

RAPTOR REPORT

ISSUE NO 6 | SEPTEMBER 26, 2026



Picture Day

Picture Day is October 5, 2026. To order pictures, visit inter-state.com/order and enter code 0524MCB.

Retakes are scheduled for November 17, 2026.

Delivering Messages at School

We understand there may be times when you need to relay an important message to your child during the school day. However, frequent messages can disrupt classes and there may be situations when we are unable to deliver a message.

We encourage families to discuss reminders about homework, pickup plans, and items their child may need for the day before they leave for school. We will do our best to meet incoming requests when possible. Thank you for your understanding and cooperation!

Early Release Day

The next Early Release Day is October 2. Students will be released at 1:07 PM.

Raptor Spotlight

This week's Raptor Spotlight features East Middle School Counselor Phoenix Chool on page 2!

Musical Events

Check out upcoming band, orchestra, and chorus events on page 3.

Wellness Policy

Read about the district's Wellness Policy, including food for classroom celebrations and off-site meal consumption, on page 3.

Skyward Corner

Learn how to check your child's attendance on page 3.

Native American Day Events

In honor of Native American Day, check out all the events on pages 5-9!

Community Resources

Find helpful community resources starting on page 10.

Raptor Spotlight

This week's Raptor Spotlight features East Middle School Counselor Phoenix Choal!

What inspired you to become a school counselor? I've always enjoyed school, even at a very age. Once I got to high school and we got asked the question, "What are you going to do after you graduate?" I had to do some hard thinking. My coach at the time happened to also be our school's school counselor so when I talked to her and started figuring out my likes and dislikes, it sort of hit me: school counselor. I always enjoyed helping people, I loved listening and problem-solving, but more importantly I loved building relationships and connecting with people.

What is something important you'd like parents to know about your role at East? I would like parents to know that I am available to work with all students regarding social, emotional, and academic problems. I am a short-term solution, meaning I can only visit with students 6-8 times regarding a certain skill. However, I am able and willing to help as needed and if their student needs more support, I am able to make referrals!



Whether a student is having a rough day and needs to vent, is experiencing the day-to-day challenges of being a middle schooler or just wants to chat about the things that are going well in life; I am there.

- Phoenix Choal, Counselor

What are some of the things you help students with? My main focuses are social, emotional, and academic skills. Whether a student is having a rough day and needs to vent, is experiencing the day-to-day challenges of being a middle schooler or just wants to chat about the things that are going well in life; I am there. Some days it is as simple as a student needing a high-five, a hug, a piece of candy, or just a moment of connection! Other days it is needing that time to visit and know that someone is there who cares about you.

What is the best way for parents to connect with you if they have questions or concerns about their child? When/if a parent wants to get ahold of me regarding concerns for their student, there are a couple of different ways to reach me. You can contact me at the school by calling 605-394-4092 and asking for Phoenix Choal (school counselor) or you can email me at phoenix.choal@k12.sd.us

What is one thing you can't live without? You could ask anyone in this school, and I am pretty sure they would all have the same answer for me: coffee. I have my routine and here at school requires at least 2 coffees a day, whether I make it at home or treat myself to a little drive-thru coffee at our local Starbucks or Scooters!

What do you enjoy doing in your spare time? In my spare time I enjoy going to the dog park with our German Shepherd, cooking, reading books on the couch, going to the gym, or watching movies with my significant other. We're also in the process of purchasing our first home, so my spare time has been very focused on Pinterest-ing home decorations.

United States Air Force (USAF) Heartland of America Performance

On September 16, 2026, the USAF Heartland of America Band performed for East's 6th, 7th, and 8th grade band, chorus, and orchestra students! Students enjoyed an hour-long concert featuring timeless classics and contemporary favorites. This was an outstanding opportunity for our music students to listen to and engage with professional musicians. We appreciate the USAF Heartland of America Band taking the time to visit and share their music with our students!



Save the Dates

There are several orchestra, band, and chorus events in October! Save the dates:

- October 6 – 6th – 8th Orchestra Concert @ 7:00 p.m., EMS Cafeteria
- October 8 – 6th Grade Band Concert @ 6:00 p.m., EMS Cafeteria
- October 9 – 8th Grade Marching Band Night @ 5:30 p.m., O'Harra Stadium
- October 14 – 6th Grade Musical @ 2:20 p.m., EMS Cafeteria
- October 15 – 7th – 8th Chorus Concert @ 7:00 p.m., PAC

Wellness Policy (EFBA)

The purpose of the [Wellness Policy \(EFBA\)](#) is to promote student wellness throughout the district, including healthy food practices. Below are key guidelines regarding school-wide and classroom celebrations and off-site meal consumption.

School-Wide and Classroom Celebrations

School-wide and classroom celebrations, events, and rewards involving food should be limited. Food provided to students during the school day must be commercially prepared and include a nutrition and ingredient label. Home-prepared foods are not permitted.

Off-Site Meal Consumption

When students are asked to provide their own meals (such as bringing a lunch from home), teachers and staff organizing the field trip or event will ensure that students and parents/guardians are informed that a sack lunch is available through Student Nutrition at the student's paid, free, or reduced-price meal rate.

To help Student Nutrition plan effectively and minimize disruption to meal participation, school staff will make every effort to provide at least two weeks' advance notice when requesting sack lunches.

Skyward Corner: Check Your Child's Attendance

Want to keep track of your child's attendance? You can check it in just a few clicks through Skyward. Log in to Skyward and click Family Access, then select Attendance. The Attendance screen will display your child's absences and tardies.



Keep Your Student on Track in Middle and High School Pay Attention to Attendance

Showing up for school has a huge impact on a student's social and academic development. Even as children grow more independent, **families play a key role** in making sure students get to school and understand how attendance benefits their health and success in school and beyond.



Did you know?

