

NMS Families,

Welcome to the 2022-2023 school year! The middle school offers the following fall activities for students in grades 6 – 8. Students do not need a sports physical for any middle school activity. However, if your student wishes to participate in a high school activity, they will need a sports physical completed and on file before they can register. Physicals last for 3 years and can be sent to the middle school nurse, Nancy Becker.

Students must be registered before they can participate in any NMS activity. You can get more detailed activity information and complete the registration process by going to our [middle school activities website](https://www.northfieldschools.org/middle-school-activities) and clicking on the registration button. If you need any assistance, please contact Jen Henriksen at jhenriksen@northfieldschools.org or 507-663-0680. Game schedules will be posted on our activity website once they are finalized, which will be towards the end of August. We will also have hard copies available in the main office. Each activity will have a Schoology code for players and parents to join for ALL activity communication. We also have an Activities Hotline, 507-645-3559, that is updated daily by 1:00 pm for games/events and any cancellations.

Girls Tennis

Students in grades 6-8 that are interested in tennis will need to bring their own rackets, and water bottles and dress appropriately for practices. Practices are Monday through Friday, 3:00 – 4:30 pm. Fridays are optional for grade 6 players. The first day of practice will be Tuesday, September 6. All tennis players will meet their coaches by the pool doors and need to wait until all buses have cleared after school to walk to the tennis courts.

Girls Volleyball

Students in grades 6-8 that would like to play volleyball will need to have a water bottle, athletic shoes, appropriate clothing, and knee pads (optional). Practices for all 7-8 grade volleyball players will be held in the main (large) gym, Monday through Friday from 3:00 – 4:30 pm. Practices for grade 6 players will be in the small (auxiliary) gym, Monday through Thursday from 3:00 – 4:30 pm. The first day of practice will be Tuesday, September 6.

Girls Soccer, Grades 7 & 8

Soccer players will be responsible for bringing their own water bottle, cleats, shin guards, and soccer ball. Players will meet their coaches on our soccer fields after school each day. Practices will be Monday through Friday from 3:00 – 4:30 pm. The first day of practice will be Tuesday, September 6.

Boys Soccer, Grades 7 & 8

Soccer players will be responsible for bringing their own water bottle, cleats, shin guards, and soccer ball. Players will meet their coaches on our soccer fields after school each day. Practices will be Monday through Friday from 3:00 – 4:30 pm. The first day of practice will be Tuesday, September 6.

Grade 6 Football

Players will need to have a mouthguard, shoes/cleats, and a water bottle. They will meet their coaches outside by the football fields after school for their practices. Practices will then be Monday through Thursday, from 3:00 – 4:30 pm. There will be an informational meeting for players to go over expectations and the season on Tuesday, September 6, at 3:00 pm in the cafeteria. Practices will begin on Wednesday, September 7.

Grade 7/8 Football

Players will be responsible for their own water bottle, shoes/cleats, and mouthguard.

8th grade equipment distribution: August 25, 2022, 3:30 - 4:40 pm, (Football shed by track)

7th grade equipment distribution: August 25, 2022, 4:30 - 5:30 pm, (Football shed by track)

7th & 8th grade Football practice schedule:

August 29: 3:15 - 5:00 pm

August 30: 3:15 - 5:00 pm

August 31: 8:15 - 10:00 am

September 1: 3:15 - 5:00 pm

September 2: 3:15 - 5:00 pm (Optional)

Practices will resume on Tuesday, September 6, and will be from 3:15 pm – 4:45 pm.

Knowledge Bowl

Knowledge Bowl is one of the Middle School's academic activities. All middle school students (grades 6-8) are able to participate in this activity which involves competition from other schools in the Southeast Region of the Minnesota Service Cooperative. During the contest, teams of students compete in written and oral rounds by answering questions related to all areas of learning, typical of secondary educational programs. Questions test students' recall, problem-solving, and critical thinking skills. This competition provides a format for student growth centered around academics. Teams consist of six students (6 competing in the written round and 5 competing in each oral round). The Knowledge Bowl team will practice on a day-to-be-determined from 3:00 – 4:00 pm in room 171, starting in late September. Registration will open on September 6. Advisor: Chris O'Neill (coneill@northfieldschools.org)

Thank you for reading. We look forward to a great 2022-2023 school year!

Michael O'Keefe

Assistant Principal & Activities Director

Northfield Middle School

(w) 1.507.663.0680

(c) 1.612.998.0436