

# CHS/CMS FALL ACTIVITIES 2022

Please read the following information on sports offered at Cloquet for students in grades 7-12 for the 2022 fall season. Most will begin prior to the school year starting, so it is crucial you get the right information so your student can take advantage of all the great opportunities we offer. All papers required for participation are available on the Cloquet Public Schools web page ([www.isd94.org](http://www.isd94.org)) under the Activities Tab. If you have any specific questions, please contact the head coach for each sport (phone numbers/emails will be listed at the end of each description). There will be a mandatory meeting for all fall athletes participating on C-Team, JV, and Varsity teams on Tuesday, August 23<sup>rd</sup> at 7:00 PM in the CHS Auditorium. For general inquiries, contact the CHS Activities Office at 879-3393 ext 1202 or [priess@isd94.org](mailto:priess@isd94.org).

## GENERAL INFORMATION

1. Each student **must** have a current physical examination form on file before practicing. Athletic physicals are good for three years. Local clinics have the form; inform them you need an athletic physical and request they use the MSHSL physical form. The physical form is also available online at [www.isd94.org](http://www.isd94.org) or at CHS. If you already have a current physical form on file with us then you do not need to do anything.
2. You can register for a fall activity online. (Google Form: <https://forms.gle/E5j5nGQWUT8hB8vs6> ). The MSHSL Eligibility form including the Cloquet High School and Cloquet Middle School Eligibility Policies are available from your coach, the CHS Activities Office or on the Cloquet School District webpage. These forms must be filled out **once** each year. Forms can be submitted online when you register at the link above. If you are unable to submit online, return the physical forms to the CHS Activities Office.
3. Information regarding fees can be found on the Cloquet School District website under the activities tab. All Middle School activities listed under **Section B** will be paid for at the Middle School Office. All activities listed under **Section A** are considered High School activities and must be paid at the High School Activities Office. All activity fees are reduced for families who have submitted annual paperwork and qualify for the free and reduced lunch program. Fees can be paid online with a credit card via the infinite campus parent portal. All fees must be paid by the first contest to be eligible to play. Please wait until practice begins to pay fees.
4. Information about practices and games will be given to you during the first week of practice. Please read these carefully. If you or your parents have questions please contact the coach. They should be able to answer more specific questions about practice length and times, bus departure/return times, etc.

## CROSS COUNTRY RUNNING

Practice will begin August 15 at Pine Valley at 8:00 am for high school and middle school runners. If you are interested in participating but unable to attend practice on August 15, contact Coach Chandra Allen at [callen1@isd94.org](mailto:callen1@isd94.org) or 218-391-4312. Please have your physicals completed by this date. This will be most 7th and 10th graders.

## GIRLS TENNIS

Captain's practice (optional) will begin on Monday, August 8th at 9:00 AM at the Cloquet High School tennis courts. Any returning or new player is strongly encouraged to attend these pre-season workouts. Regular practice begins Monday, August 15<sup>th</sup>, 3:30 PM at the CHS tennis courts. Any Cloquet, Esko, Carlton girl in grades 7 - 12 interested in joining tennis should be present. Everybody should bring appropriate clothing, a racquet and a water bottle. *If you have any questions, contact Coach Derek Johnson at 218-390-0580 or email: [dirkjohnson22@aol.com](mailto:dirkjohnson22@aol.com).*

## **BOYS SOCCER**

Tryouts for grades 7-12 will begin Monday, August 15th from 8:00-11:00 am and Tuesday, August 16th from 8:00-10:30 am at Hilltop Soccer Complex. Every player should bring a soccer ball, shin guards, water bottle, running shoes, and cleats. Captain's practice (optional) will begin Monday, August 1 from 10:00-11:30 AM at Hilltop Field. *If you have any questions, contact Coach John Sundquist at 218-355-8188 or email: [sunstorm1010@gmail.com](mailto:sunstorm1010@gmail.com).*

## **GIRLS SOCCER**

Tryouts will be held at Hilltop Field the week of August 15th from 8:00 AM to Noon. Please bring running shoes, soccer ball, shin pads, cleats, lots of water and a healthy snack. Captain's practice (optional) will be Monday – Friday, August 1 to August 12 from 9:00 AM –11:00 AM at Hilltop Field. *If you have any questions, contact Coach Dustin Randall at 879-3393 ext. 1004 or email: [drandal1@isd94.org](mailto:drandal1@isd94.org).*

