**STA Middle School**

**Fall 2018 Co-Curriculars**

**Fact Sheet**

**Cross Country Running**

* Start date is August 13 (parent meeting August 12 – 7:00pm in Wright Lecture Hall)
* Practices are M-F at 3:30pm and Saturdays (optional and off campus) at 9:00am
* Contact Tony Kinzley with questions: [tkinzley@cadets.com](mailto:tkinzley@cadets.com)
* Team fee will be about $60.  Other costs:  Training Shoes/spikes ($100-$150), Apparel/Uniform (~$50)
* Middle school and high school practice together, but training will reflect current ability.  Runners in grades 7-8 will compete against other middle schoolers at the high school races.  Runners in 6th grade will have 4-5 separate racing opportunities against other 6th graders but cannot compete in MSHSL high school competitions.
* All are welcome. No experience necessary, no cuts.  You have to start somewhere and everyone can succeed at running!  But... summer training is important!

**Football**

 August 20 – October 16

∙        Practice Monday-Thursday, 3:30 to 5:30PM

∙        Pre-season practices, August 2 and August 7, 6-8PM

∙        Tackle Football; full equipment

∙        Head Coach John Reagan, [jreagan@cadets.com](mailto:jreagan@cadets.com), phone 763-222-6217

∙          No team fee; players to provide own mouth guard and cleats; rest of equipment provided

∙        Middle School only, all grades practice together (but with appropriate height/weight matchups), games are by grade level

o       6th grade – Saturday games

o       7th grade – Tuesday games

o       8th grade – Tuesday games

∙         No experience necessary and no cuts – STA Middle School Football is a developmental program designed to teach the fundamentals of football using the USA Football Player Development model

**Soccer**

* MS Soccer will begin on Aug 27th when school starts; No cuts
* MS soccer will practice Monday - Friday, 3:30-5:00
* MS soccer will have two - three teams depending on number of kids participating
* Last year had a 6th/7th grade team and a 7th/8th grade team
* Noel Quin is Varsity Head Coach.  He can be contacted at nquinn@cadets.com
* Nominal fee for uniform is possible
* It is rare, but exceptional 8th grade players could be moved up to HS
* Pat Meisch and Deny Withers will be the Middle School coaches
* CAA (Catholic Athletic Association) is our conference for MS Soccer.  Schedule TBA.

**Bowling**

* The season runs from the 2nd week of August through the middle of November.
* Prior to the start of school, we will practice two days a week for two hours each and when school starts we will practice each Friday from 3:15-5:15pm.
* The games are primarily on Saturday afternoons and start approximately the 2nd week of school.
* The cost is $125 for the bowling and approximately $50 for the uniform if one needs a new uniform.
* The Middle School students compete with the high school students and will be placed with other boys of the same skill level.
* No experience is necessary. Most of the boys start with little to no experience.
* Mike Gurin; [MGurin@Live.com](mailto:MGurin@Live.com); (952) 239-5222

**Debate**

* Starts at beginning of school year, runs through most of first semester.
* Practices: two-three times per week, after school
* Students will learn the techniques and methods of debate, and will compete within the school and in local tournaments.
* Moderators: Doug Hoverson, Mark Ahlstrom
  + dhoverson@cadets.com
* No cost for in-state participation
* If enough MS students sign up, we may create a separate team, otherwise, with HS team.
* No experience needed; no cuts.

**FIRST LEGO League**

* Lego robotics meets from 2nd week of September through the end of November or early December, whenever the tournament occurs. Tournament registration does not open until the end of September so no date yet.
* Practices run from 3:15 to 4:30 every Tuesday and Thursday when students have school. If students are off for a half or full day, they will not meet.
* Lego Robotics teams from STA compete in the FIRST LEGO League and follow the guidelines of FIRST. Robots are built using EV3 Mindstorms kits. Students get to be creative with robot design, robot game strategy and their research project. If a student enjoys math or science, designing and building with LEGOs, programming, game strategy, or problem solving and research, this is a great activity for them!
* Moderator: Kim Wald, MS Math Teacher, FIRST moderator for eight years, over 20 teams.
* No fees. Just snacks if needed after school or at a tournament.
* FIRST limits their FLL Robotics teams to 6th, 7th and 8th grade students.
* There is no experience necessary. Teams are limited to ten students, we prefer four to six. We currently have two teams registered. If it makes sense to add more in the fall, we may do so.  Reminder that the season culminates with a tournament at the end of Nov, early December.

**Math Team**

* MS Math team runs from September through January
* Practice times not set yet. Options include during formation time, after school, or during an elective.
* Students compete individually and in team rounds to answer a wide variety of challenging math questions correctly. Scores are tallied for each school to determine first, second and third place.
* Meets – two Mondays in October and one Monday per month from November - January
* Moderator MS Math teacher Kim Wald: kwald@cadets.com
* No fees
* Compete against similar grades and similar math levels.
* No experience necessary, just a high interest in math. Someone who likes to solve puzzles, especially math puzzles, is a good candidate.

**Rifle Team**

* 1 November-15 March
* Practice Tues, Wed, Thurs. 3pm-5pm
* Rifle Team: Air rifle .177 cal. 3 position, standing, kneeling, prone
* Chief Preblich, [ppreblich@cadets.com](mailto:ppreblich@cadets.com), ph. 6512473617
* $100 team fee
* HS and MS mixed together
* Must qualify for the team, tryouts last two weeks of October.  Try out consists of 1 prone target, 1 standing target, and 1 kneeling target, shot at 10 meters.  Shooting experience not necessary, but familiarization helps.  There are only 12 spots on the team plus two alternates. Rifle team would love to have some MS students make the cut!  Guns are furnished for the season, once you make the team.  Parents may buy a rifle via the school at a discounted price if they desire.  There are 5-8 major local competitions -- at STA, Forest Lake, and Anoka.  If qualified a participant may attend the nationals at Camp Perry Ohio, Colorado Springs, Colorado, and Ft. Benning, Georgia.

**Clay Target Teams**

* Beginning of September thru mid-October (approximate)
* All shooting is competitive; there are no "practices." The team shoots on Thursday afternoons 3:30 - 5 PM and Sunday afternoons noon - 4 PM.
* Team members may shoot trap, skeet, sporting clays, or any combination of events. We accept team members down to the 6th grade level. Prior to the start of the season, all new members of the team MUST have completed the Minnesota DNR firearms safety certification; the coaching staff can conduct the training.
* Head coaches: SFC Hurd ([dhurd@cadets.com](mailto:dhurd@cadets.com)), Jeff Grove ([the.groves@comcast.net](mailto:the.groves@comcast.net)).
* Fees TBD before the start of the season (approximate cost to shooter/family is $250 per event. Includes uniform, ammunition, targets, range time, and tournament entry fees)
* MS & HS team members all compete together. MS students are eligible to receive STA varsity letters. NO CUTS! Everyone who pays their participation fee is on the team.
* No shooting experience is needed. Many of the shooters on the team never handled a shotgun prior to joining the team.