

Dear OSH Students:

This handbook is a complete listing and description of all of the activities and sports at Osseo Senior High School. Your high school years can be much more interesting and possibly exciting if you choose to get involved in one or more of the many activities OSH offers. Through extracurricular activities friends are made, skills are developed, and horizons are broadened. Use this booklet as your guide to finding something that sparks an interest of yours and then go for it! We wish you three great years here at OSH!

ACADEMIC LETTERING

Students who have a current or cumulative grade point average of 3.8 or above are eligible for an academic letter. Information and applications are available in the spring of each year.

PARTICIPATION FEES

Participation Fees have been set by the School Board. Participants must pay the fee prior to starting practice. Families with financial hardship as determined by federal free or reduced lunch eligibility guidelines may request a waiver or reduction of fees. Our activities program is open to all academically eligible students.

\$180.00 Athletic Activity Fee

\$90.00 Performing Arts Fee

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ACTIVITIES

AFRICAN AMERICAN MALE LEADERSHIP

The African American Male Leadership group meets every Monday on a rotating schedule of class periods. The African/African American Male Leadership Group is an excellent opportunity to prepare young men to become great leaders. It is a time of enhancing leadership ability, giving back to the community, and becoming a positive role model at school and in their personal lives.

Advisor: Becca Studaker

ASIAN AMERICAN FEMALE SUPPORT

The Asian American Female Support Group is a group that is in its beginning phase. We will be discussing issues that are culturally specific to the various Asian American communities. The purpose of this support group is to have a safe place for students to talk about their particular cultural experiences, whether it is immigrating, learning language, or family life and expectations.

Advisor: Becca Studaker

BOOK CLUB

Book Club is a school club open to all students. Students and their advisor read approximately six books per year. All the actual reading is done outside of the meeting time and the book is discussed during Book Club meeting time. Book Club also does things to promote reading like recommending titles for purchase, making posters for the library, posting reviews to the Web page, etc.

Advisor: Jan Hewitt

CHAMBER MUSIC

Students in all bands are encouraged to participate in chamber music as much as possible. Music that is one on a part allows students to become more secure and confident. Students who play chamber music regularly tend to develop into the leaders of the bands in which they perform. The three main chamber groups offered at Osseo Senior High are Saxophone Quartet, Flute Ensemble and Chamber Brass.

Advisor: Steve Boulka

CLOSE UP

Close Up is a study trip to Washington, DC in late February or early March. Students study at the Capitol and speak with their legislators. They also attend a dinner play. Students really enjoy this trip and there are a series of fundraisers available to help defray costs.

Advisor: TBD

DIVERSITY COUNCIL

The Diversity Council typically meets the 2nd and 4th Thursdays of each month from 2:30 until 4:50 PM when the late bus arrives. This is the Mission Statement: the Diversity Council seeks to educate its members and Osseo Senior High students and staff about our similarities and differences; to embrace everyone's cultures and differences; to strive towards achieving unity, wiping out ignorance, and to reduce segregation in the school. We want to have fun while getting to know each other inside the group and outside of the group and to celebrate not only you, but 'us' as a whole.

Advisor: Carolyn Leach, Becca Studaker

ENVIRONMENTAL ACTION GROUP

Students are involved in various community projects, including tree planing, animal adoption, road clean-up, and education. Meets after school one or two times a month.

Advisor: TBD

FALL MUSICAL

The school musical auditions are held the week school begins in the fall. Students must be able to attend many after school and evening rehearsals and all of the scheduled performances. The performances are usually held the second and third weekends in November. In addition to acting, singing and dancing, opportunities are available on the crew and in the Pit Orchestra.

Directors: Heather Klug

FOCUS

Focus staff members are enrolled in Advanced Journalism I or II. Reporters and editors have taken Basic Journalism, but this prerequisite is waived for specialists like photographers, typesetters, and cartoonists. Reporters and editors must interview, write stories, headlines and captions, and design the paper using Pagemaker. Deadlines are crucial. Some after school and weekend work is required, usually three afternoons and one full Saturday a month.

Advisor: Mary Jo Skinner

GAMING CLUB

The Osseo Senior High Gaming Club supports the discussion and pursuit of a variety of personal computer and console gaming opportunities. Topics include, but are not limited to, game design, computer and console networking, careers and social gaming events. This club is active September through June.

