



2017-2018 Theme is MAD (Making A Difference)

2017 Fall Sport Important Dates: Milbank Athletic Department Press Release: Adolph Shepardson- AD

***All student-athletes must have a physical or physical update on file before they can practice. Grades 7, 9, and 11 require a new physical this year. Grades 8, 10, and 12 require a physical update.

August 1st- 1st Day of Cheer Practice (April Anderson- Advisor)

August 7th- 1st Day of Boys Golf (Mark Keeton-Head Coach); 1st Day of Girls Tennis (James Dahl-Head Coach)

August 9th and August 10th- Registration and Impact Testing. **MAD T's and Order Forms Available.**

**** Testing schedule:**

August 9: 8:00 am – VB (Grades 9 & 11)
9:00 am- Cross Country (Grades 7, 9, 11)
10:00 am- Golf (Grades 7, 9, 11)
11:00 am- Tennis (Grades 7, 9, 11)
August 10: 8:00 am – FB (Grades 9 & 11)
9:00 am – FB Cheerleading (Grades 9 & 11)
August 23: 2:00 pm – Middle School FB (Grade 7)
2:00 pm – Middle School VB (Grade 7)

Parental permission forms must be signed prior to the athletes completing the ImPACT testing. The parental permission forms will be available on the school webpage prior to testing or can be picked up at the high school office.

August 10th- 1st Day of Football (Jeremy Tostenson-Head Coach), Volleyball (Nancy Hoeke-Head Coach), and Cross Country (Eric Townsend-Head Coach).

August 14th- 3 PM Tennis Pictures, 4 PM Cross Country Pictures

August 15th- Band Workshop (10-1:30)

August 16th- **FALL SPORTS PARENT MEETING @ 7 PM. ***This is mandatory for all parents and student-athletes involved in a Fall Sport. Zach Mathers (Head Trainer and Head of Strength and Conditioning at The University of Sioux Falls) will be the guest speaker.**

August 17th- VB Pictures at 3 PM. Golf Pictures at 4 PM after meet at the course.

August 21st- FB Pictures at 3 PM, Cheer Pictures at 4 PM.

August 23rd- 1st Day of School; 1st Day of Middle School FB and VB; Middle School FB/VB Impact Testing.

August 28th- Middle School FB and VB Pictures at 3:30.

