

LAKESHORE MIDDLE SCHOOL
Winter II and/or First Practice Info for 2026

SPORT	STARTING DATE, TIMES & LOCATION
Co-Ed Wrestling	Preseason (Optional) Jan 5 th & 6 th 3:00-4:00pm. @ Lakeshore in the lower gym. Regular season starts Wednesday, Jan 7th with daily practices 3:00-5:15pm. @ Lakeshore in the lower gym. Meets will be on Tuesdays and Thursdays with a few Saturday tournaments throughout the season. Equipment needed: wrestling shoes, mouthguard (required if wearing braces) knee pads (recommended.) For more information you can contact Coach Boersma: boersmam@ghaps.org
Boys Swim & Dive	First practice will be Monday, January 5th 5:00-6:30pm @ the High School Aquatic Center. For more information you can contact Coach Meg: Coachmeg.ghsc@gmail.com
Girls Basketball	Tryouts are Monday Jan 5th, Tuesday Jan 6th, and Wednesday Jan 7th (all 3 days are mandatory) at LMS Gym. 7 th grade will be 5:00-6:30pm and 8 th grade will be 3:30-5:00pm For more information for 7 th grade contact Mrs.Shumaker: shumakermo@ghaps.org or for 8 th grade Mrs. Hitsman: hitsmana@ghaps.org