

This is a message is from the Spearfish High School activities office pertaining to athletes and band students. Practices will begin on the following dates and at the following times:

- Marching band will begin on August 16th at 6:30 PM under the direction of Mr. Steve Aalbu. Please bring instruments and enter through the back door at the high school.
- Boys Soccer will begin practice on July 31st at 6:00 PM at the Black Hills Corporation Complex with Coach Jim Hill.
- Girls Soccer will begin practice on July 31st at 5:00 PM at the High School Track and 5:00 PM at the High School Field with Coach Katrina Huft.
- Competitive dance will begin practice on Monday, July 31st at 7:30 AM in the middle school gym with Coach Jessie Jeffery.
- Boys Golf will practice on Monday, August 7th at 6:00 AM at Spearfish Canyon Country Club with Coach Eric Ligtenberg.
- Girls Tennis will practice on August 7th at the High School courts at 9:00 AM with Coach Doug Dexheimer.
- Volleyball will begin practice on Thursday, August 10th in the High School at 8:00 AM and 11:30 AM with Coach Jayna Morrill.
- Football will begin practice on Thursday, August 10th at the High School at 7:00 AM with Coach Chad McCarty.
- Boys and Girls Cross-Country will begin on Thursday, August 10th at 6:45 AM and 4:45 PM with Coach Andy VanDeest.
- Sideline cheer will practice on Monday, August 14th at the High School at 3:30 PM with Coach Pamela Waterson.

The high school activities office will be having two separate sports meetings this year to try to reach parents before each sport season begins. The first meeting will be held on Sunday, July 30th at 6:00 p.m. in the high school auditorium for parents and students involved in the high school sponsored activities of boys and girls soccer and competitive dance. The second meeting will be held on Wednesday, August 9th at 6:00 p.m. in the high school auditorium for parents and students involved in the high school sponsored activities of boys and girls cross country, boys golf, football, volleyball, girls tennis, and football cheerleading.

Coaches of each sport will meet with students and parents following the general meeting. Activities Secretary Mrs. Hart will be there checking off each student athlete from all of their physical and school issued paperwork to ensure that all students have paperwork taken care of ***BEFORE*** each session of practice begins. Student physicals ***MUST*** be completed prior to the first practice. Please be sure to bring insurance information to the meeting. Please call Queen City Regional Medical Clinic or Spearfish Medical Clinic to schedule your physicals appointment. All necessary forms are available at the clinics.

Booster Club board members will also be at the meetings to discuss the purpose and goals of the Booster Club with memberships being available.

For additional information please visit the Spearfish High School website or if you have any questions, please contact your head coach, Mr. Aalbu or the activities office. We are looking forward to another GREAT year of Spartan Athletics! We look forward to seeing everyone!