

# 2025/2026 Minnetonka/Wayzata Lakers



The Minnetonka / Wayzata Lakers Adapted Athletics Program offers students with disabilities a competitive varsity sport experience in Soccer, Floor Hockey, Bowling and Softball. The commitment is 3 days per week during each season, except bowling which meets Saturday mornings in the spring. You can join one sport or all 4, it is totally up to you.

The social and physical skills you will acquire are measurable & meaningful. Every athlete learns how to be committed to the team, care for equipment & organize their schedule. They will also learn what it means to be a part of a varsity sport. We have a dedicated coaching staff, they care deeply and will work relentlessly with each child to help them become a better person and athlete. There are many benefits to students who participate in adapted athletics. They develop self-confidence, respect for others, sportsmanship, comradery with peers and they get in shape while having fun.

## **MINNETONKA / WAYZATA LAKERS**

The Minnesota Adapted Athletics Association started in the early 1990's as an interscholastic varsity co-ed sports program for students with cognitive or physical impairments in grades 7-12. Most teams in the MN Adapted Athletics League are in a co-op of two or more school districts. This is to obtain a sufficient number of athletes to complete a roster. Wayzata and Minnetonka joined as a cooperative in the 2000-01 school year, choosing the name of "LAKERS" and the colors royal blue, white and gold.

All our sports are played indoors with modified rules and lighter equipment to assure safe yet competitive play. We have one division through Minnetonka/Wayzata. The CI Division is for students with cognitive impairments as defined by a full-scale intelligence quotient of 70 or below, or those athletes who receive DCD services during their school day. Wayzata and Minnetonka High Schools embrace athletes with disabilities. Pep fests, school newspaper articles, school television news, yearbook entries, and trophy

displays parallel a typical student athlete experience. Student athletes can earn a high school letter from their respective school.

**Mission Statement:** Our mission is to provide a quality adapted sports program for eligible students in grades 7-12. We emphasize the development of athletic skills, teamwork, self-discipline and work ethic. We believe team participation provides opportunities for leadership, sportsmanship and teamwork. We are committed to goal achievement, character building, communication skills and school pride. Participation is encouraged for student-athletes who are ready for structured and competitive athletic training and team instruction.

**REGISTRATION:** <https://www.minnetonkaschools.org> / <https://www.wayzataschools.org>

Registration must be completed before the start of each season. Students in grades 7 – 12 are eligible to participate. Please complete the electronic registration process at your home school athletic office Please provide the following information:

- Sports qualifying physical exam (every 3 years)
- High school eligibility form signed by the parent and student (one per year)
- Emergency information card (each season)
- Athletic fee (each season)

## **TRANSPORTATION**

Bus transportation is provided from school to the practice and games. Parents are responsible for transportation home after practice and games. A Para or Coach will ride with the team to practices and games. However, on occasion some players may require closer monitoring for safety or behavioral concerns, in this case, alternative transportation arrangements may be needed.

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## **SCHEDULE**

Adapted athletics teams meet approximately Monday – Wednesday. Games typically M/W with practices being held on non-game days. Teams play an average 9 games per season. The State Tournament is held on a Friday afternoon and all-day Saturday at the end of each season. Bowling participants play on Saturday mornings, competing against other teams and have a regional tournament that leads into a one-day State Tournament at a metro location at the end of the season.

## **PRACTICE SCHEDULE**

SOCCER: 4-5:30pm Wayzata High School

FLOOR HOCKEY: 4-5:30PM Groveland Elementary

SOFTBALL: 4:30-6pm Minnetonka High School

## **EQUIPMENT**

SOCCER: Players will be provided with practice/game balls. They need to wear shoes that provide good support and traction (tennis shoes) and have their own shin guards. Players who use wheelchairs choose whether to use their hands or chair/feet for game play.

FLOOR HOCKEY: Players will be provided with hockey sticks (PI players who use wheelchairs may use adapted sticks attached to their chair), helmets, and gloves (gloves are individual choice). Goalies will be provided full protective gear according to MSHSL guidelines. Additional protective gear such as shin pads for other players are at their discretion. In addition, players need to wear shoes that provide good support and traction (tennis shoes).

**SOFTBALL:** The equipment used for this sport are “whiffle” balls and plastic bats, which will be provided. Batting tees may be used. Players supply their own glove unless the coach gives permission to play without one.

**BOWLING:** Balls and adapted equipment such as ramps and balls with retractable handles will be provided. Players may use their own bowling ball and bowling shoes if they have their own.

## **CONTACT INFORMATION**

### **ADAPTED ATHLETIC COACHES:**

**Adaptive Athletics Coordinator: Kinsey Hegna:** [kinsey.hegna@wayzataschools.org](mailto:kinsey.hegna@wayzataschools.org)

Head Soccer/Softball Coach: Kinsey Hegna: [kinsey.hegna@wayzataschools.org](mailto:kinsey.hegna@wayzataschools.org)

Head Floor Hockey Coach: Tonya Andruskiewicz: [1dandylife@gmail.com](mailto:1dandylife@gmail.com)

Head Bowling Coaches: Mary Schafer: [Mary.Schafer@minnetonkaschools.org](mailto:Mary.Schafer@minnetonkaschools.org)

Jesse Nelson: [Jesse.Nelson@minnetonkaschools.org](mailto:Jesse.Nelson@minnetonkaschools.org)

### **ATHLETIC DIRECTORS:**

#### **Wayzata**

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#### **Minnetonka**

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