Advisor: Jill Kellar

INTERNATIONAL CLUB

This is a club formed from a combination of the separate Spanish, French and German clubs. Anyone who is interested in exploring other cultures and languages is welcome to join. There will be many social events, holiday parties, field trips, the Multicultural Fair, and opportunities to interact with students and individuals from other countries. Enrollment in a World Language is NOT required.

Advisor: Anne Marie Martin

INTRAMURAL SPORTS

This program gives students a chance to participate in recreational activities without joining interscholastic (school versus school) activities. Students form their own teams amongst their friends and classmates. The supervisor makes up a schedule and the Osseo teams play against each other. The emphasis is on participation, not skill. Intramurals that take place are based on suggestions from students and available facilities. Early Birdie (badminton) is the current offering, others may be added.

Advisor: Bill Quan (Early Birdie) - Others TBD

JAZZ BAND

The Jazz Band is open to any student in the music department. In some cases, the Jazz Program is viewed as an excellent vehicle to learn a second instrument. The purpose of the Jazz Program is to provide a performance opportunity in America's only original art form – JAZZ! Students will also be exposed

Advisor: Steve Boulka

LITERARY MAGAZINE

Calliope, Osseo's literary magazine, includes student writings of all types. It is published at the end of May and distributed with the yearbook.

Advisor: Rita Endres

MARCHING BAND

This is a 100+ member band consisting of musicians, banners, honor guard, rifle squad and flags. Practice begins in the spring, and competitions run through the summer as Osseo participates in various parades.

Advisor: Steve Boulka

MATH LEAGUE

Math League is open to anyone with an interest in Math. Practice begins at the end of October. One team is formed and they participate in 5 league events. The regular season ends approximately the middle of February.

Advisor: Cindy Sandquist

MEN'S CHAMBER CHOIR

This choir varies in size from 6 to 12 members who are selected from students in the choral program. They perform at concerts, Regional and State Solo and Ensemble contests, sporting events and several community events throughout the year.

Advisor: Lori Lausche

MOCK TRIAL

Mock Trial competition is open to any interested and committed student at OSH. Teams are formed in early November. Two teams will be formed, a maximum of 8 members are on each team. Each team consists of 3 lawyers and 5 witnesses. Scrimmages and actual competitions within our region begin in January and end by March 1st. Actual court cases are used and competition is conducted at the Anoka or Hennepin County courts. Teams are advised by volunteer attorneys.

Advisor: Shawn Johnson

MOTET CHOIR

Motet Choir is a 16 voice mixed ensemble selected from the choral program. They rehearse one evening per week and perform at concerts, Regional and State Solo and Ensemble contests, sporting events and several community events throughout the year.

Advisor: Lori Lausche

MUSIC LISTENING CONTEST

Any music student may participate in this activity. Teams of three students listen to and learn about music from all periods of history. This is primarily an independent study type of program in which students study as individuals or as teams. Primary focus is on Western Classical music. This is a great activity for those who need a flexible schedule and are capable of self-motivated study. Eventually, teams compete at a regional level and the winners go on to compete in a state contest in January.

Advisor: Steve Borgstrom

NATIONAL HONOR SOCIETY

Students with a cumulative 3.6 grade point average or better who are active in school and community activities may apply in their Junior or Senior year. Information will be made available to all students by the faculty advisor. Seniors will receive information by October 1st; juniors will receive information by February 15th. NHS members are involved with events to better our school and society, including tutoring and ushering at school events.

Advisor: Parul Bazaz

ONE-ACT PLAY COMPETITION

This activity is sponsored by the MSHSL. Auditions are held for the roles. There may be no more than 20 performers and crew members. Rehearsals are held after school in January. Performers participate in regional competitions and possibly state tournaments. All students are eligible for tryouts.

Advisor: TBD

PARTNERS IN EXCELLENCE

The Partners in Excellence program is aimed at recognizing and celebrating academic excellence. The student group is designed to develop creative ways to share students' academic, artistic and community service endeavors. Students can assist in the Success Card program, plan academic recognition events and help organize and get involved with community service programs. A strong desire to promote school spirit is the only requirement for membership.