- Students should miss no more than 9 days of school each year to stay engaged and on track to graduation.
- Frequent absences can be a sign that a student is **losing interest** in school, **dealing with a bully** or facing some other difficulty.
- By **6th grade**, chronic absence (missing 10%, or 2 days each month) is one of **three signs that a student may drop out** of high school.
- By **9th grade**, attendance is a **better predictor of graduation** rates than 8th grade test scores.



What you can do

Make school attendance a priority

- **Talk about** the **opportunities** available when your teen or preteen shows up to school every day.
- Help your middle and high schoolers maintain **daily routines**, such as finishing homework and getting enough sleep.
- Consider **limiting** use of **devices** if they interfere with sleep.
- Try not to schedule **nonurgent medical appointments** during the school day.
- Help your student to stay **healthy**.
- If your children must stay home because they are **sick**, make sure they have **asked teachers for materials** to make up for the missed learning time in the classroom.

Help your student stay engaged

- **Find out** if your children **feel engaged** by their classes and whether they **feel safe** from bullies and other threats.
- Make sure your students are not missing class because of challenges with **behavioral issues** or **school discipline policies**. If any of these are problems, contact the school and work with them to find a solution.
- **Monitor** your child's academic progress and seek help from teachers, school counselors or tutors when necessary. Provide teachers with your **contact information**.
- Stay on top of your child's **social contacts**. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful **after-school activities**, including sports and clubs.
- If you notice signs of **anxiety**, support your middle and high schoolers, and if needed, **seek advice** from your school or health-care provider.

Communicate with the school

- **Know** the school's **attendance policies** both incentives and penalties.
- **Check** on your preteen/teen's **attendance** to make sure absences are not adding up.
- **Seek help** from school staff, other parents or community agencies if you need resources and support.

October 2025

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Athletic Expectations

Below is a reminder of our expectations for sportsmanship, appropriate behavior, and representing East Middle School positively.

- Fans are expected to show respect to visiting teams, athletes, families, and staff.
- Spectators must remain in designated viewing areas and may not roam the school, grounds, or other areas outside the event.
- Administrators may restrict a student's continued attendance at after-school athletic events for repeated misbehavior or failure to follow expectations.
- Students asked to leave an event will require immediate parent/guardian pick-up.
- After each game, please clean up your area and help pick up any trash left behind.

Student Academic Requirements

To participate in athletics, students must have no more than 5 missing assignments and no more than 1 "F" in Skyward.

Native American Day Events

Several events are taking place to honor Native American history and culture, remember the children impacted by Indian boarding schools, and build positive relationships within our community. Read about the activities below and see the attached flyers for details on how you can get involved!

Orange Shirt Day – September 30

Wear orange to recognize the legacy of Indian boarding schools, honor survivors and their families, and remember those who did not make it home. Wearing an orange shirt is optional, and shirts do not need to be purchased. See the attached flyers below for ways to participate.

Black Hills Wacipi (Powwow) – October 9–11 @ The Monument

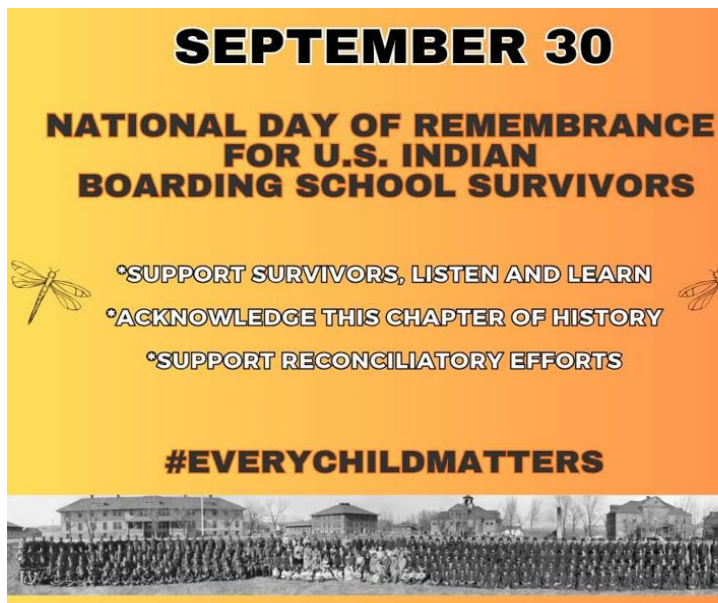
- Wacipi 101: Educational sessions are available for those interested in learning more about powwow traditions and culture. General admission and registration are required.
- Youth Handgame Tournament: October 9 at noon in the Aspen Room. Open to K–12 teams; free for spectators.

Indigenous Peoples Day Parade – October 10 at 10 a.m. | Main Street, Rapid City

Kickoff festivities and live performances begin at 9 a.m. near Main Street Square. The parade theme is “We Dance for the People.” RCAS will have a float, with participation from several RCAS schools.

