

# Fall Sports Summer Practice Schedules

## High School Volleyball

Monday, Aug. 14- 3:30-5:30pm  
Tuesday, Aug. 15- 3:30-5:30pm  
Wednesday, Aug. 16- 3:30-5:30pm



## Middle School Volleyball

Monday, Aug. 14- Parents & Players "Team Expectations" meeting at Prairie Lake- 6:30-6:50pm  
Family Fun Night following the team meeting  
Tuesday, Aug. 15- Practice 3:30-5:00pm (optional)  
Wednesday, Aug. 16- Practice 3:30-5:00pm (optional)

## Cross Country

Monday, Aug. 14- 7:00am  
Tuesday, Aug. 15- 7:00am  
Wednesday, Aug. 16- 7:00am



Middle school runners are welcome to come to all practices, but the first official day of practice for middle school is Thursday, Aug. 17. High school all practices are mandatory. Please meet in Coach Alley's room dressed and ready at 7:00am.

## High School Football

Monday, Aug. 14- 6:00-8:00am and 6:00-9:00pm  
Tuesday, Aug. 15- 6:00-8:00am and 6:00-9:00pm  
Wednesday, Aug. 16- 6:00-8:00am and 6:00-9:00pm



## Middle School Football

Monday, Aug. 14- 3:30-5:30pm  
Tuesday, Aug. 15- 3:30-5:30pm  
Wednesday, Aug. 16- 3:30-5:30pm

**All sports will start regular practice schedules on August 17 the first day of school.**

## Leadership Opportunities

"Born to be a Leader" is an expression that is heard about a lot of individuals during their lifetime. Leadership skills start at birth and those skills come easy for some and others have to work hard to develop them. Opportunities are given throughout the school years through classroom assignments, projects, talks, speech, sports, performances and student organizations.

Jackson County Youth Coalition (JCYC) is one of the organizations that a student can participate in during their high school career. JCYC is designed for students to create, plan and present different messages for the students at Jackson Heights schools. We promote good choices in all areas but concentrate on drug and alcohol facts along with seatbelt safety for our middle and high school students. Students enjoy presenting to the elementary and middle school students throughout the year along with school and county-wide activities.

Currently I have students attending a week long camp in Emporia and at the end of July another 4 students will be traveling to Rock Springs 4-H Center to attend another leadership conference.

I would like to invite and encourage all students that want to learn and gain experience in becoming a leader to get involved in JCYC or any other organization that is offered. JCYC meetings will be starting soon.

-Sheri Dibbern, JCYC Sponsor

# Cobra Fall Sports Schedule 2017

## High School Football

<b>Sept. 1</b>	<b>Maranatha at Home</b>	<b>7:00pm</b>
Sept. 8	at Pleasant Ridge	7:00pm
Sept. 15	at Oskaloosa	7:00pm
<b>Sept. 22</b>	<b>Maur Hill at Home</b>	<b>7:00pm</b>
	<i>Homecoming</i>	
<b>Sept. 25</b>	<b>JV– Jeff North at Home</b>	<b>6:00pm</b>
<b>Sept. 29</b>	<b>Washington at Home</b>	<b>7:00pm</b>
Oct. 6	at Wabaunsee	7:00pm
<b>Oct. 13</b>	<b>Valley Heights at Home</b>	<b>7:00pm</b>
<b>Oct. 20</b>	<b>Horton at Home</b>	<b>7:00pm</b>
	<i>Senior Night</i>	
Oct. 27	at Centralia	7:00pm
Nov. 3	Regionals	TBA
Nov. 10	Sectionals	TBA
Nov. 17	Sub-State	TBA
Nov. 25	State	TBA

## Middle School Football

Aug. 31	at Pleasant Ridge	6:30pm
<b>Sept. 7</b>	<b>St. Benedict at Home</b>	<b>6:30pm</b>
<b>Sept. 14</b>	<b>Everest at Home</b>	<b>6:30pm</b>
Sept. 21	at Oskaloosa	6:30pm
Sept. 28	at Valley Falls	6:30pm
Oct. 5	at McLouth	5:30pm
<b>Oct. 12</b>	<b>Jeff North at Home</b>	<b>6:30pm</b>

## Cross Country

Sept. 7	at Holton MS/HS	4:00pm
<b>Sept. 11</b>	<b>Home MS</b>	<b>4:00pm</b>
Sept. 14	at Onaga	4:00pm
Sept. 21	at Royal Valley MS/HS	4:00pm
Sept. 28	at Horton	4:00pm
Oct. 5	at Sabetha MS/HS	4:00pm
<b>Oct. 12</b>	<b>NEKL at Home</b>	<b>4:00pm</b>
<b>Oct. 17</b>	<b>Home MS/HS</b>	<b>4:00pm</b>
Oct. 21	Regional	TBA
Oct. 28	State Cross Country	TBA

## High School Volleyball

Aug. 29	V/JV Tri at Oskaloosa	5:00pm
Aug. 31	V/JV Tria at Seabury	5:00pm
<b>Sept. 5</b>	<b>V/JV Tri at Home</b>	<b>5:00pm</b>
Sept. 7	V Quad at Atchison	5:00pm
Sept. 9	V Tourn. at Frankfort	9:00am
Sept. 12	V/JV Tri at Jeff North	5:00pm
<b>Sept. 18</b>	<b>JV Quad at Home</b>	<b>5:00pm</b>
Sept. 19	V/JV at Horton	5:00pm
<b>Sept. 21</b>	<b>JV Quad at Home</b>	<b>5:00pm</b>
<b>Sept. 25</b>	<b>JV-C Quad at Home</b>	<b>5:00pm</b>
Sept. 26	V/JV Tri at McLouth	5:00pm
Sept. 30	V Tourn. at Valley Falls	9:00am
Oct. 3	V/JV Tri at Pleasant Ridge	5:00pm
Oct. 5	V Quad at Valley Falls	5:00pm
Oct. 9	JV Quad at Nemaha	5:00pm
Oct. 12	V Tri at Maur Hill	5:00pm
Oct. 14	JV Tourn. At Wabaunsee	9:00am
<b>Oct. 17</b>	<b>V/JV Tri at Home</b>	<b>5:00pm</b>
Oct. 21	Sub-State	TBA
Oct. 27-28	State	TBA

## Middle School Volleyball

Aug. 28	Tri at St. Benedict	4:30pm
Aug. 31	at Pleasant Ridge	4:30pm
<b>Sept. 7</b>	<b>St. Benedict at Home</b>	<b>4:30pm</b>
<b>Sept. 11</b>	<b>Tri at Home</b>	<b>4:30pm</b>
<b>Sept. 14</b>	<b>Everest at Home</b>	<b>4:30pm</b>
Sept. 16	A/B Tourn. At St. Marys	9:00am
Sept. 18	Tri at Valley Falls	4:30pm
Sept. 21	at Oskaloosa	4:30pm
Sept. 23	A/B Quad at Centralia	10:00am
Sept. 25	Tri at Oskaloosa	4:30pm
Sept. 28	at Valley Falls	4:30pm
Sept. 30	NEKL Tourn. at Oskaloosa	9:00am

### Game Admission Prices

NEKL Single Admission to HS Events .....\$5 Adults & \$3 Students  
 NEKL Single Admission to MS Events.....\$3 Adults & \$2 Students

Get your passes (season or senior citizen) at the HS office.

