

8/10/21

Hello Lakers,

Fall sports start soon. The following information is pertinent to middle and high school sports at Triangle Lake. If you have questions please feel free to reach out to me.

Tony Wynn,

AD

520-2189

Coaching staff for fall 2021:

HS/MS Cross-Country: Paige Wynn

HS V-ball: Ronda Gardner (welcome aboard we are very excited to have you on staff)

HS F-ball: Joshua Jetton, assist TBA

MS V-ball: Michelle Bechtel

MS F-ball: Derek Pennel, LeRoy Surcamp, Shane Mooney

A few dates:

- First day of practice-- August 16th (**except for high school volleyball, cross country, and middle school sports- see below**)
- First v-ball game-- August 31st, Siletz @ TL
- First f-ball game--August 27th, Jamboree @ Mohawk (still needs to be confirmed)
- Middle school v-ball will start the first day of school
- **Week of August 9th and on into August 16th we'll not have water. Please make sure that students bring water for hydration.**
- Students who do not have an updated physical cannot practice until that requirement is taken care of.
- We will be charging for sports this year. The cost is \$75 for hs and \$60 for ms, and then there's the family plan as well. Financial assistance is available, please contact Tony Wynn if help is needed. No student will be turned away.

Dear Parent/Athletes;

Volleyball

High school volleyball practice starts August 17th (Tuesday). I'm going to extend the time and go 5-7:30. I'm still holding this like a camp. The following 2 weeks before school starts we will go 4:30-7:30; then 5-7 once school starts.

Players need to bring water, knee pads, and court shoes.

Ronda Gardner,

rsgardner@fernridge.k12.or.us

Cross country is a distance running sport ran on courses which can consist of trails, fields, hills, roads, and even water. High school athletes race 5k (3.1 miles) and middle school athletes race a 3k or a 2 mile race depending on the course. Cross country provides the opportunity to set individual goals and work towards those goals while still being part of a team. All levels of runners can participate in cross country and find success. Don't say "I can't run" or "I'm bad at running". Come discover how you can build mental toughness, set and reach goals, and have fun doing it.

Cross country is open to grades 5th - 12th grades. We will begin training together on Monday August 23rd at 5:30 pm, this could change depending on temperatures. I recommend, if you haven't already, to start running/training now. I'd begin my running 2 to 5 miles four to five days a week depending on what kind of shape you are in. When school begins we will train right after school. Training consists of running mileage up to 6 miles depending on your level of fitness and distance your training for. Training around our school requires students to run along Hwy 36 at times, therefore, following safety instructions is very important. I will have more information about rules and procedures later.

Equipment needed: Runners will need shorts, t-shirt or tank top, water bottle, and a pair of running shoes that fit properly. You don't have to spend a lot of money to get a decent pair of running shoes. If any of these items are difficult for you to provide, please reach out to me.

I'd like to get an idea of how many students are interested in participating. If you could reach out to me and let me know, I'd appreciate it. Email: pwynn@blachly.k12.or.us Cell# 541-520-1318

Thanks you,

Coach Paige Wynn

Football

High school football starts on August 16th

Joshua Jetton,

jettonjoshua1@outlook.com

Middle School Football starts August 17th, Tues and Thurs @ 6Pm for 1.45 Min (Shorts/Cleats)

Go Lakers!

School phone: 541-925-3262