



## Gopher State High School League (GSHSL) FAQ

**League Info & Registration:** <https://www.myas.org/gopherstate-high-school-league>

- Are there **Tryouts** for the GSHSL?  
No. Every player that registers for the league will be placed on a team.
- How are **Teams** formed?  
Teams are formed geographically from individual registrations.
- When is **Registration** due?  
Individual registration closes on December 8<sup>th</sup>, 2025.  
Intact Team registration closes on December 15<sup>th</sup>, 2025.  
Registration can be completed [HERE](#)
- What are **GSHSL Training Camps**?  
GSHSL Training Camps are essential pre-season preparation sessions designed to help players sharpen their skills and reach peak conditioning before the opening games.  
Click [HERE](#) for more GSHSL Training Camp Info.
- When and where do the **Training Camps** take place?
  - Sunday, December 7<sup>th</sup> – 9am-12pm – Fridley High School
  - Sunday, December 14<sup>th</sup> – 9am-12pm – The National Sports Center (Blaine)
  - Sunday, December 21<sup>st</sup> – 9am-12pm – Fridley High School
  - Sunday, January 4<sup>th</sup> – 9am-12pm – The National Sports Center (Blaine)Click [HERE](#) for more GSHSL Training Camp Info.
- Where will **Team Practices** be held?

Practices will be held at various locations throughout the metro area, mainly at local YMCA locations. See [2024-25 Season Practice Schedule](#) for reference. The 2025-26 practice schedule will not be available until after all registrations are received.

- When will **Team Practices** be held?

Practice dates will not be determined until after the registration deadline. Teams may have their weekly practice any day of week Monday-Saturday. See [2024-25 Season Practice Schedule](#) for reference.

- How many **Team Practices** will there be on a weekly basis?

Each team will have one practice per week on Monday-Saturday.

- When will **Games** be played?

- Sunday, January 11<sup>th</sup>
- Sunday, January 18<sup>th</sup>
- Sunday, January 25<sup>th</sup>
- Sunday, February 1<sup>st</sup>
- Saturday, February 7<sup>th</sup> (This is to avoid playing on Super Bowl Sunday)
- Sunday, February 15<sup>th</sup>
- Playoff Dates: Saturday & Sunday, February 21<sup>st</sup> & 22<sup>nd</sup> (Only the top ranked teams will qualify for the playoffs)

- Where will **Games** be played?

- Benilde-St. Margaret's
- Tartan High School
- Fridley High School & Middle School
- Apple Valley High School
- St. Michael-Albertville High School
- Farmington High School
- Osseo High School
- Irondale High School

Note: Additional locations may be added depending on the total number of registered teams.

**Questions?** Contact [Bobby@myas.org](mailto:Bobby@myas.org)