

7th-8th Grade Football and Volleyball - First Day Information

Wednesday, September 4

****A refillable water bottle is required for every athlete!****

7th-8th Grade Football

First Day Meeting Location and Time: Middle School Commons - Right after school

Practice Times: 3:20-5:00pm M-F

****Please pick up your child by 5:15pm at the MS Commons Doors****

Supplies Needed: t-shirt, shorts, socks, tennis shoes and cleats

****There is a large selection of donated cleats - if interested please communicate with coaching staff on the first day****

8th Grade Head Coach: Jeremy Stadum - jstadum@lfalls.k12.mn.us

8th Grade Assistant Coach: Tony Bergman - tbergman@lfalls.k12.mn.us

7th Grade Head Coach: Greg Cimenski - gcimenski@lfalls.k12.mn.us

7th Grade Assistant Coach: Jordan Lieser - jlieser@lfalls.k12.mn.us



7th-8th Grade Volleyball

First Day Meeting Location and Time: Middle School Gym at 3:20pm

Practice Times: 3:20-5:00pm in the Middle School Gym M-F

Supplies Needed: Shorts, t-shirt, sports bra, tennis shoes, socks, knee pads, black shorts required for games (spandex or regular shorts)

Coach: Lisa Salber - lsalber@lfalls.k12.mn.us

Coach: Jace Ruby - jruby@lfalls.k12.mn.us