## **FOOTBALL: GRADES 7 - 8**

Players should report to the Cloquet High School (Door 10 on north side of gym) on either Tuesday, August 23rd or Thursday, August 25th for equipment fitting and pickup. We will have coaches staffed from 5:00 - 7:00 PM to issue equipment. Any players unable to make it either of these days will have to get equipment on the first day of practice. Practice starts for all 7<sup>th</sup> & 8<sup>th</sup> grade players on Monday, August 29<sup>th</sup> from 3:45 - 5:30 PM. Come prepared to practice that day. We will provide all protective gear except football shoes and socks. Forms can also be filled out on the first day of practice. Middle school office hours are 7:30 AM - 3:30 PM. *If you have any questions, contact Coach Tim Prosen at 218-879-3393 ext. 1206 or email: [tprosen@isd94.org](mailto:tprosen@isd94.org).*

## **FOOTBALL: GRADES 9 - 12**

All 9-12 parents & players will meet on Thursday, August 11<sup>th</sup> at 6:00 PM at Cloquet High School Cafeteria. Equipment, lockers, and paperwork will be handed out to players.

Football practice will start on Monday, August 15<sup>th</sup> with two a day practices starting at 9:00 AM & ending at ~1:00 PM. Practices at this time of year are critical. Players must have a minimum number of practices before they can wear full gear and before they can have full contact. Missing pre season practices will jeopardize players availability for the scrimmage and potentially the first game. *If you have any questions, contact Coach Jeff Ojanen at 879-3393 ext. 1104 or email: [jojanen@isd94.org](mailto:jojanen@isd94.org).*

## **GIRLS SWIMMING & DIVING**

Captain's practice will be August 1-5 and 8-12 from 8:00 to 9:30 AM at Pinehurst Park. Wear workout clothes, bring a water bottle and towel. Great time to meet teammates and the captains! Also if you are joining the swim team, we encourage you to order your team suit as soon as possible from our online store: <https://www.swimoutlet.com/collections/cecswimanddive>

First day of practice will be Monday, August 15<sup>th</sup> from 4:30 – 6:30 PM at the CMS Pool. Bring a one-piece swimsuit, goggles & swim cap. Swim team is open to all 7-12 grade girls from Cloquet, Esko & Carlton. There will not be cuts unless it is deemed necessary. Join the CEC High School Girls Swimming on Facebook for important updates: <https://www.facebook.com/groups/282770303173>. *If you have any questions, contact Coach Rachel Peterson at [715-558-8463](tel:715-558-8463) or email: [rachelraepeterson@yahoo.com](mailto:rachelraepeterson@yahoo.com)*

## **VOLLEYBALL: GRADES 7 - 8**

Practice for girls entering 7<sup>th</sup> and 8<sup>th</sup> grades starts Thursday, August 18th at the High School gym. Practice will run from 3:45-5:15 PM. Athletes should wear a t-shirt, shorts, socks and shoes, kneepads & bring a water bottle. Uniform t-shirt fee is \$20. Activity fee and uniform t-shirt fee are to be paid to the Middle School office. Girls must provide their own black spandex or black shorts for games. There are no tryouts for the 7<sup>th</sup> and 8<sup>th</sup> grade teams, but players must have at least ten practices in before they are eligible to play in their first game.

*For any MS volleyball questions contact 8th Grade Coach - Allison Jerde [ajerde@isd94.org](mailto:ajerde@isd94.org) or 7th Grade Coach - Katherine Nistler [knistler@isd94.org](mailto:knistler@isd94.org).*

## **VOLLEYBALL: GRADES 9 – 12**

C-Team, JV & Varsity team tryouts are Monday, August 15<sup>th</sup> through Wednesday, August 17<sup>th</sup> from 9:00 AM - 12:00 PM & 1:00-3:00 PM. We will take a lunch break, so please bring a healthy lunch, snacks, and a water bottle. C-Team, JV & Varsity practice begins Thursday, August 18<sup>th</sup> 9:00 AM-12:00 PM & 1:00-3:00 PM. Tryouts and practices are held at the Middle School gym. Be ready to play with athletic shorts, t-shirt, knee pads, and gym/volleyball shoes. Players entering grades 8-12 are eligible to try out for the C-team, JV & Varsity teams. Players in 8th grade who do not wish to try out for one of these teams will start practice on Thursday, August 18th. *For any questions, please contact Varsity Coach Heidi Anderson via email: [handers3@isd94.org](mailto:handers3@isd94.org).*