



# Fireworks Practice Handout for Spring/Summer Games 2024

**\*\*Updated Feb 6, 2024\*\***

## Volleyball

**Day:** Tuesdays

**Time:** 6:30-8 pm

**Location:** Unify Center  
900 E. I-90 Lane

**Dates:** Mar 26

Apr 2, 9, 16, 23, 30

May 7, 14

**No Area Competition for VB**

**State:** May 16-18 at USD in Vermillion  
(State VB is held on Fri, May 17)

\*if you did NOT sign up for State Games, your last practice will be on April 23.

## Aquatics & Swimming

**Day:** Tuesdays

**Aquatics Practice Time:** 6:00-7:00pm

**Swim Practice Time:** 6:30-8:00 pm

**Location:** EmBe,  
300 W. 11<sup>th</sup> St

**Dates:** Mar 26

Apr 2, 9, 16, 23, 30

May 7, 14

**Area:** Fri May 3 - Midco Aquatic Center

**State:** May 16-18 at USD in Vermillion  
(Swim/Aquatics is held on Fri, May 17)

\*Females must wear a one-piece suit.

\*Athletes MUST be in their suits and on the pool deck at practice start time.

\*if you did NOT sign up for State Games, your last practice will be on April 29.

## Soccer/Soccer Skills

**Day:** Tuesdays

**Time:** 6:30-8 pm

**Location:** Edison Middle School  
2101 S. West Ave

**Dates:** Mar 26

Apr 2, 9, 16, 23, 30

May 7, 14

**No Area Competition for Soccer**

**State:** May 16-18 at USD in Vermillion  
(Soccer is held on Fri, May 17)

\*If case of bad weather, soccer practice will move into the mini gym at Edison MS.

\*if you did NOT sign up for State Games, your last practice will be on April 23.

## Powerlifting

**Day:** Tuesdays

**Time:** 6:00-7:30pm

**Location:** Harrisburg High School  
1300 W. Willow St, Harrisburg SD

**Dates:** Mar 26

Apr 2, 9, 16, 23, 30

May 7, 14

**No Area Competition for Powerlifting**

**State:** May 16-18 at USD in Vermillion  
(Powerlifting is held on Fri, May 17)

**Important dates:**

- Mar 26: Orientation & T-shirt orders
- Apr 16: Money for T-shirts due

\*Lifters please bring a comfortable shirt and shorts. No jeans or non-lifting attire.

\*Do not show up earlier than 5:45 pm.

\*All Power Lifters must sign up for State.

## Track & Field

**Day:** Saturdays

**Time:** 3-4:30 pm

**Locations:** Washington High School Track  
501 N. Sycamore Ave

*In case of bad weather: Unify Center at 900 E. I-90 Lane  
(Watch email, Facebook & webpage)*

**Dates:** Mar 30

Apr 6, 13, 20

May 4, 11

**Area:** April 27, Brandon Valley HS Track

**State:** May 16-18 at USD in Vermillion  
(Track & Field is held on Saturday, May 18)

\*There are no bathrooms at WHS Track.

\* Dress appropriately (coats, hats, and mittens), We will still have practice even in the cold.

\* If you did NOT sign up for State Games, your last practice will be on April 20.

**Fireworks Phone #:** (605) 336-0240 **Email Address:** [fireworks@sosioxford.org](mailto:fireworks@sosioxford.org) **Website:** [www.sosioxford.org](http://www.sosioxford.org)

Attendance Requirements on reverse

## **MINIMUM ATTENDANCE REQUIREMENTS:**

- ✓ Athletes staying in the dorms are required to sign-up for a Friday event (Swim, Aquatics, Soccer or VB) and a Saturday Event (Track and Field). The max number of events must also be selected for Track and Field and Aquatics/Swimming. **NOTE:** This requirement does not apply to those athletes that are limited to participating in wheelchair events.
- ✓ Area participation is **REQUIRED** to participate and to attend State Summer Games. Reminder, Area participation only applies to those participating in Swimming/Aquatics and Track & Field.
- ✓ ***We only have 6 track practices – please make every effort to attend them all.***
- ✓ Athletes participating in two sports (track & one other sport) may miss up to 3 practices (4.5 hours) hours total between the two sports but no more than two practices (3 hours) within one sport.
- ✓ Athletes participating in only one sport can only miss 1 practice (1.5 hours) and the practice hours must be made up by attending a volleyball, soccer, or track practice. Missed time includes arriving late or leaving early from practice.
- ✓ Please call or text the Fireworks phone. 605-336-0240, if you will miss a practice,
- ✓ Athletes that miss more than the allowed time will be scratched from participating in Spring/Summer Games.

If you have any questions, please call or text the Fireworks Phone, 605-336-0240. This phone is answered by volunteers, so please leave a message if there's no answer and we will return you call as soon as we are able. You can also email us at [fireworks@sosiouxfalls.org](mailto:fireworks@sosiouxfalls.org)