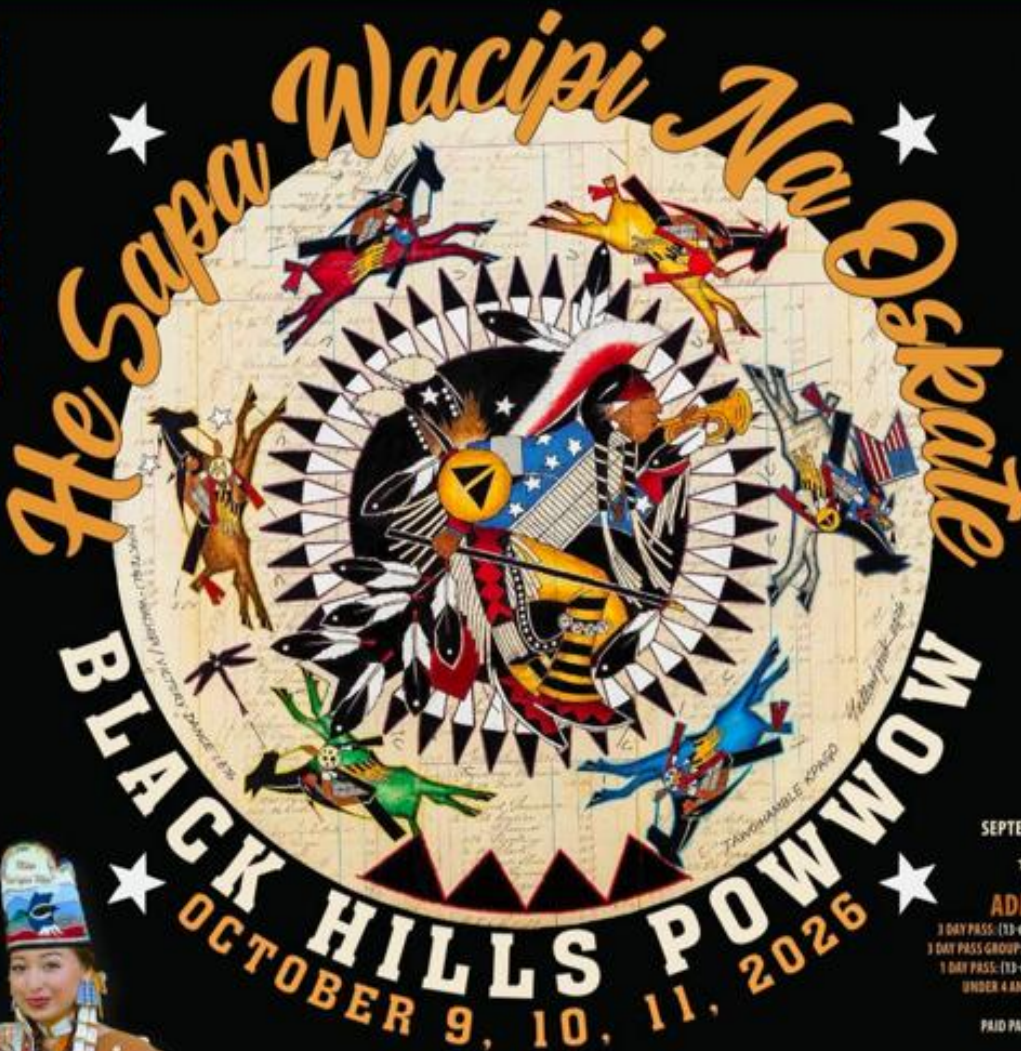
Native American Day – October 12

- Remembering the Children Memorial Walk – 9 a.m. at Sioux Park: A walk will honor and remember the Rapid City Indian Boarding School children, ending at the Memorial Site behind West Middle School. Commemorative shirts will be available while supplies last.
- Native American Day Celebration – 9 a.m. at Crazy Horse Memorial: The program will feature guest speakers, singers, and more. Buffalo stew will be provided free to attendees.



HONORING THE 150TH ANNIVERSARY OF THE VICTORY AT GREASY GRASS

38TH ANNUAL



\$200,000
TOTAL PRIZE PAYOUT

TICKETS
ON SALE
SEPTEMBER 5, 2026

★★★★★

ADMISSION:
3 DAY PASS: (13-64) \$40 (6-12) \$28
3 DAY PASS GROUP: (25 OR MORE) \$35
1 DAY PASS: (13-64) \$25 (6-12) \$18
UNDER 4 AND 65 & OVER: FREE
FREE PARKING
PAID PARKING AVAILABLE



2026
**MISS HE
SAPA WIN**
WANBLI KINYAN WIN
TYLER STAR COMES OUT

CHAMPIONSHIP POWWOW

SUMMIT ARENA AT THE MONUMENT
RAPID CITY, SOUTH DAKOTA

Come Dance With Us

BOARD OF DIRECTORS

PRESIDENT - STEPHEN YELLOWHAWK
VICE PRESIDENT - DEW BAD WARRIOR - GANIE
TREASURER - LISA HATTEN
DIRECTOR - SANDOR IRON ROPE
DIRECTOR - RICHOLAS HERNANDEZ
DIRECTOR - MITCHELL D. BREWER
DIRECTOR - IRA TAKEN ALIVE
DIRECTOR - DANIELLE TASHESNA FINN

HEAD STAFF

EYAPANA - BURN LITTLE HEAD
EYAPANA - DR. WHITNEY RENCOURTIERE
HEAD DANCE JUDGE - STARR WHITEYE
HEAD SINGING JUDGE - STEVE WOOD
ARENA DIRECTOR - RUSTY GILLETTE
ARENA DIRECTOR - CHASKE LABLANC
MISS HE SAPA WIN - TYLER STAR COMES OUT
SOUND - TONIC SOUND
TABULATION - KREEAZN
POSTER ARTIST - JIM YELLOWHAWK
LIVESTREAM - POWWOWS.COM
VETERANS GROUP - ALL VETERANS WELCOME

EVENTS

HAND GAME TOURNAMENT • VENDORS • STYLE SHOW
• YOUTH DAY • MISS HE SAPA WIN CONTEST

GRAND ENTRIES:

FRIDAY: OCTOBER 9 First Grand Entry - 7pm
SATURDAY: OCTOBER 10 Grand Entries - 1pm & 7pm
SUNDAY: OCTOBER 11 Grand Entry - 7pm
*Guest system for all starts Friday @ 7pm

SPECIALS

MISS HE SAPA WIN NORTHERN WOMAN'S TRADITIONAL
ages 21+
Winner takes all, with 3 consolation.

