

# Friday, October 5, 2018

Good luck to the FB team tonight.

## Boxscore:

VB: all won vs St. John

## Homecoming Week Oct. 1<sup>st</sup> – 5<sup>th</sup>:

Friday: Cardinal Spirit Day

## Breakfast & Lunch

### Today:

- mac & cheese hotdish, carrots, dinner rolls, salad & fruit

### Monday:

- **Breakfast**-cereal, sauce & juice
- **Lunch**- spaghetti with meat sauce, green beans, garlic toast, salad & sauce

## THIS WEEKS ACTIVITIES

### 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**

## NEXT WEEKS ACTIVITIES

### Monday:

#### Games:

- **FB (JH) @ Cavalier 4:30**
- **FB (JV) @ Park River 5:00**

#### Practices:

- XC @ LHS
- VB (JH) @ LAC
- VB (V) @ LHS
- BBB (5&6) @ LES

### Tuesday:

- **College Application Month BND – 12<sup>th</sup> grade AM**
- **Reggie Jackson – 12:15**

#### Games:

- **VB (7red,8,C,JV,V) @ Edmore vs Dakota Prairie 4:00**

#### Practices:

- XC @ LHS
- FB (V) @ LHS
- BBB (5&6) @ LES

### Wednesday:

**Practices:**

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

**Thursday:**

**Games:**

- VB (C,JV,V) @ Langdon vs Harvey/WC 5:00
- XC @ Cooperstown 4:00

**Practices:**

- XC @ LHS
- FB (V) @ LHS
- BBB (5&6) @ LES

**Friday:**

**Games:**

- FB (V) @ Park River 7:00

**Practices:**

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

**Saturday:**

**Games:**

- VB (7,8,JH) @ Park River Tournament
- BBB (6<sup>th</sup>) @ Minto Jamboree

There is a Fall Open House for anyone interest in Bismarck State College on October 19 from 10:30-2:30 at the National Energy Center of Excellence in Bismarck. Register today @ [bismarckstate.edu/openhouse](http://bismarckstate.edu/openhouse). Contact Mrs. Henry for more information if you have any questions.

**Have a great day!!**