022-23 Winter Athletic Registration Numbers

as of November 22nd, 2022

DANCE

• **2022-23:** 15 (21% decrease)

• **2021-22**: 19

WRESTLING

• **2022-23:** 9 (35% decrease)

• **2021-22**: 14

GIRLS BASKETBALL

• **2022-23**: 18 (14% decrease)

• **2021-22**: 21

BOYS BASKETBALL

• **2022-23:** 25 (9% increase)

• **2021-22**: 23

GIRLS HOCKEY

• **2022-23:** 3 (no change)

• **2021-22:** 3

BOYS HOCKEY

• 2022-23: 4 (20% decrease)

• **2021-22:** 5

JUNIOR HIGH GIRLS BASKETBALL

• **2022-23:** 25 (56% increase)

• **2021-22:** 16

JUNIOR HIGH BOYS BASKETBALL

• **2022-23:** 16 (38% decrease)

• **2021-22**: 26

Hoping these numbers will go up as it's still the start of the Winter Sports Season.