WORLD CHAMPIONSHIP OF THE BLACK HILLS SINGING CONTEST

1st-\$15,000, 2nd-\$12,500, 3rd-\$10,000,
4th-\$7,500, 5th-\$6,000, 6th-\$4,000,
(4) Consolations - \$1,000 each

DANCE CONTEST

JUNIOR BOY'S 6-12 TRADITIONAL, GRASS, FANCY
JUNIOR GIRL'S 6-12 TRADITIONAL, JINGLE, FANCY SHAWL
1st-\$250, 2nd-\$200, 3rd-\$150, 4th-\$100,
5th-\$75, 6th-\$50, 7th-\$25

TEEN BOY'S 13-17 BOY'S TRADITIONAL, GRASS, FANCY
TEEN GIRL'S 13-17 TRADITIONAL, JINGLE, FANCY SHAWL
1st-\$500, 2nd-\$400, 3rd-\$300, 4th-\$250, 5th-\$200,
6th-\$150, 7th-\$100

18+ MEN'S CONTEMPORARY TRADITIONAL

18+ MEN'S WOODLAND
18+ SOUTHERN MEN'S STRAIGHT TRADITIONAL
18+ SOUTHERN WOMEN'S TRADITIONAL BUCKSKIN
18+ SOUTHERN WOMEN'S TRADITIONAL CLOTH
18+ WOMEN'S APPLIQUE

SPLIT CATEGORIES - 18-29 Jr. Adult & 40-54 Sr. Adult
MEN'S TRADITIONAL, CHICKEN DANCE, GRASS, FANCY
WOMEN'S TRADITIONAL,
CONTEMPORARY JINGLE, OLD-STYLE JINGLE
FANCY SHAWL

GOLDEN AGE 55-69 MEN'S TRADITIONAL

GOLDEN AGE 55-69 MEN'S GRASS
GOLDEN AGE 55-69 MEN'S FANCY
GOLDEN AGE 55-69 WOMEN'S TRADITIONAL
GOLDEN AGE 55-69 WOMEN'S JINGLE
GOLDEN AGE 55-69 WOMEN'S FANCY SHAWL

PLATINUM AGE - 70+ MEN'S COMBINED

PLATINUM AGE - 70+ WOMEN'S COMBINED
All Adult categories listed - 1st-\$1,100, 2nd-\$900,
3rd-\$700, 4th-\$500, 5th-\$300, 6th-\$200, 7th-\$100

TRU BY HILTON (605) 341-1878, CLUBHOUSE HOTEL & SUITES (605) 939-3005, TRU BY HILTON (605) 341-1878, HAMPTON INN & SUITES (605) 341-1879, DOUBLETREE BY HILTON RAPID CITY (605) 348-4000
BEST WESTERN RAMKOTA 605-343-8550, AMERICINN BY WYNDHAM RAPID CITY (605) 546-1344, COUNTRY INN & SUITES (605) 394-0017, FAIRFIELD INN & SUITES (605) 718-9600

LINEY GROUP'S POP

THE BHPWA WOULD LIKE TO GIVE A SPECIAL THANKS TO THE CITY OF RAPID CITY FOR MAKING THIS EVENT POSSIBLE.
NOT RESPONSIBLE FOR ACCIDENTS, THEFT, OR LACK OF FUNDS | BLANKETS USED TO SAVE SEATS WILL BE REMOVED

PO BOX 8131, Rapid City, South Dakota USA 57709 | (605) 341-8925

WWW.BLACKHILLSPOWWOW.COM





WANT TO LEARN MORE ABOUT POWWOWS? COME LEARN WITH US!

Black Hills Powwow Board of Directors is proud to present:

Wacipi 101

SIGN UP



- Cultural Protocols
- Dance Styles & Regalia
- Explanation of Grand Entry and other aspects of the event
- Learn about powwow royalty
- Spectator Q&A

FOR MORE INFO CONTACT SABRINA POURIER 605-863-4156
and SANTANA YOUNG MAN 605-441-1992



BATTLE IN THE HE SAPA

YOUTH HANDGAME TOURNAMENT LAKOTA STYLE

FRI. OCTOBER 9TH, 2026

THE MONUMENT: ASPEN ROOM (UPPER LEVEL)

★ Divisions ★

(K-4th grade) Elementary
(5th-8th) Middle school
(9th-12th) High School
5 - 10 players per team



2025-2026 POSTER ART WINNER

Jim Yellowhawk

Registration 10:00 am
Tournament Begins 12:00 pm
Entry Fee \$350
Contact Info: Marlon Kelly
(605) 441-5079

Tournament awards: Best Guesser, Best Hider,
Best Singers, Best Dressed & Sportsmanship

INDIGENOUS

PEOPLES' DAY PARADE

"We Dance
for the People"

Feat.
ANTHINE X

Feat.
RezCoast Grizz

SATURDAY OCT 10TH 2026

MAIN ST
RAPID CITY, SD

PARADE STARTS
AT 10:00AM

GreatPlainsTribalHealth.Org



BlackHillsPowWow.Com

2026

*Remembering the Children
Memorial Walk*

**SAVE THE
DATE**

**OCTOBER 12,
2026 9AM**

RAPID CITY AREA SCHOOLS

Food Pantries

Food assistance for eligible RCAS families

WHO MAY USE THE PANTRY?

The household must have an active RCAS student, and the person requesting food must be part of the family with whom the student lives.

Bring Identification

A valid ID is required when visiting the pantry.

Enrollment Verification

Pantry staff can verify enrollment in Skyward. No attendance proof is needed.

TWO LOCATIONS

General Beadle

10 Van Buren Street

Behind Rapid City Academy

625 Columbus Street

PANTRY VISITS

Families may visit one pantry per month. Please refer to the pantry schedule.

Emergency food is available by request.

Contact RCAS support staff if your family has an immediate food need.

Directions to RCAA Food Pantry



Directions:

- #1. From 5th St. turn onto South St.
- #2. Follow South St. up to the parking lot
- #3. Park and go into the annex marked 625 above the door.

