



First Day of Winter Athletic Practices

Varsity/JV Girls Basketball

- Captains begin Monday, October 30
- Practices will begin Monday, November 13
- Practice time is 3:30-5:30 Monday thru Friday (Gym A)
- Games will begin on Friday, November 24
- Questions, contact Head Coach Conner Goetz - goetz.conner@gmail.com

Varsity/JV Boys Basketball

- Captains begin Monday, November 6
- Practices will begin Monday, November 20
- Practice time is 5:00-6:30 Monday thru Friday (Gym A)
- Games will begin on Thursday, November 30
- Questions, contact Head Coach Arriel McDonald - arriel_mcdonald@hotmail.com

C Squad Boys Basketball

- Captains begin Monday, November 6
- Practice will begin Monday, November 20
- Practice time is 5:00-6:30 Monday thru Friday (Gym C)
- Games will begin on Thursday, November 30
- Questions, contact Head Coach Chris Miller - Chris.Miller@anoka.k12.mn.us

Boys Hockey

- Captains begin Monday, October 30
- Practices will begin Monday, November 13
- Practice time is 5:30-6:00 Monday thru Friday (PIC)
- Games will begin on Wednesday, November 22
- Questions, contact Head Coach Hal Tearse - htearse@gmail.com

Girls Hockey

- Girls Hockey plays as part of a co-op with Minnehaha Academy
- Captains Practice begin Monday, October 16
- Tryouts begin Monday October 30
- Practices will begin Monday, October 30
- Practice time is 3:45-5:15 Monday thru Friday at Minnehaha Ice Arena
- Games will begin on Saturday, November 11
- Click [HERE](#) for the Minnehaha Academy Girls Hockey registration page
- Questions, contact Head Coach Dan Berthiaume - djberthiaume@gmail.com

Boys Swim & Dive

- Boys Swimming and Diving participates as part of a co-op with Osseo High School
- Practices will begin Monday November 27
- Practice time is typically 4:15-6:30 Monday thru Friday, 8:00 a.m. - 10:30 a.m. Saturdays
- Meets will begin on December 7

- Click [HERE](#) for the Osseo Boys Swimming and Diving registration page
- Questions, contact Head Coach Marshall Abrahamson - marshall.abrahamson@gmail.com

Nordic

- Nordic Ski participates as part of a co-op with Heritage Academy
- Practices will begin Monday, November 13
- Click [HERE](#) for the Heritage Academy Nordic registration page
- Questions, contact Head Coach Kevin Johnson - kjohnson@heritagechristianacademymn.org

Alpine Ski

- Alpine Ski participates as part of a co-op with Mound Westonka High School
- Preseason meeting Tuesday, October 10
- Practices will begin Monday, November 13
- Practice time is 5:30-6:00 Monday thru Friday (PIC)
- Games will begin on November 22
- Click [HERE](#) for the Mound Westonka Alpine registration page
- Questions, contact Head Coach Dennis "Jay" Johnson - mnflyfish@hotmail.com