

Lutheran High Families,

We hope you have enjoyed your summer so far, and that you are looking forward to an outstanding 2024-2025 school year!

Registration for Fall sports will **open on Monday, July 8th at noon** and is required by **Sunday, August 11, 2024** to be able to participate in practices/tryouts on Monday, August 12.

**Registering with Family ID:**

Note: It will be helpful to have the following information handy to allow for rapid and accurate completion of your online registration.

- MSHSAA Physical
- Emergency Contact Information
- Doctor/Physician Information

**A parent/guardian can register the student and family via the link below. Use the same sign in as your school Family ID account to access your information.**

<https://www.familyid.com/lutheran-high-school-st-charles-athletics>

- Scroll down to Programs and Select 2024-25 Fall Registration.
- Scroll down to click Register Now.

At any time, you may login at [www.familyid.com](http://www.familyid.com) to update your information and to check your registration(s). To view a completed registration, select the **Registrations** tab in the blue menu bar at the top of your screen.

**Practice Schedules** - *Practice Schedules for the week of August 12 - 17 and beyond unless otherwise indicated.*

**Cross Country**

· Aug. 7-12- First week of school

- Monday August 12 @ McNair Park 2:45 - 4:30
- Tuesday August 13 @ Lutheran High 2:45 - 4:30
- Wednesday, August 14 @ Lutheran High 2:45 - 4:30
- Thursday, August 15 - 12:30 pm- Travel to Page Bridge from school. Pick up at Page Bridge 2:30pm
- Friday, August 16 - @ Lutheran High 2:45 - 4:30
- Saturday, August 17 - @ Page Bridge- 8:00- 9:30 am

August 19 until the end of the season. Start time 2:45 pm Finish no later than 5:00 pm

- Mondays - @ McNair Park
- Tuesdays - @ Page Bridge
- Wednesdays – @ Lutheran High
- Thursdays - @ Page Bridge
- Fridays - @ Lutheran High
- Saturdays - @ Page Bridge- 8:00 am

### **Cheer**

· Monday, Tuesday, Wednesday, Thursday - 3:00 - 5:00pm

### **Dance**

· Tuesday, Thursday – 6:00 – 9:00pm; Saturdays 9:00 - 12:00pm

### **Football**

· Monday - Friday – 2:45pm weight room/study hall; 4:00 - 5:30pm practice

### **Girls Golf**

· Monday, Tuesday, Wednesday at Cave Springs Golf Range - 3:00 - 4:00pm · Thursday, Friday at Bogey Hills - 3:00pm start (subject to change)

### **Boys Soccer**

· Tryouts: August 12-16, 2:45-4:15.

· Individual Varsity/JV training scheduling beginning August 19.

- Varsity Soccer: Monday-Friday, 2:45-4:15pm
- JV Soccer: Monday-Friday, 3:45-5pm

### **Softball**

· Monday - Friday - 3:45 - 5:45pm

### **Boys Swim**

· Monday – Friday @ RecPlex - dryland 5:30 - 6:00am; swim 6:00 - 7:00am. Meet in the bleacher area for dryland first. Have shorts/tennis shoes for dryland and swimsuit and goggles for pool time.

### **Girls Tennis**

· Tryout Week: 4:00-6:00 PM **Start of practice at LHS Track**

· Rest of the Season: 4:30-6:00 PM **Start of Practice at Fort Zumwalt East Tennis Courts.**

### **Girls Volleyball**

· Tryout week will be 4:00-7:00pm

· Team placement decisions/cuts will be on August 14th

· Varsity Media Day will be on the 15th.

### **Beginning August 19 practices are as follows:**

- JV, 3:00-5:00
- F, 4:00-6:00
- V, 5:00-7:30

### **Important Dates:**

- July 22 - Final Team schedules available on Arbiter
- August 12th - First day of practices
- August 22nd - Fall Sports Parent Meeting
- August 23rd - Showcase Games - all teams!!!
- August 29th - Back to School Night
- August 30th - Fall Activity Fees DUE!!!

As always, please contact the head coach with any questions regarding schedules and tryouts. Contact info for coaches can be found on the main teams page <https://lutheranhighstcharles.com/athletics/teams/> or on the individual team pages.

If you have any issues with registration, please contact Jana Leppien at [athletic@lhssc.org](mailto:athletic@lhssc.org).