Rapid City Area Schools Food Pantry 4:00pm–6:00 pm

General Beadle Site - 10 Van Buren Street

Tuesday, September 22, 2026

~~Tuesday, October 20, 2026~~

Tuesday, November 24, 2026

Tuesday, December 22, 2026

Tuesday January 26, 2027

Tuesday, February 23, 2027

Friday, March 19, 2027 (Spring Break March 22-29)

Tuesday, April 20, 2027

Tuesday, May 25, 2027

Rapid City Area Schools Food Pantry 4:00 PM- 6:00 PM

RC High School Site - 625 Columbus Street

Thursday, August 20, 2026

Thursday, September 17, 2026

Thursday, October 15, 2026

Thursday, November 19, 2026

Thursday, December 17, 2026

Thursday, January 21, 2027

Thursday, February 18, 2027

Thursday, March 18, 2027 (Spring Break March 22-29)

Thursday, April 15, 2027

Thursday, May 20, 2027



laundry LOVE

UPCOMING DATES:

- September 8
- September 23
- October 13
- October 28
- November 10
- November 25
- December 8

FREE

PARKWAY LAUNDROMAT
105 E NORTH ST. RAPID CITY
2ND TUESDAY, 4TH WEDNESDAY
6:00-7:30PM
DETERGENT PROVIDED





This is a non-school material that is neither endorsed nor necessarily reflective of the views of the Rapid City Area Schools.

Community Garden Youth Workshops

FROM 4PM-6PM
EVERY THURSDAY AFTER SCHOOL



Youth from 10-18 years of age are invited
to attend the Lakota Agricultural Project

He Sapa New Life Wesleyan Church
415 Mac Arthur St, Rapid City, SD 5770

Attendance **REQUIRES**
guardians use this QR Code
to complete your child's
permission forms in
advance:



Youth will receive \$25 for
every three workshops
they attend.



FOR MORE INFORMATION
CONTACT US AT:
LAKOTAAGPROJECT@UMICH.EDU
CALL/TEXT 605-381-2568 OR
FIND US ON
FACEBOOK:
LAKOTA AGRICULTURAL PROJECT
THIS PROJECT IS FUNDED BY THE
NATIVE AMERICAN AGRICULTURAL
FUND

STUDENT COUNCIL



Why join Student Council?



Develop leadership skills



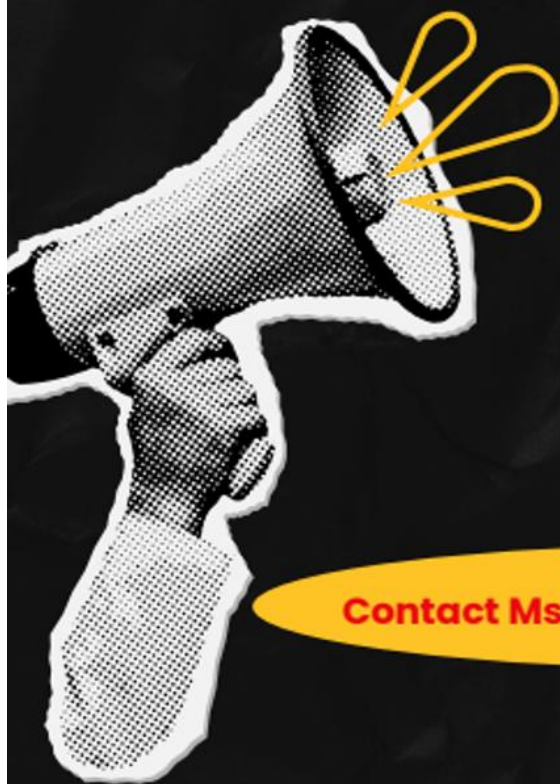
Build teamwork and communication



Turn your ideas into real projects



Make a positive impact on EMS
and its students



**YOUR SCHOOL.
YOUR VOICE.
YOUR FUTURE.**

Contact Ms. Kowand in room 225 to join!

KNOWLEDGE BOWL



PRACTICE IS

EVERY

TUESDAY &

THURSDAY

AFTER SCHOOL
UNTIL 4PM

IN MRS. SLAGLE'S ROOM (226)

DUNGEONS & DRAGONS CLUB

D&D CLUB IS BACK FOR ANOTHER YEAR OF ADVENTURES AND IMAGINATION. D&D CLUB IS FOR ALL RAPTORS WHO WANT TO PLAY THE GAME.



1st and 3rd Tuesday of the Month
3:15 - 5:00 PM
Room 231

EAST FOOTBALL

8th Grade - SportsYou: 53UA-9VKZ

Coaches: Casey Salazar, Levi Shute, Jeremy Reeve

7th Grade - SportsYou: NU4A-3FET

Coaches: Joshua Weilbacher, Vonsinh Sayaloune

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST	17. Practice 8 th & 7 th 4 - 5:20	18. Practice 8 th & 7 th 4 - 5:20	19. Practice 8 th Grade ONLY 3:00 - 3:45	20. Practice 8 th & 7 th 4 - 5:20	21. Practice 8 th & 7 th 4 - 5:20
	24. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	25. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	26. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	27. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	28. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55
	31. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	1. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	2. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	3. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	4. Morning Practice 8 th & 7 th  6:30 - 7:30
SEPTEMBER	7. No School	8. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	9. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	10. Game @ West MS 8 th 4:00 7 th 5:30	11. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55
	14. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	15. Game @ South MS 8 th 4:00 7 th 5:30	16. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	17. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	18. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55
	21. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	22. Game @ East vs. SW 8 th 3:45 7 th 5:15	23. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	24. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	25. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55
OCTOBER	28. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	29. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	30. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	1. Game @ East vs. Douglas 8 th 3:45 7 th 5:15	2. Morning Practice 8 th & 7 th  6:30 - 7:30
	5. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	6. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	7. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55	8. Game @ East vs. North 8 th 3:45 7 th 5:15	9. Practice 8 th 3:15 - 5:10 7 th 3:15 - 4:55
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

