



# YOUTH SPORTS GUIDE

Community Services & Recreation Department  
www.isd624.org/communityservices T: 651-407-7501

This is a general guide on the youth sports opportunities in the White Bear Lake Area School District. Questions about specific information, try-out dates, and seasons should be directed to the contacts below.

For **High School Sports** contact the school's Athletic Office

South Campus Athletic Office Tomilee Reinhardt, Athletic Secretary 651-773-6206  
North Campus Athletic Office Nancy Muckala, Athletic Secretary 651-653-2933

For **Middle School Sports** contact the school's Athletic Coordinator

Middle School Athletics Matt Riebow, Community Services Coordinator 651-407-7506

For **Recreational & Instructional Sports** contact the WBLAS Community Services & Recreation Department

General Information Community Services & Recreation Department 651-407-7501  
Youth Recreational Sports Matt Riebow, Community Services Coordinator 651-407-7506

For **Vadnais Park & Recreation Sports** contact Vadnais Heights Park & Recreation Department

Vadnais Heights City Hall, 800 East County Road E 651-204-6000

For information concerning the **Vadnais Heights Sports Center**

1490 County Road E East, Vadnais Heights, MN 55110 651-481-1000

Organization	Website	Organization	Website
Baseball	<a href="http://www.whitebearbaseball.com">www.whitebearbaseball.com</a>	Soccer - Club	<a href="http://www.whitebearsoccer.org">www.whitebearsoccer.org</a>
Baseball	<a href="http://www.whitebearbaseball.com">www.whitebearbaseball.com</a>	Softball - Fastpitch	<a href="http://www.wbafsa.com">www.wbafsa.com</a>
Basketball	<a href="http://www.whitebearbasketball.com">www.whitebearbasketball.com</a>	Speedskating	<a href="http://www.rosevillespeedskating.org">www.rosevillespeedskating.org</a>
Cheerleading	<a href="http://www.whitebearcheer.com">www.whitebearcheer.com</a>	Ultimate (Frisbee)	<a href="http://www.wblultimate.blogspot.org">www.wblultimate.blogspot.org</a>
Football	<a href="http://www.wbyouthfootball.org">www.wbyouthfootball.org</a>	Volleyball	<a href="http://www.whitebearvolleyball.org">www.whitebearvolleyball.org</a>
Gymnastics – FLIPS	<a href="http://www.flipsgym.com">www.flipsgym.com</a>	Waterskiing	<a href="http://www.skiotter.com">www.skiotter.com</a>
Hockey – Association	<a href="http://www.wblhockey.com">www.wblhockey.com</a>	Wrestling - Club	<a href="http://leaguelineup.com/wbl-icebears">leaguelineup.com/wbl-icebears</a>
Lacrosse (Boys & Girls)	<a href="http://www.wblax.com">www.wblax.com</a>		

## Facilities

Hippodrome Skating Arena Jon Anderson - Facilities & Program Coordinator 651-407-7508  
Hippodrome Office 651-653-2699  
White Bear Area YMCA 651-777-8103  
Ramsey County Arena 651-748-2515  
White Bear Armory 651-429-8571  
White Bear Sports Center 651-429-8571  
Tamarack Nature Center - Hiking, Cross Country Skiing, Snow Shoeing etc. 651-407-5350



