

Monday, October 1, 2018

Boxscore:

VB: 1st place at the Des Lacs Tournament

FB: won 18-14 vs Carrington

4-6 FB: won 6-0 vs Wahpeton/Breckenridge in the Fargodome

Good luck to the 5th GBB, C VB & JV FB teams tonight

Homecoming Week Oct. 1st – 5th:

Monday: Sports/Favorite Team Day

Tuesday: Tacky Tourist Day

Wednesday: Western Wednesday – Bonfire @ 8:00 contingent upon the weather

Thursday: Holiday

Friday: Cardinal Spirit Day

Breakfast & Lunch

Today:

- chicken nuggets, rotini, bread, salad & sauce

Tuesday:

- **Breakfast**-omelets, toast, sauce
- **Lunch**-BBQ's, chips, beans, salad & fruit

THIS WEEKS ACTIVITIES

Monday:

Games:

- **FB (JV) @ Langdon vs Rolla 4:30**
- **VB (C) @ St John 4:45**
- **GBB (5th) @ Cavalier 5:00**

Practices:

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS
- FB (4-6) @ LHS 5:00

Tuesday:

- **Flu Shot Clinic 8:30-9:30**

Games:

- **VB (JH,C,JV) @ Langdon vs Rolla 4:00**

Practices:

- XC @ LHS
- FB (JH&V) @ LHS
- FB (4-6) @ LHS 5:00

Wednesday:

- **EARLY OUT 1:00**

Practices:

- XC @ LHS
- FB (JH,JV,V) @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

Thursday:

- Reggie Jackson 12:15 Soph/Jrs

Games:

- **VB (7,8,C,JV,V) @ St John 4:00**

Practices:

- XC @ LHS
- FB (JH,JV,V) @ LHS
- FB (4-6) @ LHS 5:00

Friday:**Games:**

- **FB (V) @ Langdon vs Central Dakota 7:00 - HOMECOMING**

Practices:

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS

Saturday:**Games:**

- **VB (V) @ Langdon Tournament**
- **FB (4-6) @ Park River Jamboree**
- **XC @ Rugby 11:00**

Health Career Day at NDSCS October 4 in Wahpeton. Open to all students and parents. Pre-register @ 1-800-342-4325 ext. 3-2981 or @ alliedhealthcareers@ndscs.edu. See flyer on bulletin board in entry or ask Mrs. Henry for more information.

Have a great day!!