



Dear Parents and Students,

Fall is just around the corner and North Lakes Academy is gearing up for the start of an exciting year of athletics. The past year saw many highlights with five of our teams competing in section play, our boys basketball team winning the first section playoff game in school history for any sport and the beginning of a middle school athletics program. The upcoming year brings a new beginning for NLA athletics with boys soccer, Volleyball, Girls Basketball, and Boys basketball joining the Eastern Minnesota Athletic Conference(EMAC).

Once again we are kicking off our fall sports season with a sign up night and an “All You Can Eat Corn Feed Fundraiser” on Thursday August 11th from 4:30-7:30. Registration will begin at 4:30 and corn feed at 5:30.

Official practices for fall sports begin on Monday, August 15th. Volleyball will be having captain’s practices for all girls interested on August 9, 10, and 11th from 1 pm – 3 pm at the North Campus gymnasium. Participation in captain’s practices is voluntary.

This year we will be offering the following activities:

Fall Season

Boys Soccer
Girls Soccer
Volleyball

Winter Season

Boys Basketball
Girls Basketball

Spring Season

Baseball
Fastpitch Softball

Any student in grades 7-12 is eligible to play sports at NLA. Students in grades 5-6 are encouraged to sign up for activities through community education and/or FLAAA.

To sign up for activities here at North Lakes, we will need the following forms to be completed prior to participation:

- *Minnesota State High School League Athletic Eligibility Brochure*
- *North Lakes Academy Extracurricular Eligibility Form*
- *Sports Physical Examination(required once every 3 years)*
- *\$100 fee for fall/spring sports and \$150 fee for winter sports.*

All forms will be available for pick up at the Main Campus or online. Main campus summer hours are 10 am – 2 pm Tuesday and Wednesdays. We also recommend you begin making appointments as soon as possible for physical examinations.

If you have any questions about activities, please contact activities coordinator Jeff Beimert by email jbeimert@northlakesacademy.org or by phone 651-982-2773.