Advisor: Caren Gallagher

PEER MEDIATORS

This is a group of students recommended by their teachers in 10th and 11th grade, for service the next school year. They are trained during an all day training session in August to help resolve conflicts between their peers. They work in teams of two, with two students who are having a conflict and help them resolve the issue.

Advisors: Dave Casella, Brian Chance, Linda Rasmussen, Della Van Dyke

PEER TUTORING PROGRAM

This program is open to 10th, 11th and 12th grade students. Students with above average grades help out a peer and at the same time reinforce the concepts both have already learned. Students work academically with other students in many different subject areas. The tutor makes arrangements with the student about when and where they will meet. Most students meet once a week, before or after school, in the Media Center. Forms to sign up are available in Counseling, Students Services, the Main Office and the Volunteer Office (Room 103).

Advisor: Marsha Newcomb

PEP BAND

There are two separate pep bands that are available to any student in the band program. The fall pep band plays for various sporting events during the fall season. The winter pep band plays for various sporting events during the winter season. Both groups provide music, spirit and excitement to the crowd, in addition to encouraging players at the games.

Advisor: Steve Boulka

PIT ORCHESTRA

This is a group composed of string, wind and percussion players who supply the accompaniment for the Fall Musical. Students must be enrolled in one of the bands or orchestra to participate.

Advisor: Steve Borgstrom

POSITIVE EMPOWERMENT GROUP

This group's focus is working with female students who may be struggling academically or having other issues within the school environment. Through this particular group we will be helping students find their voice in a positive way, so that they can communicate successfully.

Advisor: Becca Studaker

SCIENCE OLYMPIAD

Students will meet once a week after school to prepare for the regional and state tournaments. The Science Olympiad tournaments are academic interscholastic competitions that consist of a series of team events. Some events follow the format of popular board games, TV shows and athletic games. These challenging and motivational events are well balanced between the various Science disciplines of Biology, Earth Science, Chemistry, Physics and Technology. There is a balance between events requiring knowledge of science concepts, process skills and science applications. Some of the events for 2007 were Astronomy, Boomilever, Cell Biology, Chemistry Lab, Circuit Lab, Disease Detective, Ecology, Electric Vehicle, Experimental Design, Fermi Questions, Five Star Science, Food Science, Forensics, Health Science, Herpetology, Oceanography, Physics Lab, Remote Sensing, Robot Ramble, Rocks & Minerals, Sounds of Music, Wright Stuff, and Write It Do It. Regional and state tournaments are in February and March. Students will begin preparing in the fall.

Advisor: Kathy Roskens

SPEECH TEAM/NATIONAL FORENSIC LEAGUE

The OSH Speech Team is a competitive public speaking team. We practice public speaking skills, and then compete against individuals from other schools in the area. There are 13 different events students can compete in, and these events encompass a wide range of styles. Some events are dramatic and interpretive, others are formal. Some events are prepared in advance, others are spontaneous. Some events are individual, others involve groups or partners. Any eligible OSH student is welcome to join the team, regardless of skill. Public speaking is something that will serve students in any education or career they pursue. We will teach students how to speak well, even if they aren't able to do so when they begin. There will be an information meeting in late October or early November.

Advisor: Leslie Schmeisser

SPEED AND STRENGTH/CO-ED

Speed and Strength is offered in the winter and spring seasons and is open to all students who would like to improve their physical form. Beginner through experienced weight training and agilities programs are provided. Typical hours are Monday – Thursday from 2:20 to 4:20 PM.

Advisor/Coach: Jason Moden

SPRING PLAY (3-ACT)

The spring play is open to all Osseo Senior High students. Auditions are held in early February and production runs for three to five performances in April. Though not all students make the cast of the show, there are several opportunities for all to work on technical crews, an equally important aspect of the entire production. Play selection is either a comedy or a farce.

Advisor: Jeffrey Wills

STRIVE

STRIVE is a program for seniors who have had less success in the classroom. Students who have lower GPA's (grade point average) may have the same natural abilities and gifts as those who have higher GPS's. The difference is often motivation, work habits, self-esteem, attendance, and performance in the classroom. STRIVE challenges these students to improve their work, gain self-confidence, discover the satisfaction of achievement and graduate in a timely manner. STRIVE students meet during school hours twice a month with local rotary members, who help sponsor this program.

