



Fireworks Practice Handout for Spring/Summer Games 2025

**** UPDATED 25 Mar 2025****
****Updates in red print****

Volleyball

Day: Tuesdays
Time: 6:30-8 pm
Location: Unify Center
900 E. I-90 Lane
Dates: Apr 1, 8 15, 22, 29
May 6, 13, 20, 27

No Area Competition for VB
State: May 30-31 at USD in Vermillion
(State VB is held on Fri, May 30)

*if you did NOT sign up for State Games, your last practice will be on April 22

Swimming & Aquatics

See Handout Below

Area: Fri May 2 - Midco Aquatic Center

State: May 30-31 at USD in Vermillion
(Swim/Aquatics is held on Fri, May 30)

*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 28.

Soccer/Soccer Skills

Day: Tuesdays
Time: 6:30-8 pm
Location: Axtell Middle School
201 West Ave
Dates: Apr 1, 8 15, 22, 29
May 6, 13, 20, 27

No Area Competition for Soccer
State: May 30-31 at USD in Vermillion
(Soccer is held on Fri, May 30)

*If case of bad weather, soccer practice will move into the Axtell gym.

*if you did NOT sign up for State Games, your last practice will be on April 22.

Powerlifting

Day: Mondays
Time: 5:45-7:15 pm
Location: Harrisburg High School
1300 W. Willow St, Harrisburg SD
Dates: Apr 7, 14, 21, 28
May 5, 12, 19, 26

No Area Competition for Powerlifting
State: May 30-31 at USD in Vermillion
(Powerlifting is held on Fri, May 30)

Important dates:

- **Apr 7:** Orientation & T-shirt orders
- **Apr 21:** 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: Apr 5, 12, 19
May 3, 10, 17, 24

Area: April 26, Brandon Valley HS Track
State: May 30-31 at USD in Vermillion
(Track & Field is held on Saturday, May 31)

*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 19.

Fireworks Phone #: (605) 336-0240 **Email Address:** fireworks@sosiouxfalls.org **Website:** www.sosiouxfalls.org

Attendance Requirements on reverse

Minimum Attendance Requirements

- Area participation is REQUIRED to participate and to attend State Summer Games
- Athletes participating in two sports (Track & 1 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 practice of the other sport. Call or text 605-336-0240 to schedule a missed 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 State Summer Games

Weather Cancellation Policy for Practices

- The Sioux Falls Fireworks Sports Director or Sports Coordinator may cancel practice in the event of extreme weather (to include too hot/cold) or other environmental conditions.
 - If it is necessary to cancel practice, the Sports Director or Sports Coordinator will email all coaches & athletes. When possible, the emails will be sent out no later than two hours prior to practice.
 - Please be sure you have our email address in your contacts: fireworks@sosiouxfalls.org
 - The information will also be posted to our website: www.sosiouxfalls.org
- Parents, Guardians & Staff: If we do NOT cancel a practice but you feel your athlete will be adversely affected by the conditions, please keep them at home. You will still need to text/call the Fireworks phone at 605-336-0240 to inform them of your athlete's absence.

Please note: If Sioux Falls school district closes school early or cancels school for the entire day, there will be no practice the day of the cancellation. This includes the Unify Center.

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

Fireworks

Practice Handout for Spring/Summer Games 2025

Aquatics/Swim only

** UPDATED 25 Mar 2025**

Due to the many athletes signed up for Aquatics and Swimming, we will have two practices at EmBe

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

Females must wear a one-piece suit.

Aquatics (Males & Females):

*Area only athletes will attend their last practice on April 28.

Athletes:	*Kyle C	*Kristi D	Cheryl E	*Amanda G	Toby H
	Lucas K	Christopher M	Selena M	Krystle N	Todd R
	Cody S	*Josh S	*Matt W	*Mike W	Vincent W

Day: Mondays

Practice Time: 6:00 pm to 7:00 pm

Location: EmBe
300 W. 11th St

Practice Dates: April 7, 14, 21, 28
May 5, 12, 19, 26

Area: Fri May 2 - Midco Aquatic Center

State: Fri-Sat, May 30-31 - USD in Vermillion (Swim/Aquatics is held on Fri, May 30)

Swimming (All Males)

*Area only athletes will attend their last practice on April 28.

Athletes:	Matt B	Jerome B	Aaron C	Jordan E	Eric G
	Doug G	Christian G	Kevin G	Wyatt H	*Micah K
	Wyatt N	Cody B	Grady S	Gregory T	

Day: Mondays

Practice Time: 6:30 pm to 8:00 pm

Location: EmBe
300 W. 11th St

Practice Dates: April 7, 14, 21, 28
May 5, 12, 19, 26

Area: Fri May 2 - Midco Aquatic Center

State: Fri-Sat, May 30-31 - USD in Vermillion (Swim/Aquatics is held on Fri, May 30)

See below

Swimming (All Females)

Females will have 4 practices on Friday then switch to Mondays.

*Area only athletes will attend their last practice on April 25.

Athletes:	Christina C	Sharon D	*Erika E	*Nicole G	Erin G
	Morgann L	Samantha R	Joy R	Kyrra R	Chana S
	Letitia S	Jessica S	Nikki T	Gabby V	*Shawna V

Day: Fridays

Practice Time: 6:00 pm to 7:30 pm

Location: EmBe
300 W. 11th St

Practice Dates: April 4, 11, 18, 25

Day: Mondays

Practice Time: 6:30 pm to 8:00 pm

Location: EmBe
300 W. 11th Street

Practice Dates: May 5, 12, 19, 26

Area: Fri May 2 - Midco Aquatic Center

State: Fri-Sat, May 30-31 - USD in Vermillion (Swim/Aquatics is held on Fri, May 30)

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