



HLWW Activities

2026 Parent Athlete Coach Meeting
***March 16, 2026 @ 7:00 HS Auditorium**

Joe Puncochar (jpuncochar@hlww.k12.mn.us)
Activities Director (320-543-4600, ext 4612)

Danielle Kuznia (dkuznia@hlww.k12.mn.us)
Activities Secretary (320-543-4600, ext 4301)

HS Awards Night and Hall of Fame Induction

Please join us for HS Activities Awards Night and the 2026 Hall of Fame Induction Ceremony.

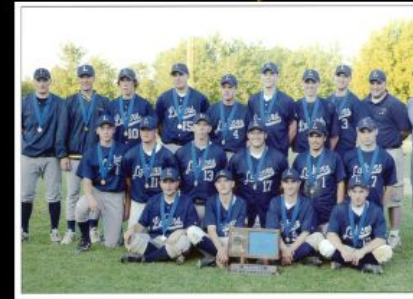
Date: Friday, May 15

Time: 6:00pm Social Hour,
7:00pm Awards Ceremony

Those receiving awards will receive an invite prior to the event. All are welcome!



INDUCTEE:
DR. DANIEL NASS



TEAM OF DISTINCTION
2003 BASEBALL TEAM



INDUCTEE:
DALE "BRUISER" BURAU

2026 HLWW HALL OF FAME INDUCTION

*May 15, 2026 @ HLWWHS
6:00pm social hour, 7:00pm award recognition*

The Official Communication Method of HLWW

EMAIL-

This is how the Activities Dept. and your child's coaches will communicate official business with parents. You should expect a weekly email from your coach/advisor and it will most likely come from Bound.

Example: Practice is cancelled. - Parents will receive an email from a coach.

Example: All Activities are cancelled. - Parents will receive an email from the Activities Dept.

Social Media - Used to Highlight our activities and spread the word to people outside of our parents and students. You may see repeats of information that also was sent out in email form. The target audience of these posts extends beyond parents and students. i.e. fans, alumni, the community, etc.

Google Classroom/Remind/Group Me - These are all platforms for sending mass messages that our coaches use to communicate with your students. Coaches will not use social media (Instagram, Snapchat, Facebook, etc.) to communicate important info with students. However, they may communicate with their team via these other platforms.

Activities Website - www.hlww.k12.mn.us/activities/



Howard Lake · Waverly
Winsted Public Schools

Home District ▼ Schools ▼ Departments ▼ **Activities ▼** Family Resources Community Education ▼

Back to School: Click here to check out back to school information, supply lists, and more!

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Activities



Activity
Handbook



Registration



Sports Physical



Tickets



Travel
Permission Form

Bound Page

The HLWW Activities Department is dedicated to providing students with a well-rounded educational experience beyond the classroom.

Athletics

- HLWW offers a variety of competitive sports for students. Our teams participate in the Wright County Conference and strive for excellence both on and off the field.
- Our coaches emphasize teamwork, sportsmanship, and skill development.
- Community service projects, fundraisers, and volunteer opportunities are integral to our activities.



Scroll down to bottom
of page for quick links

Quick Links

- [Ridgeview Athletic Trainer](#)
- [HUDL](#)
- [MSHSL](#)
- [Picture Forms \(Front/Back\)](#)
- [Letter Jacket Order Form](#)
- [Wright County Conference Schedule](#)
- [Confidentiality Waiver \(Reduced Activity Fees\)](#)



New Next Year :

1. All Conference Schools will be using Bound.
2. Family and Individual Caps will be recognized by the system. No more discount codes!

You'll find schedules, results, rosters, fundraisers, apparel stores, tickets, registration, on our Bound page.

www.gobound.com/mn/schools/hlww ---OR---

hlwwactivities.com ---OR---

hlww.k12.mn.us and click on Activities, then click on "Bound Page"



Add	Status	Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
[REDACTED]	CLEARED	FINAL - IN - 9-12 Girls Golf Registration
<input type="checkbox"/> [REDACTED]	PENDING	PENDING - 9-12 Girls Golf Registration
<input type="checkbox"/> [REDACTED]	PENDING	PENDING - 9-12 Girls Golf Registration
<input type="checkbox"/> [REDACTED]	PENDING	PENDING - 9-12 Girls Golf Registration
<input type="checkbox"/> [REDACTED]	PENDING	PENDING - 9-12 Girls Golf Registration

Registration - **Please make sure you have completed all the steps. Select pay later or complete payment while registering.**

Physicals - No longer need to send the school a copy. Just upload it. All current physicals have been uploaded. You will be notified when your child's physical is nearing its expiration date.

Pay Later - If you don't want to pay online, you can pay in cash/check at the HS office.

Increasing number of people who fail to pay fees. Only causes us to increase fee prices and makes it difficult to explore adding new activities.



Where can I find my child's schedule:

-Click on the activity, then the level, and finally schedules

Howard Lake-Waverly-Winsted Lakers

Home Activities Calendar Registration News Camps Support Us Stores Tickets School

Howard Lake-Waverly-Winsted Lakers

Girls Volleyball 2024-25

VARSITY

Varsity Schedule Roster Staff Stats Power Index Seasons



- | Girls Activities | Boys Activities |
|------------------|-----------------|
| Basketball | Baseball |
| Cross Country | Basketball |
| Golf | Cross Country |
| Gymnastics | Golf |
| Soccer | Soccer |
| Track & Field | Track & Field |
| Volleyball | Wrestling |
| Softball | Football |



Girls VOLLEYBALL Junior Varsity
Scrimmage JV and Varsity Only

Saturday, Aug 17

Howard Lake-Waverly-Winsted Junior Varsity (0-0) vs Hutchinson Junior Varsity (0-0)

9:00 AM 8/17

HUTCHINSON HIGH SCHOOL

View

Scores

There are no scores at this time.

