

SPECTRUM ATHLETICS AND ACTIVITIES



FALL

Spectrum High School

Clay Target	Girls/Boys	Grades 7-12
Cross Country	Girls/Boys	Grades 7-12
Football		Grades 7-12
Soccer	Girls/Boys	Grades 7-12
Volleyball	Girls	Grades 7-12
Swimming/Diving-Coop @ Elk River HS	Girls	Grades 7-12
Tennis – Coop @ Big Lake HS	Girls	Grades 7-12

Spectrum Middle School

*Middle School Football		Grades 6-8
*Middle School Volleyball	Girls	Grades 6-8

WINTER

Spectrum High School

Alpine Skiing	Girls/Boys	Grades 7-12
Basketball	Girls/Boys	Grades 7-12
Dance Team	Girls	Grades 7-12
Wrestling	Girls/Boys	Grades 7-12
Cheerleading	Girls	Grades 7-12
Swimming/Diving-Coop @ Elk River HS	Boys	Grades 7-12
Gymnastics- Coop @ Elk River HS	Girls	Grades 7-12
Nordi Skiing @ Parnassus HS	Girls/Boys	Grades 7-12

Spectrum Middle School

*Middle School Basketball	Girls/Boys	Grades 6-8
*Middle School Wrestling		Grades 6-8

SPRING

Spectrum High School

Baseball		Grades 7-12
Clay Target	Girls/Boys	Grades 7-12
Golf	Girls/Boys	Grades 7-12
Softball	Girls	Grades 7-12
Track & Field	Girls/Boys	Grades 7-12
Lacrosse – Coop @ Providence HS	Boys	Grades 7-12
Lacrosse – Coop @ Big Lake HS	Girls	Grades 7-12
Tennis – Coop @ Elk River HS	Boys	Grades 7-12

Unless designated all Spectrum athletics are associated with the MSHSL.
Grades 7-8 may participate in all MSHSL athletics based on ability.
Those interested in coops must register with both Spectrum and the host school.

*Middle school athletics is not associated with the MSHSL.

ATHLETIC REGISTRATION

<https://spectrumhs-ar.schooltoday.com/home>

For Information Contact: athletics@spectrumhighschool.org

SPECTRUM ATHLETICS AND ACTIVITIES



FALL

Spectrum High School

Robotics
Theatre

Girls/Boys
Girls/Boys

Grades 7-12
Grades 7-12

WINTER

Spectrum High School

Speech

Girls/Boys

Grades 7-12

SPRING

Spectrum High School

Theatre

Girls/Boys

Grades 7-12

ALL YEAR

Spectrum Middle and High School

Quiz Bowl

Grades 6-12

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For the latest in Spectrum athletics including scores and highlights follow us on:



Facebook: Spectrum Sting Athletics



Instagram: @StingSportsMN



Twitter: @StingSportsMN

To watch Spectrum sports live visit:



<https://www.nfhsnetwork.com/>

ACTIVITY REGISTRATION

<https://spectrumhs-ar.schooltoday.com/home>

For Information Contact: kerrmann@spectrumhighschool.org