

Activities Director/Dean of Students Report

August 22nd, 2023

News/Notes

 The 2023-2024 Activities season is upon us! All activities have started practices with a full week of them under their belts with Competitions just around the corner.

Athletics Updates

Tennis

• The Tennis team has already had two contests this season, a Dual against Pequot Lakes and Tri-Match vs Mora & Pierz. They went 1-2 in those competitions and 9-12 total in matches played. Tori Oehrlein and Margaret Silgen have had strong starts to the season as both are 3-0 and are playing #1 and #2 singles respectively. Mary Fleming and Maria Smith are 2-0 in Doubles Play so far as well. They play next on Friday, August 25th in a Quad Tournament split between Aitkin and Crosby courts.

Volleyball

Our Volleyball team competed at a Scrimmage this past Monday in Esko against mostly Section opponents. While
official records were not kept, they played in 20 minute matches and rotated quickly between opponents. Coach
Ernst was very impressed with how his team competed and is very excited for their first Match this Thursday,
August 24th at Mesabi East.

Football

• It's been a very productive start to the season for the Football team. They have only been able to practice against each other but the Coaching Staff has seen a lot of improvement due to the Summer Strength & Conditioning program many of the athletes participated in. They will be able to test themselves this Saturday August 26th against a few different teams at a Scrimmage in Pillager.

Cross Country

• The Cross Country team has so far appreciated the cooler temperatures and early morning practices. While they also haven't competed against any competition they have had a few hard workouts on some great Hills. Their first Meet is next Monday, August 18th in Staples.

Upcoming Events

- The next time our teams will compete at Home are following:
 - Volleyball
 - Scrimmage August 25th vs Aitkin
 - Scrimmage August 26th vs St. Anthony Village
 - Football
 - 1st Game of the season: September 1st vs Deer River
 - Tennis
 - Match August 29th vs Parkers Prairie

Respectfully submitted,

Cley Twigg

Activities Director/Dean of Students



^{*}Please see the second page for Fall 2023 Activity Registration Numbers.



2023 Fall Athletic Registration Numbers

as of August 22nd, 2023 (Will pick more up as School Starts)

CROSS COUNTRY

• 2023: 19 (5% increase)

• **2022**: 18

FOOTBALL

• **2023:** 37 (23% increase)

• **2022**: 30

JUNIOR HIGH FOOTBALL

• **2023:** 27 (35% increase)

• **2022**: 20

TENNIS

• 2023: 13 (48% decrease)

• **2022**: 25

VOLLEYBALL

• **2023:** 25 (4% increase)

• **2022**: 24

JUNIOR HIGH VOLLEYBALL

• **2023:** 27 (17% increase)

• **2022**: 23

OVERALL:

• **2023:** 148 (5.7% increase)

• **2022**: 140