Advisor: Brian Chance

STUDENT CLASS COMMITTEES

These groups organize social and school spirit activities such as Homecoming (senior class), Prom (junior class) and Sophomore Semiformal Dance (sophomore class). They are organized and meet by class. Any student interested in being on a class committee should just listen for information on meetings and attend to be included. Committees start getting established at orientations before school starts in the fall.

Advisors: Michelle Goetz, Jen Moen

STUDENT SENATE

The Student Senate is elected by the student body to act as their representatives in working to improve the school climate, to resolve student related issues, to increase school spirit, to represent the student body in discussion, meet with the administration/faculty, and generally be advocates for the student body. They meet Tuesday and Thursday mornings before school. Seven seniors, six juniors and five sophomores will be elected by their respective classes during the third week of September. Anyone can be a candidate if they complete the requirements which are posted the first week of school.

Advisor: Bill Bauman

TARGET ATHLETES

Target Athletes is a group of students who participate in sports at Osseo Senior High who have chosen to live a chemically free lifestyle. The group has two primary goals: to support each other and to be a role model for others. Activities include giving presentations to the elementary and junior high schools encouraging students to choose a “clean” lifestyle. They work with the DARE officers, acting as role models in the elementary schools and present Minnesota Chemical Health Week. Meetings are usually held twice monthly.

Advisor: Michelle Goetz

WOMEN’S CHAMBER CHOIR

Nine female students are selected from the overall choral program to perform in this group. They rehearse one evening per week and perform at concerts, Regional and State Solo and Ensemble contests, and several community events throughout the year.

Advisor: Lori Lausche

YEARBOOK STAFF

The staff is responsible for preparing a 240 page yearbook distributed to students in May. Members need to be enrolled in Yearbook lab and should have a “B” average or above. Deadlines are crucial. Students should expect occasional evening and weekend work.

Advisor: Caroline Benton

YOUTH SERVICE PROGRAM

Students who volunteer at OSH, or out in the community, may receive transcript recognition for their time. The steps to receive the recognition:

Sign in at the Volunteer Office, Room 103 and talk to Mrs. Newcomb to determine what service is eligible.

Each trimester, fill out a Youth Service form and have it signed by the supervising adult. Turn the form in to the Volunteer Office by the last week of the trimester.

Each trimester for which you have 15 or more hours the service will be indicated on the transcript. Students who have less than 15 hours may turn in the hours they have and they will be held until more hours are turned in that school year.

Advisor: Marsha Newcomb

ATHLETICS

This general information from the Athletic Office has been prepared so students will be aware of everything which must be taken care of in order to compete in OSH athletics. There are certain forms which must be filled out completely and returned under regulations of Osseo Senior High and the Minnesota State High School League. Please read this material carefully as you must complete certain forms before you will be able to practice or compete. There will be exceptions!

Physicals should be completed by August, particularly if you are participating in a fall sport. Physicals are valid for three years from the date of the physical, however every year you must fill out the "history column" of the physical and sign it.

All forms must be complete, including the athletic fee, when you sign up. Your student ID number must be on your forms. You should memorize your ID number, it can be found on your ID card, your report card, etc.

Mouthguards are mandatory in FOOTBALL and HOCKEY and it is the responsibility of the athlete to provide his/her own mouthguard. Mouthguards are highly recommended in the following sports: Basketball, Wrestling, Soccer, Softball, Baseball and Volleyball.

Eligibility Information is available in the Athletic Office and states the Minnesota State High School League general rules. At the end of the pamphlet is a two-sided form which must be filled out and signed on both sides by the athlete and parent/guardian.

Emergency card (orange) must be filled out on both sides and signed by parent/guardian. The coach will have these cards with him/her at all times.

The **insurance waiver card** (white), must be signed by the parent/guardian. If you wish to purchase insurance offered through the school, contact the Athletic Office for the forms. Any contact with the insurance company is on a one-on-one personal basis.

See extracurricular fee statement at the beginning of the book for athletic fees.

