

2019-20 ARMSTRONG ATHLETICS

(MSHSL sponsored Activities)

Fall Athletics

Adapted Soccer... Marcus Onsum.....Aug 27
 Cheerleading.....Mesha Beyah.....Aug 12
 Boys CC.....Robb StephensAug 12
 Girls CC.....Scott Wiekert.....Aug 12
 FootballJack NegenAug 12
 Boys Soccer.....Cameron Opel.....Aug 12
 Girls Soccer.....Kari Torgerson.....Aug 12
 Girls Swim.....Jason Smith.....Aug 12
 Girls Tennis.....Dan Richards.....Aug 12
 Volleyball.....Christine Denson.....Aug 12

Winter Athletics

Adapted FI Hockey...Marcus Onsum...Nov 18
 Boys Basketball.....Jon Bryant.....Nov 18
 Girls Basketball...Antiwan Easley....Nov 11
 Dance.....Molly Beaton.....Oct. 21
 Boys Hockey...Dan Charleston.....Nov 11
 Girls Hockey.....Kelly Crandall.....Oct 28
 Alpine Ski.....Cameron Opel.....Nov 11
 Nordic Ski.....TBD.....Nov 11
 Boys Swimming.....Jason Smith.....Nov 25
 Wrestling.....Bill McCloskey.....Nov 18

Spring Athletics

Adapted Softball...Marcus Onsum.....Mar 2
 Baseball.....Brian Sobiech.....Mar 16
 Boys Golf.....John Knutson.....Mar 16
 Girls Golf.....Joel Zejdlik.....Mar 16
 Boys Lacrosse ...Luke Gellerman.....Mar 30
 Girls LacrosseKari Torgerson... Mar 30
 Softball.....Arianna Crosby..... Mar 9
 Girls Synchronized Swim (Co-op).....Mar 2
 Boys Tennis.....Dan Schink.....Mar 23
 Boys Track.....Derek Fisher.....Mar 9
 Girls Track.....Derek Fisher.....Mar 9

2019-20 ARMSTRONG ACTIVITIES

Activity/Advisor

Art Club.....Pat Fair
 Band (Concert/Varsity, Jazz, Marching,
 Symphonic)....Todd Burkholder, Colin Woelfle
 Best Buddies.....Melissa Schreifels
 Bowling.....John Brandenberg
 Choirs (Chamber Singers, Freshman & Varsity
 Madrigal Singers, DivaVoce).Stephanie Trump
 Cycle Club.....Jeff Schreifels
 Dance, Fall.....Katie McNeely
 DebateRichard Brynteson
 E-Sports Club.....Nathan Hakes
 Fall Show.....Jenny Lovitt
 Fellowship of Christian Athletes.....
 Improv Show.....Bill McCloskey
 International Cultural Exchange Group.....
 Intramurals.....Jamie Dukowitz
 Link Crew.....Travis Kern
 Math Team.....Natalie Jin
 Musical.....Mike Mohr
 Musical.....Megan Hubbell
 Military Club.....Nathan Hakes
 National Honor Society...Melissa Schuchmann
 Opera Club.....Mark Mertens
 Orchestra.....Kevin Martin
 Quiz Bowl.....TBD
 First RoboticsChadd Perkins
 Relay For Life.....Katherine Opel
 Safe Students.....Tim Shaikoski
 Step Team.....MaRaye Mickey-Brocks
 Student Media Club.....Mark Daniel
 Speech.....Richard Brynteson
 Student Activities Board.....Tony Rangel
 Student Council.....Stephanie Trump
 TableTop Club.....Nathan Hakes
 Theatrical Tech Crew.....Molly Kern
 Trap Shooting.....Mike Mohr
 Unified Club.....Elizabeth Anderson
 Weight Training.....Jim Irwin

ROBBINSDALE
ARMSTRONG
 HIGH
 SCHOOL



ATHLETICS
 &
ACTIVITIES
GUIDE

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ARMSTRONG HIGH SCHOOL
2019 FALL SPORTS
REGISTRATION INFORMATION

Official opening practice date for fall sports:

- August 12 B/G Cross Country Running
 Cheerleading
 B/G Soccer
 Girls Swimming & Diving
 Girls Tennis
 Volleyball
 Football
- September 2 Adapted Soccer - P1 Division

REGISTRATION FORMS AND FEES MUST BE COMPLETED AND TURNED INTO THE ATHLETIC/ACTIVITIES OFFICE BEFORE THE OFFICIAL PRACTICE START DATE.

Registration paperwork and fees for fall sports can be picked up and turned into the athletic/activities office starting **July 29, 2019.**

Prior to the date of practice, students must provide proof of a physical exam, done within three (3) calendar years (2017). Check with the activities secretary to confirm that a current physical is on file **before** the fall sports practice season starts. If the student does not have a **copy of a physical on file with the school,** the parent/guardian should call their doctor/clinic and get a copy. If the student has not had a physical in the last three (3) years, then the student must get a physical stating whether the student is able to participate in contact sports.

Activities Director, **Patti Weldon...763-504-8818**
 Activities Assistant, **Sharon Shea...763-504-8833**
 Fax Number.....**763-504-8768**

ATHLETIC PROGRAMS

- Adapted Soccer
 Adapted Floor Hockey
 Adapted Softball
 Alpine Ski (B/G)
 Baseball
 Basketball (B/G)
 Cheerleading (Fall)
 Cross Country (B/G)
 Dance, Winter-Competition
 Football
 Golf (B/G)
 Hockey (B/G)
 Lacrosse (B/G)
 Nordic Ski (B/G)
 Soccer (B/G)
 Softball (G)
 Swimming (B/G)
 Tennis (B/G)
 Track (B/G)
 Volleyball (G)
 Wrestling

Ticket Prices: Adults\$7
 Students/Senior Citizens\$5

Student Parking
 Per Year\$170
 Per Semester\$90
 Per Day\$3

Athletic Pass (per season): \$10
Athletes can receive a free athletic pass during the season they participate.



**Activities Department
 Philosophy**

The philosophy of Robbinsdale Armstrong's Activities Department is to provide opportunities for all students to develop skills in a structured environment, which provides meaningful competition, participation and enhances physical and mental well being while teaching positive values.

Athletic Fees: \$210 per sport
Fine Arts \$110 per activity
Maximum per family per year is \$700
***Reduced Lunch: \$100/Sport \$50/Activity**
***Free Lunch: \$50/Sport \$25/Activity**
 (*Families must bring in a copy of the 2019-20 nutrition status determination to the Activities office when registering)