Away Games - Bus will depart East at 2:10 for location (8th Grade only)

7th Graders are NOT bussed to games - there is NO return bus for either grade level

7th Graders need be at game 45 minutes before game start time

City Tournament information will be on SportsYou when available

EAST RAPTORS CROSS-COUNTRY



SportsYou: YFYL-T6Z7

Coaches: Jerrick Jensen & Chad Bento

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST	24. No Practice	25. Practice 3:15 - 4:35	26. Practice 3:15 - 4:35	27. Practice 3:15 - 4:35	28. Practice 3:15 - 4:35
SEPTEMBER	31. Practice 3:15 - 4:35	1. Practice 3:15 - 4:35	2. Practice 3:15 - 4:35	3. Meet @ West MS Starts @ 4:00 No Bus	4. No Practice Early Release
	7. No School	8. Practice 3:15 - 4:35	9. Practice 3:15 - 4:35	10. TBA	11. Practice 3:15 - 4:35
	14. Practice 3:15 - 4:35	15. Practice 3:15 - 4:35	16. Practice 3:15 - 4:35	17. Custer Invite Rocky Knolls Golf Course Starts @ 4:00 Bus Leaves East @ 12:30 Returns to East @ 6:00	18. No Practice
	21. Practice 3:15 - 4:35	22. Practice 3:15 - 4:35	23. Practice 3:15 - 4:35	24. Practice 3:15 - 4:35	25. MS Invite @ Hart Ranch Starts @ 9:00 Bus Leaves East @ 8:00 Returns to East @ 10:45
OCTOBER	28. Practice 3:15 - 4:35	29. Practice 3:15 - 4:35	30. Practice 3:15 - 4:35	1. Sturgis Invite @ Ft. Meade Starts @ 2:30 Bus Leaves East @ 12:45 Returns @ 6:00	2. No Practice Early Release
	5. Practice 3:15 - 4:35	6. Meet @ East MS Starts @ 4:00	7. Practice 3:15 - 4:35	8. Practice 3:15 - 4:35	9. Practice 3:15 - 4:35
	12. No School	13. All City Meet @ East Starts @ 3:30			

Schedules are subject to change - Changes will be posted on SportsYou

EAST VOLLEYBALL



6th Grade

Coaches:

Darcy Higbee

Emily Martin

Meghan Louder

SportsYou: DBFN-3SF7



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Valley View 3:15 - 4:30	1. Valley View 3:15 - 4:30	2. Valley View 3:15 - 4:30	3. Valley View 3:15 - 4:30	4. No Practice Early Release
	7. No School	8. Valley View 3:15 - 4:30	9. Valley View 3:15 - 4:30	10. No Practice	11. Valley View 3:15 - 4:30
	14. Valley View 3:15 - 4:30	15. Valley View 3:15 - 4:30	16. Valley View 3:15 - 4:30	17. Valley View 3:15 - 4:30	18. No Practice
	21. Valley View 3:15 - 4:30	22. Aux Gym 3:15 - 4:30	23. Festival Starts @ 3:30 Locations TBD (Will be posted on SportsYou once available)	24. No Practice	25. Valley View 3:15 - 4:30
	28. Valley View 3:15 - 4:30	29. Valley View 3:15 - 4:30	30. Festival Starts @ 3:30 Locations TBD (Will be posted on SportsYou once available)	1. Valley View 3:15 - 4:30	2. No Practice Early Release
OCTOBER	5. Aux Gym 3:15 - 4:30	6. Valley View 3:15 - 4:30	7. Festival Starts @ 3:30 Locations TBD (Will be posted on SportsYou once available)	8. Turn in jersey to Mrs. Higbee	

Schedules are subject to change - Changes will be posted on SportsYou

Festival details will be posted on SportsYou as soon as it is available

If the festival schedule is not posted on SportsYou, the coaches do NOT have it yet

The first serve is at 3:30 - Your athlete may not play in the first round

7 GOLD



Coach: Kendall Matthias
SportsYou: UDEX-J5X7

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Aux Gym 3:15 - 4:40	1. Main Gym 3:15 - 4:40	2. Aux Gym 3:15 - 4:40	3. Main Gym 3:15 - 4:40	4. No Practice Early Release
	7. No School	8. Home Game 7 West White @ 7 East Gold Aux Gym 5:15	9. Morning Practice - Aux Gym 6:30 - 7:30	10. Aux Gym 3:15 - 4:40	11. Away Game 7 East Gold @ 7 SW Hawks 5:15
	14. Morning Practice - Main Gym 6:30 - 7:30	15. Aux Gym 3:15 - 4:40	16. Away Game 7 East Gold @ 7 SW Purple 4:00	17. Main Gym 3:15 - 4:40	18. Home Game 7 North Black @ 7 East Gold 4:00
	21. Aux Gym 3:15 - 4:40	22. Away Game 7 East Gold @ 7 SW Silver 5:15	23. Morning Practice - Pictures 6:30 - 7:30	24. Valley View 3:15 - 4:40	25. Morning Practice - Main Gym 6:30 - 7:30
	28. Aux Gym 3:15 - 4:40	29. Aux Gym 3:15 - 4:40	30. Aux Gym 3:15 - 4:40	1. Home Game 7 West Blue @ 7 East Gold 4:00	2. No Practice Early Release
OCTOBER	5. Away Game 7 South Black @ 7 East Gold 5:15	6. Aux Gym 3:15 - 4:40	7. No Practice	8. Morning Practice - Main Gym 6:30 - 7:30	9. Aux Gym 3:30 - 4:40
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