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Season - Sport – Organization – Contact Info				X = Grade Offered													
				K	1	2	3	4	5	6	7	8	9	10	11	12	
Fall	Cheerleading	Middle School	226-6209							X	X	X					
	Cheerleading	High School	773-6206								X	X	X	X	X	X	X
	Cross Country	Middle School	407-7506							X	X	X					
	Cross Country	High School	773-6206								X	X	X	X	X	X	X
	Flag Football	WBL Rec Dept	407-7506	X	X	X	X	X									
	Flag Football	Vadnais Park & Rec	204-6000	X	X	X	X	X	X								
	Flag Football	NE YMCA	777-8103	X	X	X	X	X	X								
	Football	Association	387-2084					X	X	X	X	X					
	Football	High School	773-6206										X	X	X	X	X
	Soccer	WBL Rec Dept	407-7506	X	X	X	X	X									
	Soccer	Vadnais Park & Rec	204-6000	X	X	X											
	Soccer	Club	612-849-1301						X	X	X	X					
	Soccer	High School	773-6206										X	X	X	X	X
	Soccer-Adapted	High School	773-6206										X	X	X	X	X
	Swim & Dive-Girls	High School	773-6206								X	X	X	X	X	X	X
	Tennis-Girls	Middle School	407-7506							X	X	X					
	Tennis-Girls	High School	773-6206										X	X	X	X	X
	Volleyball-Girls	Middle School	407-7506							X	X	X					
	Volleyball-Girls	High School	773-6206										X	X	X	X	X
	Winter	Basketball	Instructional Clinic	407-7506		X	X										
Basketball		WBL Rec Dept	407-7506				X	X	X	X	X	X	X	X	X	X	X
Basketball		Vadnais Park & Rec	204-6000		X	X	X	X									
Basketball		Association	395-1276						X	X	X	X					
Basketball		High School	773-6206										X	X	X	X	X
Floor Hockey		Vadnais Park & Rec	204-6000	X	X	X	X	X	X								
Adapted Floor Hockey		High School	773-6206										X	X	X	X	X
Gymnastics		High School	773-6206							X	X	X	X	X	X	X	X
Hockey		Vadnais Park & Rec	204-6000	X	X	X	X	X	X	X							
Hockey		Association		X	X	X	X	X	X	X	X	X	X	X	X	X	X
Hockey		High School	773-6206										X	X	X	X	X
Thursday Night Skiing		WBL Rec Dept	407-7506							X	X	X	X	X	X	X	X
Alpine/Nordic Skiing		High School	773-6206								X	X	X	X	X	X	X
Soccer		Club	612-849-13001						X	X	X	X					
Volleyball		Association	387-2992					X	X	X	X	X	X	X	X	X	X
Wrestling		Club	253-6429	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wrestling		Middle School	407-7506							X	X	X					
Wrestling		High School	773-6206										X	X	X	X	X



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<b>Spring</b>	Baseball	High School	773-6206										X	X	X	X	
	Cheerleading	High School	773-6206								X	X	X	X	X	X	
	Golf	Middle School	407-7506							X	X	X					
	Golf	High School	773-6206										X	X	X	X	
	Lacrosse	High School	773-6206										X	X	X	X	
	Lacrosse	www.wblax.com	274-3046				X	X	X	X	X	X	X	X			
	Soccer	Vadnais Park & Rec	204-6000	X	X	X											
	Softball	High School	773-6206										X	X	X	X	
	Adapted Softball	High School	773-6206										X	X	X	X	
	Softball	Fastpitch Association	395-9325						X	X	X	X	X	X	X	X	
	Tennis	Vadnais Park & Rec	204-6000	X	X	X	X	X	X	X	X	X					
	Tennis-Boys	Middle School	407-7506							X	X	X					
	Tennis-Boys	High School	773-6206										X	X	X	X	
	T Ball	Vadnais Park & Rec	204-6000	X	X	X											
	Track	Middle School	407-7506							X	X	X					
	Track	High School	773-6206								X	X	X	X	X	X	
Ultimate Frisbee		341-9448										X	X	X	X		
<b>Summer</b>	Baseball & T- Ball	WBL Rec Dept	407-7508	X	X	X											
<i>Grades are based on the grade the student finished</i>	Baseball - T Ball	Vadnais Park & Rec	204-6000	X	X	X											
	Baseball	WBL Rec Dept	407-7506			X	X	X	X								
	Baseball	WB Bear Baseball				X	X	X	X	X	X	X	X	X	X	X	
	Baseball	Legion	253-8306										X	X	X		
	Lacrosse	www.wblax.com	274-3046				X	X	X	X	X	X	X	X			
	Soccer	Vadnais Park & Rec	204-6000	X	X	X											
	Softball - Girls	WBL Rec Dept	407-7506				X	X	X	X	X	X	X	X	X	X	
	Softball	Fastpitch Assoc.	395-9325				X	X	X	X	X	X	X	X	X	X	
	Tennis - Instructional	Recreational	407-7508			X	X	X	X	X	X	X	X	X	X	X	X
	Soccer	WBL Soccer Club	653-1036	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Waterskiing	Bald Eagle Club	653-8871	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Waterskiing	Ski Otters Club	612-239-3391	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	<b>All Year</b>	Boxing	WBL Boxing	731-6126				X	X	X	X	X	X	X	X	X	X
Gymnastics		FLIPS	777-4776	X	X	X	X	X	X	X	X	X	X	X	X	X	
Skating Lessons		WB Sports Center	429-8572	X	X	X	X	X	X	X	X	X	X	X	X	X	