

# PRACTICE SCHEDULE | SOHI ATHLETICS

Monday	Tuesday	Wednesday	Thursday	Friday
10/8	10/9	10/10	10/11	10/12
Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul> Wrestling Practice (SOPREP) <ul style="list-style-type: none"> <li>• 3:0-5:00 pm</li> </ul>	Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul> Wrestling Practice (SOPREP) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul>	Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul> Wrestling Practice (SOPREP) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul>	Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Cheer Practice (SOHI) <ul style="list-style-type: none"> <li>• 6:00-9:00 pm</li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul> Wrestling Practice (SOPREP) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul>	Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Wrestling Practice (SOPREP) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul>

## EVENTS

### FOOTBALL

- vs Eagle River (Division II State Championship)
- Saturday, October 13<sup>th</sup>
  - Kick-off at 11:30 am
  - Game will be played at Palmer High School

### WRESTLING

- @ Luke Spruill Tourney (Kenai)
- Saturday, October 13<sup>th</sup>
    - Wrestling starts at 11:00 am

### VOLLEYBALL

- @ Homer
- Tuesday, October 9<sup>th</sup>
    - C-team – 4:00 pm
    - JV – 5:00 pm
    - Varsity – 6:30 pm
- vs Wasilla
- Thursday, October 11<sup>th</sup>
    - C-team – 3:30 pm
    - JV – 4:30 pm
    - Varsity – 6:00 pm
- vs Wasilla
- Saturday, October 13<sup>th</sup>
    - C-team – 10:00 am
    - JV – 11:00 am
    - Varsity – 12:30 pm

### SWIM/DIVE

- vs Homer (Dual)
- Friday, October 12<sup>th</sup>
    - Warm-ups begin at 3:00 pm
    - Meet starts at 4:30 pm



---

# SOHI ATHLETICS | RESULTS & HIGHLIGHTS

---



## FOOTBALL

(W) 55-21 vs Palmer (10/6)

- Top performers
  - Jersey Truesdell – 6 for 7 passing for 189 yards; 134 yards rushing; 3 TD passes and 2 TD runs
  - Hudson Metcalf – 226 all-purpose yards; 132 receiving yards; 59 yards rushing; 1 TD run, 1 TD reception, and 1 TD pass
  - Wyatt Medcoff – 65 yards rushing and 1 TD reception
  - Team – 318 yards rushing; 524 total yards of offense

Season Record

- 8 W – 1 L (3-0 in conference)
- Northern Lights Conference champions

## SWIM/DIVE

Chugiak Invite (10/6)

- Divers only
  - Kylin Welch – 1<sup>st</sup> overall
  - Sam Skolnick – 5<sup>th</sup> overall

## VOLLEYBALL

(W) 3-0 vs Kenai (10/2)

- 25-21, 25-11, 26-24
- Top performers
  - Brittani Blossom – 8 digs; 10 service points
  - Aliann Schmidt – 10 kills; 2 blocks

Lady Grizzlies Invite (10/5-10/6)

- 1<sup>st</sup> in Pool A (6 wins, 1 loss)
  - Wasilla – W (25-18)
  - ACS – W (25-13)
  - Nikiski – W (25-19)
  - Valdez – L (20-25)
  - Homer – W (25-11)
  - Monroe Catholic – W (25-18)
  - Sitka – W (25-11)
- 2<sup>nd</sup> in bracket play
  - (L) 1-2 vs Valdez
  - (W) 2-1 vs Kodiak
  - (W) 2-0 vs Wasilla
  - (W) 2-1 vs Valdez
  - (L) 1-2 vs Palmer
- Holleigh Jaime was named the defensive player of the tournament and to the all-tourney team
- Ituu Tuisaula was named to the all-tournament team

Season Record

- 11 W – 2 L (5-1 in conference)

---

## STARS IN THE NEWS

- ❖ Aliann Schmidt was named the KSRM/ESPN Peninsula Sports/Subway Athlete of the Week. Aliann led the Stars with 31 kills in the two-game series against Colony during the weekend of September 29-30<sup>th</sup>. She had another 10 kills against Kenai on Tuesday, October 2<sup>nd</sup>.