7 RAPTORS



Coach: Gena Bradford
SportsYou: 36KA-C5WD

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Aux Gym 3:15 - 4:40	1. Main Gym 3:15 - 4:40	2. Aux Gym 3:15 - 4:40	3. Main Gym 3:15 - 4:40	4. No Practice Early Release
	7. No School	8. Home Game 7 SW Silver @ 7 East Raptors Aux Gym 4:00	9. Morning Practice - Aux Gym 6:30 - 7:30	10. Aux Gym 3:15 - 4:40	11. Morning Practice - Aux Gym 6:30 - 7:30
	14. Home Game 7 Wall B @ 7 East Raptors Aux Gym 4:00	15. Aux Gym 3:15 - 4:40	16. Morning Practice - Aux Gym 6:30 - 7:30	17. Away Game 7 East Raptors @ 7 South Black 4:00	18. Aux Gym 3:15 - 4:40
	21. Aux Gym 3:15 - 4:40	22. Main Gym 3:15 - 4:40	23. Morning Practice - Pictures 6:30 - 7:30	24. Home Game 7 South Red @ 7 East Raptors Aux Gym 5:15	25. Aux Gym 3:15 - 4:40
	28. Away Game 7 East Raptors @ 7 West Blue 5:15	29. Aux Gym 3:15 - 4:40	30. Aux Gym 3:15 - 4:40	1. Away Game 7 East Raptors @ 7 SW Hawks 4:00	2. No Practice Early Release
OCTOBER	5. Away Game 7 East Raptors @ 7 SW Purple 5:15	6. Aux Gym 3:15 - 4:40	7. No Practice	8. Main Gym 3:15 - 4:40	9. Aux Gym 3:15 - 4:40
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

7 RED



Coach: Jayce Marks
SportsYou: VYRG-4LWM

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Aux Gym 3:15 - 4:40	1. Main Gym 3:15 - 4:40	2. Aux Gym 3:15 - 4:40	3. Main Gym 3:15 - 4:40	4. No Practice Early Release
	7. No School	8. Morning Practice - Aux Gym  6:30 - 7:30	9. Home Game 7 SW Hawks @ 7 East Red 4:00	10. Home Game 7 SW Purple @ 7 East Red 4:00	11. Morning Practice - Aux Gym  6:30 - 7:30
	14. Morning Practice - Main Gym  6:30 - 7:30	15. Aux Gym 3:15 - 4:40	16. Aux Gym 3:15 - 4:40	17. Main Gym 3:15 - 4:40	18. Home Game 7 West Blue @ 7 East Red 5:15
	21. Aux Gym 3:15 - 4:40	22. Main Gym 3:15 - 4:40	23. Morning Practice - Pictures  6:30 - 7:30	24. Home Game 7 SW Silver @ 7 East Red Aux Gym 4:00	25. Aux Gym 3:15 - 4:40
	28. Away Game 7 East Red @ 7 West White 4:00	29. Away Game 7 East Red @ 7 South Red 4:00	30. Aux Gym 3:15 - 4:40	1. Aux Gym 3:15 - 4:40	2. No Practice Early Release
OCTOBER	5. Away Game 7 East Red @ 7 North Black 5:15	6. Aux Gym 3:15 - 4:40	7. No Practice	8. Main Gym 3:15 - 4:40	9. Aux Gym 3:15 - 4:40
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

7A



Coach: Sarah Steiger
SportsYou: JMVA-PAMU

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Aux Gym 3:15 - 4:40	1. Main Gym 3:15 - 4:40	2. Aux Gym 3:15 - 4:40	3. Main Gym 3:15 - 4:40	4. No Practice Early Release
	7. No School	8. Morning Practice - Aux Gym 6:30 - 7:30	9. Morning Practice - Main Gym 6:30 - 7:30	10. Aux Gym 3:15 - 4:40	11. Main Gym 3:15 - 4:40
	14. Home Game 7A Wall @ East 7A Main Gym 5:15	15. Away Game East 7A @ West 7A 5:15	16. Aux Gym 3:15 - 4:40	17. Aux Gym 3:15 - 4:40	18. Valley View 3:15 - 4:40
	21. Away Game East 7A @ South 7A 5:15	22. Valley View 3:15 - 4:40	23. Morning Practice - Pictures 6:30 - 7:30	24. Away Game East 7A @ North 7A 5:15	25. Home Game West 7A @ East 7A 4:00
OCTOBER	28. Aux Gym 3:15 - 4:40	29. Home Game Southwest 7A @ East 7A 5:15	30. Aux Gym 3:15 - 4:40	1. Home Game North 7A @ East 7A 5:15	2. No Practice Early Release
	5. Valley View 3:15 - 4:40	6. Aux Gym 3:15 - 4:40	7. No Practice	8. Main Gym 3:15 - 4:40	9. Valley View 3:15 - 4:40
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

8 GOLD



Coach: Madison Kowand
SportsYou: F9QX-LJYN

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Main Gym 3:15 - 4:50	1. Aux Gym 3:15 - 4:50	2. Main Gym 3:15 - 4:50	3. Aux Gym 3:15 - 4:50	4. No Practice Early Release
	7. No School	8. Home Game 8 South Red @ 8 East Gold 5:15	9. Aux Gym 3:15 - 4:50	10. Morning Practice - Main Gym 6:30 - 7:30	11. Main Gym 3:15 - 4:50
	14. Morning Practice - Aux Gym 6:30 - 7:30	15. Pictures - Main Gym 3:15 - 4:50	16. Home Game 8 SW Purple @ 8 East Gold 4:00	17. Aux Gym 3:15 - 4:50	18. Aux Gym 3:15 - 4:50
	21. Away Game 8 East Gold @ 8 SW Hawks 4:00	22. Main Gym 3:15 - 4:50	23. Valley View 3:15 - 4:50	24. Morning Practice - Main Gym 6:30 - 7:30	25. Away Game 8 East Gold @ 8 SW Silver 5:15
	28. Aux Gym 3:15 - 4:50	29. Away Game 8 East Gold @ 8 West Blue 5:15	30. Valley View 3:15 - 4:50	1. Morning Practice - Main Gym 6:30 - 7:30	2. No Practice Early Release
OCTOBER	5. Home Game 8 SW Silver @ 8 East Gold 5:15	6. Main Gym 3:15 - 4:50	7. No Practice	8. Aux Gym 3:15 - 4:50	9. Main Gym 3:15 - 4:50
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

