

CHS/CMS FALL ACTIVITIES 2021

Please read the following information on sports offered at Cloquet for student's grade 7 through 12 for the 2021 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 them. All papers required for participation are available on the Cloquet Public Schools web page (www.isd94.org) under the Activities Tab. If you have any specific questions, please contact the Coach for each sport (phone numbers/emails will be listed at the end of each description). For general inquiries, contact the Cloquet High School Activities Office at 879-3393 ext 1202 or 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 that you need an athletic physical and request that they use the MSHSL physical form. The physical form is also available online on the school website 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 Activities Office at Cloquet Senior High School or on the Cloquet Public Schools 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 Activities Office where they will be on file.
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 according to the fee listed. All activities listed under **Section A** are considered High School activities and must be paid at the High School Activities Office according to the fee schedule listed. All activity fees are reduced for families who are participating in the free and reduced lunch program. Fees can now be paid online with a credit card through 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 on August 16 at Pine Valley at 8 am for High School and Middle School runners. If you are interested in participating but are unable to attend practice on August 16, contact Mrs. Allen at callen1@isd94.org or 218-391-4312.

Please have your physicals completed by this date. This will be most 7th, 10th, and 11th graders.

GIRLS TENNIS

Captain's practice (optional) will begin on Monday, August 9th 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 will begin on Monday, August 16th at 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, please contact Coach Derek Johnson at 218-390-0580 or email: dirkjohnson22@aol.com.

BOYS SOCCER

Tryouts for grades 8-12 will begin Monday, August 16th from 8:00-10:30 & 12:30-2:30 and Tuesday, August 17th from 8:00-10:30 at Hilltop soccer complex. Every player should bring a soccer ball, shin guards, water bottle, running shoes, and cleats. If you have any questions, contact Coach John Sundquist at 218-355-8188 or email: sunstorm1010@gmail.com

GIRLS SOCCER

Tryouts will be held at Hilltop Field #3 the week of August 16th from 8:00 AM to Noon. Please bring running shoes, Soccer ball, shin pads, cleats, lots of water and a healthy snack. Remember to invite your soccer playing friends! Captain's practice (optional) will be Monday – Friday, August 2nd to August 13th from 9:00 AM –11:00 AM at Hilltop Field 3. *If you have any questions, please contact Coach Dustin Randall at 879-3393 ext. 1004 or email: 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 24th or Thursday, August 26th for equipment fitting and pickup. We will have coaches staffed from 5:00 PM to 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 7th & 8th grade players on Monday, August 30th from 3:45 PM to 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 at the first day of practice. Middle school office hours are 7:30 AM to 3:30 PM. *Please contact Coach Tim Prosen with any questions at 218-879-3393 (Ext 1206) or email: tprosen@isd94.org.*

FOOTBALL: GRADES 9 - 12

All 9-12 players will meet on Tuesday, August 10th at 6:00 PM at Cloquet High School (weight room). Equipment, lockers, and paperwork will be handed out to players. Football practice will start on Monday, August 16th with two a day practices starting at 9:00 AM & ending at ~12:30 PM. Practices at this time of year are critical. Players must have a minimum number of practices in 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 *Any specific questions please contact Coach Tom Lenarz at 879-3328 (Ext 2103) or email: tlenarz@isd94.org.*

GIRLS SWIM

Captain's Practice will be on August 2-6 and August 9-13 from 9:00-10:30 am at Pinehurst Park. Wear workout clothes, bring a water bottle and towel. Great time to meet teammates and the captains!

First day of practice will be Monday, August 16th 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 by the coach. Join the CEC High School Girls Swimming on Facebook for important updates. *For further questions, please contact Coach Rachel Peterson at 715-558-8463 or email: rachelraepeterson@yahoo.com*

VOLLEYBALL: GRADES 7 & 8

Practice for girls entering 7th and 8th grades starts Monday, August 23rd 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 \$15.** 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 will be a parent meeting on Thursday, August 26th following practice outside the CHS gym near the concession stand at 5:15 PM. There are no tryouts for the 7th and 8th grade teams, but players must have at least 10 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 or 7th Grade Coach - Ashley Keppers akeppers@isd94.org

VOLLEYBALL: GRADES 9 - 12

C-team, JV & Varsity team tryouts are Monday, August 16th through Wednesday, August 18th 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 19th 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, kneepads, and gym/volleyball shoes. Players entering grades 8-12 are eligible to try out for the C-team, JV & Varsity teams. There will be a mandatory parent & player meeting for athletes interested in trying out for these teams on Wednesday, July 28th at 6:00 PM in the CHS Cafeteria. Players in grade 8 who do not wish to try out for one of these teams will start practice on Monday, August 23rd. **For any questions, please contact Varsity Coach Heidi Anderson via email: handers3@isd94.org**