After all forms have been turned in and all fees paid, students will be eligible to practice and check out equipment for the sport. All forms and fees are to be brought to the Athletic Office at Osseo High School. It is recommended that these forms be turned in at least three days before the sport begins. If there are any questions, contact the coach or the Athletic Office (391-8600) for clarification.

Osseo Senior High athletics are available to 7th, 8th, and 9th grade students who live in the OSH attendance boundaries.

OPENING DATES FOR 2007/2008 SPORTS

FALL SPORTS

week) Sign up week for all fall sports
Fall sports begin

SPORTS

er Competitive Dance Team, Hockey/Girls
er Basketball/Girls, Gymnastics, Hockey/Boys, Nordic Skiing, Adapted Floor Hockey (sign up done at MGSB),
Basketball/Boys, Wrestling
mber Swimming & Diving/Boys

SPORTS

Adapted Softball (sign up done at OSH), Synchronized Swimming
Golf/Boys & Girls, Softball, Track/Boys & Girls, Baseball
Tennis/Boys

ADAPTED SPORTS

This program is offered for students with a disability that prevents them from playing on a regular team (such as severe asthma, cerebral palsy, heart conditions, etc.). Soccer, floor hockey and softball are all part of this program.

Coaches: Doug Anderson, Kelli Waalk, Duane Mattson

BASEBALL

Baseball is open to any student at OSH. The season begins the first part of March and lasts 14 weeks with daily practice from 2:20 to 5:00 PM. There is usually an organizational meeting the week before the season begins. Cuts are made down to 40 to 45 members which form three teams; Varsity, Junior Varsity and B-squad, each with their own coach. Shoes, glove and baseball cap are needed.

Coaches: TBD

BASKETBALL – BOYS

Osseo Boys' Basketball sponsors a total of 30 to 35 members at 3 levels of play; sophomore, JV (11th and 12th grade students) and Varsity (the most skilled players from the 3 grades). Each team plays 22 games, including one tournament. Varsity concludes its season with the MSHSL tournament.

The season starts in late November and ends in March. MSHSL rules must be followed. Each team practices 2 hours each day and some Saturday practices are mandatory.

Coaches: Tim Theisen, Neil Swanson, Andy Sawatzke

BASKETBALL – GIRLS

This is a winter sport and the season begins the second week of November and lasts 16 weeks plus post-season play. There is often (not always) a tournament over Winter Break. Girls' Basketball consists of 3 teams: Varsity, JV and sophomore squads. Some cuts are necessary.

Coaches: Mark Aarsdorf, John Rieser, Bill Quan, Eric Ruska, Robert Haven

CHEERLEADING

Cheerleading is an opportunity for students to provide leadership and promote school spirit. Varsity cheerleading is open to all students. Tryouts are held two times per year; May for fall sports and November for winter sports. Each season lasts 15 to 18 weeks and involves several practices and games per week, including some Pepfests and special events.

Coach: Janice Proctor, Amara Hubbard

CROSS COUNTRY/CO-ED

Cross Country is a sport that combines personal fitness with the thrill of competition. Athletes are trained for lifetime health and fitness. The season begins the second week of August and ends the first week in November. Both individual improvements and team unity are stressed. Daily practices are held in beautiful Elm Creek Park Reserve and sites surrounding the greater Osseo area. No one is cut and all are welcome to participate. There are 10 meets that both Varsity and JV participate in.

Coaches: Matt Ferry, Linda Rasmussen, Kelly McConville

DANCE TEAM

Dance team is offered in the winter. The season lasts 15 to 18 weeks with daily practices after school from 2:25 to 4:25 PM. There are also some late evening practices. There is one team consisting of 24 members. Tryouts are held in December for winter sports. The dance team performs at several sporting events during the season, at the Sno Daze Pepfest and is involved in several competitions.

Advisor: Susie Campbell

FOOTBALL

The first of several preseason meetings for players is in the spring for the upcoming fall. If a student misses registration, they may sign up with the head coach at any time. Players must attend all practices and games of the 15 week season. They must also abide by MSHSL rules. Regular season practice begins in August.