8 RAPTORS EAST VOLLEYBALL



Coach: Justina Schmelz
SportsYou: KRE6-RW5X



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Main Gym 3:15 - 4:50	1. Aux Gym 3:15 - 4:50	2. Main Gym 3:15 - 4:50	3. Aux Gym 3:15 - 4:50	4. No Practice Early Release
	7. No School	8. Home Game 8 SW Silver @ 8 East Raptors Main Gym 4:00	9. Aux Gym 3:15 - 4:50	10. Morning Practice - Aux Gym 6:30 - 7:30	11. Main Gym 3:15 - 4:50
	14. Home Game 8 SW Silver @ 8 East Raptors Aux Gym 5:15	15. Pictures - Main Gym 3:15 - 4:50	16. Morning Practice - Main Gym 6:30 - 7:30	17. Away Game 8 East Raptors @ 8 SW Hawks 5:15	18. Aux Gym 3:15 - 4:50
	21. Away Game 8 East Raptors @ 8 South Red 4:00	22. Main Gym 3:15 - 4:50	23. Valley View 3:15 - 4:50	24. Morning Practice - Main Gym 6:30 - 7:30	25. Aux Gym 3:15 - 4:50
	28. Aux Gym 3:15 - 4:50	29. Home Game 8 SW Hawks @ 8 East Raptors 4:00	30. Morning Practice - Main Gym 6:30 - 7:30	1. Aux Gym 3:15 - 4:50	2. No Practice Early Release
OCTOBER	5. Away Game 8 East Raptors @ 8 West Blue 4:00	6. Away Game 8 East Raptors @ 8 SW Purple 4:00	7. No Practice	8. Aux Gym 3:15 - 4:50	9. Main Gym 3:15 - 4:50
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

8 RED



Coach: Shana Ward
SportsYou: H4SE-GRNE

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Main Gym 3:15 - 4:50	1. Aux Gym 3:15 - 4:50	2. Main Gym 3:15 - 4:50	3. Aux Gym 3:15 - 4:50	4. No Practice Early Release
	7. No School	8. Morning Practice - Main Gym 6:30 - 7:30 	9. Aux Gym 3:15 - 4:50	10. Morning Practice - Main Gym 6:30 - 7:30 	11. Main Gym 3:15 - 4:50
	14. Away Game 8 East Red @ 8 South Red 5:15	15. Pictures - Main Gym 3:15 - 4:50	16. Aux Gym 3:15 - 4:50	17. Away Game 8 East Red @ Southwest Silver 4:00	18. Aux Gym 3:15 - 4:50
	21. Main Gym 3:15 - 4:50	22. Main Gym 3:15 - 4:50	23. Morning Practice - Aux Gym 6:30 - 7:30 	24. Home Game 8 West Blue @ 8 East Red Main Gym 4:00	25. Home Game 8 SW Purple @ 8 East Red 5:15
	28. Home Game 8 SW Purple @ 8 East Red 4:00	29. Aux Gym 3:15 - 4:50	30. Valley View 3:15 - 4:50	1. Away Game 8 RCC vs. 8 Red @ North MS 5:15	2. No Practice Early Release
OCTOBER	5. Home Game 8 SW Hawks @ 8 East Red 4:00	6. Main Gym 3:15 - 4:50	7. No Practice	8. Aux Gym 3:15 - 4:50	9. Main Gym 3:15 - 4:50
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou

8A



Coach: Tiffany Wolla
SportsYou: ADLY-W6RF

EAST VOLLEYBALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER	31. Main Gym 3:15 - 4:50	1. Aux Gym 3:15 - 4:50	2. Main Gym 3:15 - 4:50	3. Aux Gym 3:15 - 4:50	4. No Practice Early Release
	7. No School	8. Morning Practice - Main Gym 6:30 - 7:30 	9. Aux Gym 3:15 - 4:50	10. Home Game South A @ East 8A 5:15	11. Morning Practice - Main Gym 6:30 - 7:30 
	14. Home Game Wall A @ East 8A Main Gym 4:00	15. Pictures - Main Gym 3:15 - 4:50	16. Aux Gym 3:15 - 4:50	17. Away Game East 8A @ North 8A 4:00	18. Away Game East 8A @ Southwest 8A 4:00
	21. Main Gym 3:15 - 4:50	22. Valley View 3:15 - 4:50	23. Morning Practice - Aux Gym 6:30 - 7:30 	24. Home Game West 8A @ East 8A Main Gym 5:15	25. Away Game East 8A @ South 8A 4:00
	28. Home Game North 8A @ East 8A 5:15	29. Aux Gym 3:15 - 4:50	30. Home Game SW 8A @ East 8A 4:00	1. Aux Gym 3:15 - 4:50	2. No Practice Early Release
OCTOBER	5. Away Game East 8A @ West 8A 5:15	6. Main Gym 3:15 - 4:50	7. No Practice	8. Aux Gym 3:15 - 4:50	9. Morning Practice - Main Gym 6:30 - 7:30 
	12. No School	13. City Tournament TBA	14. City Tournament TBA	15. City Tournament TBA	16. City Tournament TBA

Schedules are subject to change - Changes will be posted on SportsYou