

**WATERTOWN-MAYER HIGH SCHOOL**  
**FALL SPORTS PRACTICE INFORMATION**

**Girls Soccer (7-12)**

Joseph Perez is the head coach and can be reached at [joseph.perez@wm.k12.mn.us](mailto:joseph.perez@wm.k12.mn.us) (cell) 612-709-4573. **The first day of practice is on Monday, August 13 for players in grades 7-12. Meet at the high school track at 11:00 am (Monday, 8/13 only) for Endurance and Agility training/testing.** Monday, August 13th-17th practice will be from 12:00-2:00 and again 4:00-6:00 at the Elementary School Soccer Fields. Bring plenty of water and dress appropriately for the weather.

**Boys Soccer (7-12)**

Matt Polding is the head coach and can be reached at [matt.polding@mayerlutheran.org](mailto:matt.polding@mayerlutheran.org) The first practice will be on Monday, August 13th. The first week (8/13 - 8/17) will be two-a-days with the first practice running 8:00-9:30 am and the second practice from 3:00-5:00 pm at Mayer Lutheran High School. Coach Polding will discuss practice times for the rest of the preseason with players but plan for morning practices as well as afternoon practices, after the first week. Bring plenty of water and dress appropriately for the weather. **All players in grades 7-12 should be at practice on August 13th.**

**Football (9-12)**

Andrew Phillips is the head coach and can be reached at [andrew.phillips@wm.k12.mn.us](mailto:andrew.phillips@wm.k12.mn.us) Practices will begin Monday, August 13th at 7:45 am. **Practices will be from 7:45-12:00 for the first two weeks.** There will be a short mid-morning break but players should plan to stay on campus. Practice length and times will vary with newly adapted MSHSL rules. Parents can find updates on Twitter @WM\_RoyalsFB or the team website.

**Football (7-8)**

The annual youth football camp will be held August 13th-16th. Registration is done through community education. Equipment for 7<sup>th</sup> and 8<sup>th</sup> grade football players will be handed out during the camp and again at the first school practice on **Monday, August 27th at 3:00 pm** and continue for the rest of the week. Once school begins, all practices will be daily after school. All other practices and games are on weekdays. Parents with questions should contact Coach Phillips at [andrew.phillips@wm.k12.mn.us](mailto:andrew.phillips@wm.k12.mn.us)

**Girls Swimming (7-12)**

Kristen Steenvoorden is the head coach and can be reached at [kristen.steenvoorden@wm.k12.mn.us](mailto:kristen.steenvoorden@wm.k12.mn.us) Practices will begin on Monday, August 13th and will be from 8:00-10:00 am in the Watertown-Mayer High School pool for the first two weeks. **All swimmers in grades 7-12 should be at practice on August 13th.**

**Volleyball (9-12)**

Andrea Raser is the head coach and can be reached at [andrea.raser@wm.k12.mn.us](mailto:andrea.raser@wm.k12.mn.us) Practices will begin on Monday, August 13<sup>th</sup> at 8:00 a.m. in the high school gym. **Practices will be held from 8:00-12:00 with a 20 minute mid-practice break the first week.** The rest of the schedule prior to the start of school may vary slightly.

**Volleyball (7-8)**

**The first school practice will be held on Monday, August 27 at 3:30 pm in the middle school gym.** Come dressed and ready to practice. Practice will be at 3:30 every day through Thursday, August 30, and then after school starting Tuesday, September 4th. Contact Coach Raser at [andrea.raser@wm.k12.mn.us](mailto:andrea.raser@wm.k12.mn.us) if you have questions.

**Cross Country Running (7-12)**

Rich Winter is the head coach and can be reached at [rwinter@wm.k12.mn.us](mailto:rwinter@wm.k12.mn.us) Practices will begin on **Monday, August 13th at 8:30 am. Practices will be held from 8:30-10:00.** Athletes should meet at the outdoor concession stand. Come ready to run and dress appropriately for the weather. **All athletes in grades 7-12 should be at practice on Monday, August 13<sup>th</sup>.**