



2026-2027 Sports Info

LAKE CITY HIGH SCHOOL HOME OF THE TIMBERWOLVES

INTERESTED IN PLAYING HIGH SCHOOL SPORTS?



2026-2027 Athlete Registration Checklist

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Online Registration

www.Aktivate.com (Previously called Register My Athlete)

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Sports Physical or Interim

- Sports Physical - Dated after May 1st, 2026 Required for all new LCHS athletes 9th & again in 11th grade
- Interim Form - required on the years you do not turn in a physical (usually 10th and 12th)

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Health Insurance

- Insurance is *required* to participate in high school sports. If you do not carry health insurance, there are accident plans available at www.studentinsurance-kk.com

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Paid ASB

- All athletes must pay the \$50 ASB fee to play sports. This also is your ticket into home games! Your ASB may be paid online on Aktivate, Online through Skyward (E-funds online), or in person with check or cash.

☐

Travel Fee (Do not pay until roster is complete!)

- All athletes must pay a \$25 travel fee for each sport or activity. Do not pay travel fees until your sport begins. Purchase through Aktivate.



NO PAPERWORK – NO PRACTICE – NO EXCEPTION!

www.lakecitysports.com

IMPORTANT SEASON START DATES:

FALL SPORTS:

AUGUST 10 -

FIRST DAY OF BOYS & GIRLS SOCCER, CROSS COUNTRY, FOOTBALL, GOLF, SWIMMING AND VOLLEYBALL.

WINTER SPORTS:

NOVEMBER 2 -

FIRST DAY OF GIRLS BASKETBALL

NOVEMBER 13 -

FIRST DAY OF BOYS BASKETBALL

NOVEMBER 16 -

FIRST DAY OF WRESTLING

SPRING SPORTS:

FEBRUARY 26 -

FIRST DAY OF BASEBALL, SOFTBALL, TENNIS, TRACK & FIELD

Please contact Head Coach
for tryout details!



LAKE CITY TIMBERWOLVES

Tryout & Coach Contact Information 2026-2027

Registration Information:

- **YOU MUST REGISTER ONLINE** <https://www.aktivate.com>
 - Make sure you pick the 2026-2027 season. **DO NOT** create a new account if you already have one. If you have a sibling that plays sports at Lake City, just log back in and add an athlete to your existing account.
- All students must purchase an ASB (\$50) and Travel Fee (\$25 per sport). These can be paid through Aktivate beginning in August after student is placed on a Roster.
- Physicals are *required* in 9th and 11th grade. - Physical Must be done after May 1st, 2026
 - We must have a current physical on file (physical stays on file for 2 years)
- Students must have passed the requisite number of classes during the last grading period (Spring Semester 2026)

Boys Soccer

Head Coach: Chaz Donovan

Email: chaz.donovan@cdaschools.org

- HS Camp: TBD
- Tryouts:
 - Monday, August 10th, 11th & 12th @ LCHS South Soccer Fields
 - 9:00-11:30am & 1:00pm-2:30pm ALL SESSIONS REQUIRED

Stay Informed: Contact head coach for Team Snap Login

Cheer

Head Coach: Jennaka Votava

Email: jennaka.votava@cdaschools.org

- Tryouts May 22nd– Click here for more info

Stay Informed: Contact coach to be added for Slack App info.

Girls Soccer

Head Coach: Matt Ruchti

Email: mattruchti@hotmail.com

- Tryouts:
 - Monday, August 10th & 11th @ LCHS North Soccer Fields
 - ALL SESSIONS REQUIRED–Contact coach for tryout info

Stay Informed: Contact coach to be added for Text/Email

Swimming

Head Coach: Michelle Sobek

Email: msobek@cdaschools.org

- Tryouts:
 - Monday, August 10th & 11th @ Kroc Center

Stay Informed: Contact coach to be added for Text/Email

Cross Country

Head Coach: Brandy Anderson

Email: brandy.anderson@cdaschools.org

- Team runs are 4 days a week beginning **June 8th. Practices will be 90 min 7:45-9:15**
- Mondays: Lake City High School; Long Runs
- Tuesdays: Riverstone Park; Tempo Tuesdays
- Thursdays: Shaddock Park (Canfield); Trail Run and Hill Strides
- Friday Captain's run (Bluegrass Park)
- [CLICK HERE FOR MORE INFO](#)

The first day of the season begins August 10th @ LCHS!

- 8:00am-10:00am-Bring your running shoes & workout clothes.

Stay Informed:

- Contact head coach for Team Snap Login

Golf

Boys Head Coach: Nik Bjurstrom

Email: nbjurstrom@cdaschools.org

Girls Head Coach: Corey Owen

Email: cowen@cdaschools.org

Bring your Golf Clubs! Tryouts are at CDA Public Golf Course on the practice green.

