



## Mustang Sports Information

Volleyball for grades 9-12 began on Monday, August 14 with practice running from 7:00 – 10:00 am at the Northome School. A shuttle bus will leave Kelliher at 6:30 am and return at 10:10 am. Coaches will have more information about practices, schedules, forms, expectations.

Volleyball for grades 6-8<sup>th</sup> will begin on Monday, August 21 with practices running from 7:00 – 10:00 am at the Northome School. A shuttle bus will leave Kelliher at 6:30 am and return at 10:10 am. Coaches will have more information about practices, schedules, forms, expectations. Girls going out for volleyball should have gym shoes, shorts, and t-shirt for practices.

Football for grades 9-12 began on Monday, August 14 with practice running from 8:00 – 11:00 am at the Kelliher School. A shuttle bus will leave Northome at 7:10 am and return between 11:10 am and 2:30 pm. Coaches will have more information about practices, schedules, forms, expectations.

Football for grades 6-8<sup>th</sup> and 4-6<sup>th</sup> will begin on Tuesday, September 5 with practices running from 4:00 – 5:30 pm at the Kelliher School. A shuttle bus will leave Northome after school and return at 5:40 pm. Coaches will have more information about practices, schedules, forms, expectations. Player's going out for football should have football shoes, shorts, and t-shirt for practices. We have extra football shoes on hand for kids who may not have their own.

In addition, all participants will need to complete the following forms: Mustang Sport Form, MSHSL Eligibility Form. These are available online or will be handed out the first day of practice. Any student who hasn't participated in a sport before will need a MSHSL Physical Form. These forms are available in the Northome or Kelliher School offices, from the coaches, or online. MSHSL physicals are good for 3 calendar years, check with your teams coaches to see if your physical needs to be renewed.

In addition, please use the link below or search under Sports or Athletics on the Northome School and Kelliher School websites to find the latest updated Mustang Sports information for the 2023-2024 school year. Information found on this link includes: team schedules, bus schedules, calendar of events, MSHSL forms, Mustang forms, athletic handbook, academic eligibility info, etc. This site will have the most updated information throughout the school year.

<https://sites.google.com/kelliher.k12.mn.us/mustang-sports>