



Fireworks Practice Handout for Spring/Summer Games 2024

****Updated Mar 27, 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 23rd.

Swimming & Aquatics

Day: Tuesdays

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

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

Location: EmBe,

300 W. 11th 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: Axtell Middle School****Updated

201 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 Axtell MS.

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

Powerlifting

Day: Mondays ****Updated

Time: 5:45-7:15 pm

Location: Harrisburg High School

1300 W. Willow St, Harrisburg SD

Dates: Mar 25

Apr 1, 8, 15, 22, 29

May 6, 13

No Area Competition for Powerlifting

State: May 16-18 at USD in Vermillion

(Powerlifting is held on Fri, May 17)

Important dates:

- Mar 25: Orientation & T-shirt orders
- Apr 15: Money for T-shirts due

*Lifters should wear a comfortable shirt/shorts for practices. 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@sosiouxfalls.org **Website:** www.sosiouxfalls.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