



Cougar News

8/22/2023

Welcome back to the Cougar Den! I hope everyone had a great summer!

The varsity volleyball team got their season underway last Saturday with a tournament in Tekonsha. They didn't perform to their usual high standards but are looking to bounce back this week.

Middle school volleyball will start practice on Wednesday 8/23 after school until 5:30 pm.

Middle school cross country practice starts on Tuesday 8/22 after school until 5:00.

Middle school football practice will start on Wednesday 8/23 after school at North Adams.

Please make sure that all student athletes have their physical forms turned in to the office before practice begins!

Please contact me if you have any questions or concerns.

Lucas Westblade

Athletic Director

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This week in Cougar sports:

Tuesday 8/22

Varsity volleyball home vs Litchfield at 6:00 pm.

Wednesday 8/23

Varsity cross country at the Pittsford Early Bird at 4:30 pm.

Saturday 8/26

Varsity volleyball at the Litchfield tournament 8:00 am.