

# INTRAMURAL NEWS

*Intramural Contact: Trevor Holladay [tholladay@northstar charter.org](mailto:tholladay@northstar charter.org)*



## Middle School Intramural Program

*Happy Spring everyone! The weather hasn't fully changed to spring like weather yet, but it will be here soon...hopefully. Pickleball is wrapping up this week and we will be starting volleyball next week. You will notice that we are only going to do three weeks of volleyball but there will still be 10 days of volleyball. We needed to do this to make sure we have enough time in the school year to get through all of our sports. Mr. Tyler Hoaglund will be helping out this month as I will be stepping away for a week for the birth of my child. So even when I am not at school, intramurals will continue. Now that our high school winter sports are over we will run intramurals from 3-4:30 again. If you would like to watch your child play volleyball, week two and three would be a great time to watch the games. We look forward to seeing your students afterschool on the court!*

### MARCH DATES

WEEK 1- 14TH, 16TH,  
WEEK 2- 28TH, 29TH, 30TH,  
31ST  
WEEK 3- 4TH, 5TH, 6TH,  
7TH

PARENTS ARE  
INVITED TO  
COME WATCH  
GAMES THE  
28TH-7RD.



## Registration Details

**March 14th- registration deadline for volleyball.**

### COST:

\$80 for first student

\$50 for each additional student

**As part of your registration each student will receive a volleyball.**

Registration and payment will all take place electronically. Below you will see the link for the registration/payment portal.

\*If your student is signed up and paid for the whole year you do not need to worry about registration.

Online Registration/Payment Portal:

[https://otc.cdc.nicusa.com/Public2.aspx?](https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=North%20Star%20Charter%20School%20-%20General)

[portal=id&organization=North%20Star%20Charter%20School%20-%20General](https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=North%20Star%20Charter%20School%20-%20General)

**Make sure to use Intramural Sports Pay to Play in the transaction item dropdown menu.**

## Year in Review

*September- Flag Football*

*October- Soccer*

*November- Floor Hockey*

*December- No intramurals, enjoy the holidays*

*January- Pickleball*

*February- Pickleball 2*

*March- Volleyball*

*April- Basketball*

*May- Ultimate Frisbee*

### Required for all sports:

\*water bottle

\*gym shoes

\*sports clothing

# FITNESS PROGRAM

*Fitness Contact: Patrick Brown [pbrown@northstarcharter.org](mailto:pbrown@northstarcharter.org)*



## North Star Sports Performance/ Fitness Program

*Continuing to move after school*

### MAR/APR DATES

WEEK 1- 3/13 (M), 3/15 (W)

WEEK 2- 3/27 (M), 3/29 (W)

WEEK 3-4/3 (M), 4/5 (W)

WEEK 4-4/10 (M), 4/12 (W)

The Sports Performance/Fitness Program is an intensive functional fitness training program. Regardless of your fitness level or athletic ability this program offers students a constantly varied and intensive class geared to improve your overall fitness. The program focuses on maximizing stamina, cardiovascular endurance, strength, power, flexibility, speed, coordination, agility, balance, and accuracy using dynamic and functional movements. The program promotes athletic progression, character development, leadership and overall personal evolution. No matter your sport or fitness level, students in 6th, 7th, 8th, 9th grade will have fun while developing a healthy and active lifestyle!

This program will be taught by Patrick Brown who is a certified CrossFit Level 2, CrossFit Kids coach recognized by CrossFit, and is a certified USA Weightlifting Level 1 Coach. Patrick is the Middle School Physical Education teacher at NorthStar Charter School for grades 6-8. Patrick brings a wealth of knowledge regarding coaching, strength training, fitness, nutrition and conditioning.



## Registration Details

March 13th- Fitness registration deadline

### COST:

\$80 Per Student

This is a first come first serve program. Due to equipment and space the program is capped at 15 students.

Registration and payment will all take place electronically.

\*If your student is signed up and paid for the whole year you do not need to worry about registration.

Online Registration/Payment Portal:

[https://otc.cdc.nicusa.com/Public2.aspx?](https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=North%20Star%20Charter%20School%20-%20General#)

[portal=id&organization=North%20Star%20Charter%20School%20-%20General#](https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=North%20Star%20Charter%20School%20-%20General#)

Make sure to select Sports Performance Fitness Pay to Play in the transaction item dropdown menu.

### Required for all

#### sports:

\*water bottle

\*gym shoes

\*sports clothing