

Summer Fitness and Conditioning

OPEN TO ALL APPLETON STUDENTS ENTERING GRADES 7-12

East High School June 10th-August 1st (not 6/19, or 7/4)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday
Entering Grades 9-12 Session A	6:30-8:00AM	6:30-8:00AM	6:30-8:00AM	6:30-8:00AM
Entering Grades 9-12 Session B	8:00-9:15AM	8:00-9:15AM	9:30-10:45AM	9:30-10:45AM
Entering Grades 9-12 Session C	9:30-10:45AM	9:30-10:45AM	8:00-9:15AM	8:00-9:15AM
Students Entering Grades 7-8	11:00-12:00PM	11:00-12:00PM	off	11:00-12:00PM
All of the above open lifting	4:00-5:00PM			4:00-5:00PM

West High School June 10th-August 1st (not 6/19 or July 1-5)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday
Entering Grades 9-12 Session 1	7:00-8:30AM	7:00-8:30AM	7:00-8:30AM	7:00-8:30AM
Entering Grades 9-12 Session 2	8:30-10:00AM	8:30-10:00AM	8:30-10:00AM	8:30-10:00AM
Entering Grades 9-12 Session 3	10:15-11:45AM	10:15-11:45AM	10:15-11:45AM	10:15-11:45AM
Entering Grades 7-8	12:00-1:00PM	12:00-1:00PM	Off	12:00-1:00PM

North High School June 10th-July 26th (not 6/19 or 7/4-7/5)

Weight Room Schedule (meet on court 4 of the big gym)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday	Friday
Boys Entering 10-12 (Navy)	7:00-8:15AM	7:00-8:15AM	11:50AM-1:00PM	8:20-9:35AM	
Boys Entering 10-12 (Gold)		11:00-12:15PM	9:15-10:30AM		9:15-10:30AM
Girls Entering Grades 10-12	8:20-9:35AM	8:20-9:35AM		7:00-8:15AM	
Boys Entering Grades 9	9:40-10:55AM	9:40-10:55AM		9:40-10:55AM	
Girls Entering Grades 9		11:00-12:15PM	10:30-11:45AM		10:30-11:45AM
Students Entering Grades 7-8	11:00-12:00PM			11:00-12:00PM	

NASSA Schedule (meet outside by the turf field)

Boys Entering 9-12	8:20-9:20AM			7:00-8:00AM	
Girls Entering Grades 9-12	7:15-8:15AM			8:20-9:20AM	
Students Entering Grades 7-8		tbd	tbd		

This class will provide you with the knowledge to live a healthy lifestyle through cardiovascular conditioning and strength training. It will teach proper techniques with emphasis on improved cardiovascular conditioning, body toning and a better understanding of physical fitness and wellness. Workout plans can be individualized for each student. Students can set personal goals and track their progress with the help of the instructors. This class is for the beginner, intermediate or advanced male or female student. Sign up on the first day of attendance at the site you plan to attend.

FEE: None.

Summer Fitness and Conditioning Registration Form

Guardian complete information in this box and return to fitness teacher first day of class

Summer Fitness School Site: (circle)

East HS

North HS

West HS

Student Last Name (Print legibly)

First Name

Birthdate

9 10 11 12 Graduate
Grade Next fall (Circle)

Home Address (Street, City, Zip)

Phone

School Currently Attending

EMERGENCY CONTACT INFORMATION:

Parent/Guardian Name _____ Phone _____

Additional Parent/Contact Name _____ Phone _____

Other Contacts if Needed: Contact Name _____ Phone _____

Social Worker or Case Manager (if applicable): _____ Phone _____

If receiving Special Ed services, area of special education is: _____ LD _____ ED _____ CD _____ OHI _____ 504

According to WI Dept of Public Instruction, summer school classes are not tailored to implement a student's IEP.

Special Concerns/Medical Diagnoses: _____

Will your child have medications at summer school? Yes _____ No _____

If so, please provide the name of the medication(s): _____ Reason: _____

Time(s) medication is administered: Routine/Daily _____ As Needed _____ Emergency _____

(Please bring any medications to the site coordinator on the first day of summer school.)

-- **Signed registration forms are to be returned to fitness teachers.** Unless otherwise noted, the student has been accepted in the class(es) for which registration has been made. No confirmation notice will be sent.

--**Please be reminded that Summer School is a privilege, not a right.** Respect for self, others, and the facility, along with prompt daily attendance, good attitude, and classroom effort and progression can allow credit to be earned.

--**All Appleton Area School District policies in place during the regular school year are in effect during Summer School.** Failure to follow the rules and policies of the Appleton Area School District will result in dismissal from the summer school program.

--**The Appleton Summer School Program attendance expectations align with the expectations and policy used by the AASD during the school year.** All appointments should be scheduled for non-school hours. Summer school classes contain condensed coursework.

I have read and agree to the information on this form and hereby authorize summer school personnel to obtain emergency medical care for my child if deemed appropriate.

Parent/Guardian signature _____

Please contact the Athletic Director at the desired school site with questions or concerns:

- Appleton East: Tim Zachow- ZACHOWTIMOTHY@asds.k12.wi.us
- Appleton North: Jere Kubeske - KUBUSKEJERE@asds.k12.wi.us
- Appleton West: John Miller- MILLERJOHNF@asds.k12.wi.us

***Please take completed registration form and sign up on the first day of attendance at the site you plan to attend.