Coaches: Darren Lamker, Dick Crandall, Eric Kalenze, Jason Moden, Craig Oliphant, Thom Sanders, Andy Fish, John Groebner, Ron Segraves, Nate Plasch, Cory Boyer, Tony Nelson, Steve Meyer, Jake Koelin, Tim Teas, Joe Head

GOLF – BOYS

The season begins about March 10th and ends with the State Tournament in early June. Osseo competes in the Twin City Suburban Conference, Region 5AA, and at a number of Invitational Tournaments. About 15 players make the team. Practice is usually at Sundance Golf Course from 2:30 to 5:30 PM. Players must have their own equipment.

Coach: Tim Theisen

GOLF – GIRLS

Golf is a spring sport consisting of Varsity and JV teams. Players must have their own equipment. The team practices at a variety of golf courses and competes in 16 matches. Daily practice is from 2:00 to 5:00 PM and the season lasts 15 weeks.

Coach: LeAnn Helgeson

GYMNASTICS – GIRLS

Gymnastics begins November 11 and runs for 15 weeks. Osseo has Varsity and Junior Varsity teams. You must have previous gymnastic experience (club or junior high). Practices are daily from 2:00 to 5:00 PM in the East Gym. The number of girls able to participate is unlimited.

Coach: Carrie O'Dea

HOCKEY – BOYS

Sophomores should register with the Osseo-Maple Grove Hockey Association and attend the midget camp. Players are then invited to high school tryouts. Osseo has both a Varsity and JV team. Practices are at the Osseo Ice Arena from 2:30 to 4:30 PM. The season lasts 17 weeks with a total of 22 games. Members provide their own skates, helmets, shinguards, shoulder pads and mouthguard.

Coaches: Garrett Strot, Tim Paske

HOCKEY – GIRLS

Players try out in the fall of the year. Osseo has both Varsity and JV teams for a total of 40 players. Practices are at the Osseo Ice Arena. The season lasts 17 weeks with a total of 21 games. For tryouts student provides equipment: skates, helmets, shinguards, shoulder pads, stick, breezers and mouthguard. After tryouts the school provides socks for games, game jerseys, breezers, gloves and helmet.

Coach: Jack Gravel, Joe Booher

LACROSSE – BOYS

The team is a co-op team with Park Center open to all boys in grades 7 – 12. There are three teams; Varsity, Junior Varsity and 9/10. Currently no player is cut and teams are determined after an evaluation process the first week of practice. Practices are Monday through Friday afternoons, with Saturday practices also a possibility. Games are played on various days of the week at various times. Players need to supply their own helmet, mouth guard, shoulder pads, elbow pads, gloves and lacrosse stick.

Coaches: Derren Nelson

LACROSSE– GIRLS

Lacrosse is an official spring sport. Osseo has Varsity and JV co-op teams with Park Center. Tryouts begin March 24 and are open to any junior or senior high school girl. Practices and home games are held at Elm Creek Elementary from 4:15 to 6:00 PM, Monday through Friday. There are a total of 12 regular season games. The Varsity team will play in the State section playoffs with the possibility of advancing to the State Tournament. Lacrosse stick, goggles and cleats must be provided by the player.

Coaches: Martha Trumble, Mandi Smith

NORDIC SKIING/CO-ED

Skiing starts the first Monday in November and the season ends in March. Varsity and JV teams are offered. You must provide your own equipment. The number of participants is unlimited and there are several meets offered during the season for competition.

Coaches: Brad Rosch, Kay Pederson

SOCCER – BOYS

Soccer begins the third week in August and ends the first week of November. There are Varsity, JV and B-squad teams, each with 15 to 20 players. Some cuts may be necessary. Shoes and practice gear must be provided by the players. There are a total of 18 games.

Coaches: Don Rick, Steve Gehrman, Carl Hoang, Balam Osuna, Joe Deckenbach

SOCCER – GIRLS

Girls' Soccer starts approximately the third week of August and ends the first week of November. There are Varsity, JV and B-squad teams. Tryouts are open to any girl from junior high or high school. Shoes and practice gear must be provided by the players and there are a total of 18 games. All players must be registered through the Athletic Office in order to try out.

Coaches: Chad Hendricks, Tom Leimer, Chris French, Bill Huston, Todd Tagtmeier

SOFTBALL – GIRLS

Softball starts the first week in March. Currently OSH has three teams; Varsity (12 to 14 players), JV (15 to 18 players) and B-squad (12 to 14 players). Each team plays approximately 18 games. Varsity will play in the section tournament, and possibly the state tournament. Shoes and a glove are needed.

