



Activities Director/Dean of Students Report

August 21st, 2024

News/Notes

- The 2024-2025 Activities season is upon us! All Fall activities have started practices with a full week and a half under their belts and competitions are just around the corner.

Athletics Updates

Tennis

- The Tennis team has already had two contests this season, a Triangular against Mora & Pierz in Mora and another Triangular vs Pequot Lakes & Perham on our Home Courts. As a team they have gone 1-3 but have been competitive in each contest. Tori Oehrlein has started the year 4-0 and hasn't dropped a set so far and Betty Larson & Madeline Fleming had their first ever Varsity win in a doubles match vs Mora.

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 official match of the year this Thursday, August 22th in the Galovich Gym.

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 24th against many different teams at a Scrimmage in Pillager. Their first game is on the road in Deer River on Friday, August 30th.

Cross Country

- The Cross Country team has been hard at work running the paved trails our area provides. They have gotten out in the heat & humidity while they prepare for their first Meet next Monday, August 26th in Staples.

Upcoming Events

- The next time our teams will compete at Home are following:
 - Volleyball
 - Thursday, August 22nd vs Mesabi East
 - Tuesday, August 27th vs Cromwell Wright
 - Thursday, August 29th vs Pine River-Backus
 - Tuesday, September 3rd vs Pillager
 - Football
 - Friday, September 6th vs Mesabi East
 - Tennis
 - Tuesday, September 3rd vs Mora
 - Saturday, September 7th vs Duluth Marshall, North Branch & Stella Maris Academy

***Please see the second page for Fall 2024 Activity Registration Numbers.**

Respectfully submitted,

Cley Twigg

Activities Director/Dean of Students

For updated scores and schedules visit: cirangers.org



2024 Fall Athletic Registration Numbers

- as of August 21st, 2024
- 2023 numbers reflect as of August 22nd, 2023.

CROSS COUNTRY

- 2024: 26 (37% increase)
- 2023: 19

FOOTBALL

- 2024: 44 (19% increase)
- 2023: 37

JUNIOR HIGH FOOTBALL

- 2024: 28 (4% increase)
- 2023: 27

TENNIS

- 2024: 16 (23% increase)
- 2023: 13

VOLLEYBALL

- 2024: 30 (20% increase)
- 2023: 25

JUNIOR HIGH VOLLEYBALL

- 2024: 25 (7% decrease)
- 2023: 27

OVERALL:

- 2024: 169 (14% increase)
- 2023: 148