See More

Girls VOLLEYBALL Varsity
Scrimmage JV and Varsity Only

Saturday, Aug 17

Howard Lake-Waverly-Winsted Varsity (0-0) vs Hutchinson Varsity (0-0)

9:00 AM CT 8/17

HUTCHINSON HIGH SCHOOL

View

- Last Week This Week Next Week



Notifications for scores, postponements, ticketing, etc.

Step 1: Select Activity I want notifications for

Step 2: Select the level I want to be notified about.

Step 3: Click “Notifications” under the Laker Flag



HLWW Activities



What School administration expects from Coaches, Parents, Participants, and Fans



- **Sportsmanship** is the responsibility of all involved – Administration, Coaches, Parents, Participants, and Fans
- **Support** our teams and coaches, cheer a good play from either team, and refrain from comments toward officials and/or the opponent.
- **Understanding** of our school policies and why there are certain things we have to do to protect our students and the school in terms of liability. Transportation Waiver, Registration, etc.

HLWW Activities



Problem and Conflict

Please allow 24 hours from a contest to approach a coach/advisor following an event. (Unless it is a student safety issue.)

- 1. Playing time Concerns - Coaches are instructed to not speak with parents regarding playing time until the player has made contact with the coach regarding the matter.**
- 2. Player safety issues such as bullying, harassment, etc can be reported by any and all to the coach, AD, principal or other trusted school employee.**

Problem Conflict Resolution Process

Step One: Player makes a direct contact with the Coach/Advisor

Step Two: Parent makes a direct contact with the Coach/Advisor

Step Three: Parents make a direct contact with the Activities Director

Step Four: Parents make a direct contact with the Superintendent

Step Five: Superintendent contacts the School Board

HLWW Activities



7th/8th Grade Teams: All players get to play. Priority: Learning Skills and having fun. Example Goal: Players want to continue to play the following season.

9th/C-Squad Teams: Effort will be made to get everyone into each game at this level, but not guaranteed. Priority: Skill Development. Example Goal: Attempting to win the contest, but everyone will play some but maybe not equal.

JV/Varsity Teams: Not everyone will get to play. These decisions are made through evaluations done by coaches. Priority: Being competitive in contests. Example Goal: Attempting to win the contest.

Individual Sports (Gymnastics, Wrestling, Cross Country, Track and Field): Playing time is determined by performances compared to fellow participants. Team member can be any grade 7-12.

All coaches are competitive. We ask them to adhere to the guidelines listed in our handbook for the level they are coaching. Our expectation is parents understand and respect the priorities and goals of each level.

See Activities Handbook for Full Breakdown

HLWW Activities



Registration - You must be registered before participating in any activity.

Attendance – you need to be here in school to have success with academics before having success after school. You must be in school by 10:30 and have a note from the appointment. Exceptions must go through the Activities Director.

Travel Waivers - The district is responsible for all members of the travel party from the time of departure until the time of return. Students participating activities are to ride to and from school activities in school vehicles. A travel waiver can be obtained from the Activities Webpage and turned into before 3pm the day of the event Danielle Kuznia if a student needs to ride to or from a contest with a parent/guardian.

Academics – this is first and foremost – most important part of being a student/athlete, if you fail a class in 4th quarter you will be held accountable for that at the beginning of this season.

HLWW Activities



High School Academic Eligibility Policy (Found in Handbook)

- Four Grading Periods (End of each quarter)
- Students failing at the end of grading period become ineligible and start week to week eligibility. A student can become eligible if they are passing their classes at the end of each week.
- Students stay on week to week eligibility until the next grading period ends. (Assuming they are passing)
- Students have official grade checks every Monday. If a student is failing the same course for 3 consecutive Mondays, they become ineligible for that week.



Ridgeview Athletic Training



Kathleen Peglow

Certified Athletic Trainer

Mon, Tues, Thurs After School Visits

Present at all home varsity sports

[Ridgeview Rehab Specialties – Delano-Waconia](#)

952-442-7351

Dr. visits should be followed with a visit to the Trainer

**IMPACT TESTING WILL BE DONE AT HOME
BY ALL STUDENTS WHO NEED TESTING**

Fitness Center/Walking Track

- 7-12 students can get a membership through community ed for \$15
- Open morning and evening
- Any horseplay or admitting others without memberships will result in removal of membership



HLWW ACTIVITIES HANDBOOK

- **Please review the HLWW Activities Handbook**
 - [25-26 Activities Handbook](#)



Activity Specific Meetings Locations

- **9-12 Track - HS Gym**
- **9-12 Softball - HS Health Room**
- **9-12 Baseball - HS Commons Area**
- **MS Activities- Auditorium**
- **Clay Target - Ms. Main's Room (Art)**
- **7-12 Golf - Foods Room**



HLWW Activities



Middle School Academic Eligibility Policy (Found in Handbook)

- Eight Grading Periods - Two per quarter (Mid Quarter and end of quarter)
- Students failing at the end of a grading period become ineligible. Students remain ineligible until they are passing all courses.
- There is NO week to week eligibility for middle school students.
- Coaches receive informal grade checks every Monday and work to remind students to prioritize their academics to retain eligibility.

Questions???

#GOLAKERS