Coach: Eric Ruska, J.T. Noehre, Brad Rosch, Robert Haun, Melissa Sanchez, Amanda Paulzine

SWIMMING AND DIVING – BOYS

Boys swimming and diving begins at the end of November and lasts 14 weeks. Teams are Varsity and JV. No cuts have been necessary in the past. Meets are once a week, after the first week. Members need to provide their own practice gear and goggles. Practices are at OJH.

Coaches: Jessica Stevenson, Sara Smith

Diving: Stacy Truman

SWIMMING AND DIVING – GIRLS

Swimming has Varsity and JV teams that begin practicing the second week of August at Maple Grove Junior High. During the school year, practices are from 4:30 to 6:30 PM. An unlimited number of girls may join, no cuts are made. The season ends the second week of November with a total of 16 meets. Members provide their own practice gear and goggles.

Coaches: Trish Peterson

Diving: Julie Hegedus

SYNCHRONIZED SWIMMING

Synchronized swimming begins near March 1 and runs until the end of May. The season ends with a qualifying sectional meet and a State Invitational meet. The team consists of Varsity and JV. MSHSL regulations apply. Practices are Monday through Friday from 4:30 to 7:00 PM at the beginning of the season and 3:00 to 5:30 PM at the end of the season. An unlimited number of athletes may join and no cuts are made. Dance or swimming background is helpful.

The season includes 2 kinds of meets: figure and routine. Meets are 1 of 2 days a week at 4:00 PM. There are 14 meets total. During figure meets the athletes do 4 compulsory and 2 optional moves. A routine is a combination of dance moves, figures and swimming strokes. Routine meets consist of solos, duets, trios and teams. At each meet 6 routines may be performed for team points. Judging is based on difficulty and performance. Members provide their own practice gear, goggles, nose plugs and swim caps.

Coach: Lori McCoy

TENNIS – BOYS

An informational meeting is held mid-March. Varsity consists of 10 to 12 players, JV has 12 to 16. Racquets, sneakers and practice clothes must be provided by the players. Match warm-ups are supplied by the school, and the players like to design and purchase their own uniform T-shirts. They usually cost about \$10.00. Season runs from late March until mid-May. Regional tournaments; team and individuals, are at the end of May.

Coaches: Scott Parr, Dave Abrahamson

TENNIS – GIRLS

Girls' Tennis has a Varsity team of 10 members (4 singles and 3 doubles), and a JV team of 10 members. An additional 7 players make the team. The season begins the second week of August and ends the last week of October. The team participates in a total of 16 matches. Players must provide their own shoes and racquet.

Coach: Scott Parr

TRACK/CO-ED

Track starts in early March and runs through mid-June. Varsity and JV teams are offered and no cuts are made. There are a total of 14 meets to participate in. Usually the top 3 athletes in each event are Varsity, the rest are JV. Anyone in grades 9 through 12 who attends practice regularly, fulfills the requirements of the coach in an area event, and is cleared through the Athletic Office, may be a member of the team.

Coaches: Matt Ferry, Kelly Klecker, Jason Moden, Linda Rasmussen

VOLLEYBALL

All girls at OSH who meet the requirements of the MSHSL are eligible to participate. The volleyball program consists of three teams; Varsity, JV and sophomore which participate in 16 matches. Currently the season begins 2 weeks before the first week of school and runs 13 weeks. Varsity and JV practices are daily from 2:30 to 4:30 PM and the sophomores practice from 4:00 to 6:00 PM.

Coaches: Bill Quan, Mandi Smith, Jamie Johnson, Mike Abrahamson, Aaron Chaput, Neil Swanson, Melissa Sanchez, Elie Jones

WRESTLING

Wrestling starts between the first and third weeks in November and runs 16 weeks. Practice is approximately 2 hours per day. OSH has a no-cut policy so everyone wrestles. There are 4 teams, with 13 weight classes in each team. Once a week there are tryouts to determine teams. Each team has 15 scheduled events. Members provide their own shoes and practice gear.

Coaches: Kelly McConville, Mike McConville, Ryan Molden