

SPIRIT LAKE HIGH SCHOOL

Oct. 4, 2022

# Announcements



CHECK  
IT OUT  
↓

## SPIRIT LAKE PARK

### Girls Wrestling Program

WHAT: PRE-SEASON INFORMATION MEETING

WHEN: TUES OCT 18TH, AFTER SCHOOL

WHERE: HS COMMONS

Open to all girls entering 9th-12th grade

\* NO EXPERIENCE NECESSARY \*

The Iowa Girls High School Athletic Union Board of Directors voted unanimously to sanction girls wrestling as the organization's 11th sport. The first IGHSAU-sanctioned season will take place during the 2022-23 school year.

Girls wrestling programs are exploding!  
Girls will practice and compete with other girls! This is Historic come be a part of it!

COACH LUNDGREN

ALUNDGREN@SPIRIT-LAKE.K12.IA.US

Parents are welcome to attend



## Girls Wrestling

Spirit Lake High School

2701 Hill Avenue

Spirit Lake, IA, 51360

712 336 3707

## Weekly Events

Tuesday

Cross Country 4pm @ Cherokee Golf Course

Freshman & JV Volleyball 5:30 @Home

Varsity Volleyball 7pm vs. Spencer @ Home

Thursday

Girls Swimming 5:30 @ Carroll

Freshman Volleyball 5:30 @Estherville

JV Volleyball 5:30 @ Estherville

Varsity Volleyball 7pm @ Estherville

Friday

Varsity Football 7pm @Clarion -Goldfield

Saturday

Dutchmen Field Championships

IHSMA Marching Band Festival



Aiden Holdorf, Michael  
Cilliers & RC

## Lunch Menu

Chicken Crispito, Spanish Rice, Corn,  
Fruit Cocktail, Chocolate Chip Cookie  
OR Ham and Cheese Sub



TODAY

## Speech

IF INTERESTED IN LARGE GROUP OR INDIVIDUAL SPEECH  
need to complete the online google form NO LATER THAN TUESDAY,  
OCTOBER 4. Find the form at the following link  
<https://forms.gle/oGZF6xdH9uff1Xx96> or on the school website  
under the ARTS tab. Contact Amy Kueper at [akueper@spirit-lake.k12.ia.us](mailto:akueper@spirit-lake.k12.ia.us) with any questions.

Send your photos for the Announcements to: [photos@spirit-lake.k12.ia.us](mailto:photos@spirit-lake.k12.ia.us)

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