



L'Anse Creuse MS-South



2025 Fall Sports Information

Athletic Director: Jason Paternoster / Email: paterja@lc-ps.org

MSS Athletics Webpage: <https://www.lc-ps.org/schools/middle-school/south/athletics/>

All dates are TENTATIVE

SPORTS PHYSICALS ARE REQUIRED!!!

- Athlete's MUST have a completed sports physical on file with the school before participation in any tryouts, practices, or games.
- **Physicals completed after April 15th** of the previous school year are considered current.
- Copy of the physical form is attached as well as locations to get sports physicals.

7th Grade Football

- **Sign Up / Physical Turn In / Equipment Pick Up:**
DURING Grade Level SABRE Day – Date/Time TBA
- **Location:** Report to the Gym during your grade level Sabre Day time
- **What do I need to turn in?** Up to date **SPORTS PHYSICAL** (After 4/15/25)
- **First Practice Begins:** **Tuesday, August 26th from 3:00pm – 5:00pm (after school)**
- **Location:** Meet on Practice Field behind School (wear cleats, shorts, and t-shirt)
- **Coaches:** Dan Mancini mancida@lc-ps.org and Keith Weiland weianke@lc-ps.org

8th Grade Football

- **Sign Up / Physical Turn In / Equipment Pick Up:**
DURING Grade Level SABRE Day – Date/Time TBA
- **Location:** Report to the Gym during your grade level Sabre Day time
- **What do I need to turn in?** Up to date **SPORTS PHYSICAL** (After 4/15/25)
- **First Practice Begins:** **Tuesday, August 26th from 3:00pm – 5:00pm (after school)**
- **Location:** Meet on Practice Field behind School (wear cleats, shorts, and t-shirt)
- **Coaches:** Jason Paternoster paterja@lc-ps.org and Allan Terry terryal@lc-ps.org

7th Grade Girls Volleyball

- **Tryouts:** **Tuesday, August 26th and Wednesday, August 27th from 3:00-4:30pm**
- **What do I need in order to tryout?** Up to date **SPORTS PHYSICAL** (After 4/15/25)
- **Location:** Gym
- **First Practice Begins:** **Tuesday, September 3rd from 3:00-4:30pm**
- **Coach:** Jordan Vanwelsenaers vanwejo@lc-ps.org

8th Grade Girls Volleyball

- **Tryouts:** **Tuesday, August 26th and Wednesday, August 27th from 4:30-6:00pm**
- **What do I need in order to tryout?** Up to date **SPORTS PHYSICAL** (After 4/15/25)
- **Location:** Gym
- **First Practice Begins:** **Tuesday, September 3rd from 4:30-6:00pm**
- **Coach:** Kyleigh Dujardin kyleighduj@gmail.com

6th-8th Grade Cross Country Club

- **First Practice Begins:** **Tuesday, September 2nd from 3:00-4:00pm**
- **Who can join Cross Country?** Any 6th, 7th, or 8th grader interested (Club Sport = No physical required)
- **Location:** Track - Behind the School
- **Coach:** Lauren DeBruyne debrula@lc-ps.org