

Tuesday, March 19, 2019

Congratulations to Callie Ronningen on being named to the Class B basketball all-state first team!

Lake Region State College is having a campus preview day Saturday, April 13 from 1-4 pm. Pre-register online at www.lrsc.edu - search Campus Preview Days and receive a free t-shirt. Questions? Call Lake Region State College at 1-800-443-1313 ext. 21677

Last day to sign up for trap/skeet shooting is March 22.

Cardinal Athletic Banquet: Thursday, March 28th @ LHS 6:30 – all parents and athletes invited

Breakfast & Lunch

Today:

- pizza burger, French fries, salad & fruit salad

Wednesday:

- **Breakfast**-yogurt, fruit, juice & toast
- **Lunch**-taco-in-a-bag, corn, bread, salad, sauce & rice pudding

THIS WEEKS ACTIVITIES

Tuesday:

Practices:

- 4th VB @ LES
- Track @ LHS
- Baseball @ LHS

Wednesday:

- Spring Sports Parent Meeting @ LHS 5:30

Practices:

- Track @ LHS
- Baseball @ LHS

Thursday:

Practices:

- 4th VB @ LES
- Track @ LHS
- Baseball @ LHS

Friday:

- End of 3rd Qtr.

Practices:

- Track @ LHS
- Baseball @ LHS

Saturday:

Games:

- Track Meet @ Grand Forks 3:45

Have a great day!