- Boys Tryouts: Aug. 10th & 11th; 8:00am-9:30am
- Girls Tryouts: Aug. 10th & 11th; 9:30am-11:00am

Stay Informed: Contact coach to be added for Text/Email

Football

Head Coach: Byron Hout

Email: byron.hout@cdaschools.org

- Tuesday, April 28th: Parent Meeting at LCHS 6pm in the Library
- Spring Football: May 26-28th 2:45pm-5pm
- Football Camps in June
- August 10th: Report Day & Fall Camp begins
- Fall Camp 8/10-8/21 (Weekdays)
- Stay informed:
 - [Lake City High School Timberwolves Football](#) FB Page
 - Contact coach for Hudl and Team Snap communication

Volleyball

Head Coach: Michelle Kleinberg

Email: mkleinberg@cdaschools.org

- Tryouts:
 - Monday, August 10th @ **Lake City High School**
 - Times TBD
 - Tuesday, August 11th @ **Lake City High School**
 - Times TBD

Stay Informed:

- <https://www.facebook.com/LCHSTWolvesVB/>
- <https://www.instagram.com/lchsvolley/>





HONORARY CLUBS

National Honors Society

Clubs & Extra Curricular

Band/Instrumental Music

Bowling Club

Business Professionals of America (BPA)

Chess Club

Choir/Vocal Music

Club America

Dance Club

Debate

DECA

Drama Club

Environmental Club

FCCLA

French Club

Gaming Club

Geocaching Club

Growing the Stem Club

GSA Club

Homework Help/Study Hall

Hope Club

Key Club

Lacrosse Club

Newspaper Club

Philosophy Club

Rooted Fellowship

SAT Prep Club

Scholastic Club (Trivia Team)

Skeet & Trap

Ski/Snowboard Club

Sources of Strength

Speech

Stomp

Student Council

The Scribble Society

The Trader Joe's

Yearbook

Youth Alive Club

YVA

Fall Head Coach Contacts:

Boys Soccer

Head Coach: Chaz Donovan

Email: chaz.donovan@cdaschools.org

Cheer

Head Coach: Jennaka Votava

Email: jennaka.votava@cdaschools.org

Cross Country

Head Coach: Brandy Anderson

Email: brandy.anderson@cdaschools.org

Football

Head Coach: Byron Hout

Email: byron.hout@cdaschools.org

Girls Soccer

Head Coach: Matt Ruchti

Email: mruchti@cdaschools.org

Golf (Boys)

Head Coach: Nik Bjurstrom

Email: nbjurstrom@cdaschools.org

Golf (Girls)

Head Coach: Corey Owen

Email: cowen@cdaschools.org

Swimming

Head Coach: Michelle Sobek

Email: msobek@cdaschools.org

Volleyball

Head Coach: Michelle Kleinberg

Email: mkleinberg@cdaschools.org

Winter Head Coach Contacts:

Boys Basketball

Head Coach: James Anderson

Email: janderson@cdaschools.org

Girls Basketball

Head Coach: Nina Carlson

Email: christina.carlson@cdaschools.org

Wrestling

Boys Head Coach: Corey Owen

Email: cowen@cdaschools.org

Girls Head Coach: Nate DeLeon

Email: ndeleon@cdaschools.org

Spring Head Coach Contacts:

Baseball

Head Coach: Gil Pierce

Email: gpierce@rockwoodpm.com

Softball

Head Coach: Jordyn Hensley

Email: jordyn.hensley@cdaschools.org

Tennis (Boys)

Head Coach: Aiden Kirkham

Email: aiden.kirkham@cdaschools.org

Tennis (Girls)

Head Coach: Jandi Stowell

Email: jandistowell@gmail.com

Track

Head Coach: Kelly Reed

Email: kreed@cdaschools.org

Also offered:

Band/Orchestra

Advisor: Shad Frazier

Email: shad.frazier@cdaschools.org

Choir

Advisor: Brittany Pundhellar

Email: dpfundheller@cdaschools.org

Drama

Advisor: Dan Bell

Email: dbell@cdaschools.org

Debate/Speech

Advisor: Caleb Dreschel

Email: cdrechsel@cdaschools.org

ACTIVITIES

SPORTSMANSHIP

IS THAT QUALITY OF HONOR
THAT DESIRES ALWAYS TO BE
COURTEOUS, FAIR, AND
RESPECTFUL, AND IT IS
INTERPRETED IN THE CONDUCT
OF PLAYERS, SPECTATORS,
COACHES, AND SCHOOL
AUTHORITIES.

Fielding H. Yost

Sportsmanship Expectations for Spectators

Spectators must follow the IEL and IHSA Sportsmanship Rules and Regulations, including:

- Understand that profanity, obscene language, suggestive gestures, chanting and obnoxious behavior directed at opposing players, coaches, or fans will not be tolerated.
- Treat opposing players, coaches, and fans with courtesy and respect.
- Booing is not an acceptable behavior, particularly during player introductions.
- Only signs encouraging your team are permitted.
- Students, players, coaches, parents, and all spectators are asked to maintain
- Total silence through the completion of the National Anthem per IEL Regulations.

Coaches, staff, administration, parents, and all spectators are adult role models and should exhibit high levels of sportsmanship and spirit.

As parents of Lake City High School students, we promote and expect exemplary sportsmanship from students, athletes, parents, coaches, staff, and all spectators.

Violation of sportsmanship rules may include the following consequences: verbal warning, ejection, one or more game suspension, or a season long suspension. If ejected, you must leave the site.



**WAYS TO STAY
CONNECTED:**

Check our website's
Daily Bulletin

www.cdaschools.org/lchs

Sports Calendar :

<https://lakecitysports.com>



@LCHS_UNITED



LCHS United



www.nfhsnetwork.com