



L'Anse Creuse MS-South



2023 Fall Sports Information

Athletic Director: Jason Paternoster / Email: paterja@lc-ps.org

MSS Athletics Webpage: <https://www.lc-ps.org/schools/middle-school/south/athletics/>

All dates are TENTATIVE

SPORTS PHYSICALS ARE REQUIRED!!!

- Athlete's **MUST** have a completed sports physical on file with the school before participation in any tryouts, practices, or games.
- Physicals completed after April 15th of the previous school year are considered current.
- Copy of the physical form is attached as well as locations to get sports physicals.

7th Grade Football

- Physical Turn In / Equipment Pick Up: **Monday, August 28th from 10:30am – 12:30am**
- **Location:** Report to the Gym during your grade level Sabre Day time
- **What do I need to turn in?** Up to date **SPORTS PHYSICAL**
- **First Practice Begins:** Wednesday, September 6th from 3:00pm – 5:00pm (after school)
- **Location:** Meet on Practice Field behind School (wear cleats, shorts, and t-shirt)
- **Coaches:** Dan Mancini mancida@lc-ps.org and Keith Weiland weianke@lc-ps.org

8th Grade Football

- Physical Turn In / Equipment Pick Up: **Monday, August 28th from 1:30pm – 3:00pm**
- **Location:** Report to the Gym during your grade level Sabre Day time
- **What do I need to turn in?** Up to date **SPORTS PHYSICAL**
- **First Practice Begins:** Wednesday, September 6th from 3:00pm – 5:00pm (after school)
- **Location:** Meet on Practice Field behind School (wear cleats, shorts, and t-shirt)
- **Coaches:** Jason Paternoster paterja@lc-ps.org and Brian McDonald mcdonbr@lc-ps.org

7th Grade Girls Volleyball

- Tryouts: **Thursday, September 7th and Friday, September 8th from 3:00-4:35pm**
- **Location:** Gym
- **First Practice Begins:** Monday, September 11th from 4:35-6:00pm
- **Coach:** Kyleigh Dujardin ksdujardin@icloud.com

8th Grade Girls Volleyball

- Tryouts: **Tuesday, September 5th and Wednesday, September 6th from 3:00-4:35pm**
- **Location:** Gym
- **First Practice Begins:** Monday, September 11th from 3:00-4:30pm
- **Coach:** Jordan Vanwelsenaers vanwejo@lc-ps.org

6th-8th Grade Cross Country Club

- **First Practice Begins:** **Monday, September 11th from 3:00-4:00pm**
- **Who can join Cross Country?** Any 6th, 7th, or 8th grader interested (No physical required)
- **Location:** Track - Behind the School
- **Coach:** Lauren Debruyne debrula@lc-ps.org (Ms. Binge)