Summer School – Softball

Instructor: Mark Margelofsky

The School District of Bonduel will be sponsoring a class teaching softball skills and fundamentals this summer. This class is a great way for girls who love softball to learn and develop their skills while having fun playing a great summer time game. All girls <u>currently in grades 1 through 8</u> are welcome to take part in this program. This program will stress teaching of softball fundamentals in all aspects of the game such as: throwing, catching, fielding, hitting, base running, and game situations.



Class will meet <u>Tuesdays and Thursdays</u> starting June 11th.

Following are the class dates: June: 11, 13, 18, 20, 25, 27

July: 2, 9, 11

Session Times and Locations: (Note time changes)

Girls in grades 1,2,3,4 will meet from 12:00pm – 1:30pm at Cedar Park

Girls in grades 5,6,7,8 will meet from 1:30pm – 3:00pm at Cedar Park

If you have any questions, please contact Coach Margo at: 715-853-1169 or email: margemar@bonduel.k12.wi.us

Summer School – Boys Basketball

Instructor: Coach Swiecichowski

The School District of Bonduel will be sponsoring a class teaching basketball skills and fundamentals this summer. This class is a great way for boys to learn and develop the skills and fundamentals that will help them be successful playing basketball.

All boys <u>currently in grades 2-7</u> are welcome to take part in this program that will stress teaching basketball fundamentals in all aspects of the game such as: ball handling, proper shooting form, individual offensive and defensive skills, team offensive and defensive concepts, and game situations.



Class will meet **Tuesdays and Thursdays starting June 11**th.

<u>Classses meet in the HS gym</u>: June 11, 13, 18, 20, 25, 27 July 2, 9, 11

Session Times:

Boys currently in grades 5,6,7 will meet from 10:00am - 11:30am Boys currently in grades 2,3,4 will meet from 12:00pm - 1:30pm

If you have questions, please contact Coach Swiecichowski at: swiecjac@bonduel.k12.wi.us Or Coach Copp at: coppduk@bonduel.k12.wi.us

Summer School - Boys Baseball

Instructor: Mark Margelofsky

The School District of Bonduel will be sponsoring a class teaching baseball skills and fundamentals this summer. This class is a great way for boys who love baseball to learn and develop their skills while having fun playing a great summer time game. All boys <u>currently in grades 1-8</u> are welcome to take part in this program that will stress teaching of baseball fundamentals in all aspects of the game such as: throwing, catching, fielding, hitting, base running, and game situations.



Class will meet Mondays and Wednesdays starting June 10th.

Following are the class dates: June 10,12, 17, 19, 24, 26

July 1, 3, 8, 10

Session Times and Locations:

Boys currently in grades 6,7,8 will meet from 10:00am – 11:30am at Cedar Park Boys currently in grades 4,5 will meet from 12:00pm – 1:30pm at Cedar Park Boys currently in grades 1,2,3 will meet from 1:30pm – 3:00pm at Cedar Park

If you have any questions, please contact Coach Margo at: Cell 715-853-1169 (call or text) Email: margemar@bonduel.k12.wi.us

- Attendance is not mandatory, but the more often kids come, the more they will learn!

Summer School - Girls Basketball

Instructor: Coach Swiecichowski

The School District of Bonduel will be sponsoring a class teaching basketball skills and fundamentals this summer. This class is a great way for girls to learn and develop the skills and fundamentals that will help them be successful playing basketball. All girls <u>currently in grades 2-8</u> are welcome to take part in this program. Basketball fundamentals of the game such as: ball handling, proper shooting form, individual offensive and defensive skills, team offensive and defensive concepts, and game situations will be taught.

Classes will meet Mondays and Wednesdays starting June 10th.

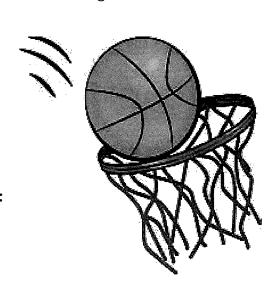
Class dates: June 10, 12, 17, 19, 24, 26

July 1, 3, 8, 10

<u>Location: High School Gym *NOTE GRADE & TIME CHANGES*</u>
Girls in grades 5,6,7,8 will meet from 10:00pm – 11:30pm.

Girls in grades 2,3,4 will meet from 12:00pm – 1:30pm.

If you have any questions, please contact Coach Swiecichowski at: swiecjac@bonduel.k12.wi.us



Strength and Functional Program

Summer School 2024



This class is designed for students involved in sports in grades 6-12.

Classes start Monday, June 10th and run through Thursday, July 25th.

There is **NO FEE** for this class.



Weight Room Hours: Monday-Friday 6:00am-10:00am

(Students may come into the weight room to get their workouts done anytime during these four hours).

Functional/Speed Training: Monday-Thursday in the HS or MS gym.

Monday: Power focus

Tuesday: Speed/Running form Wednesday: Agility/Coordination

Thursday: Conditioning

Core workouts included 2-3x's per week

Class 1: 6:45am-7:45am Class 2: 7:50am-8:50am <u>Students may attend either class, but would prefer they stick to the</u> same class time throughout the summer. Thank you.



FFA AND LEADERSHIP CLASS



Summer Ag Leadership is a program centered around supporting our FFA and Agriculture students with their fair projects, FFA and Ag Conferences, workshops and conventions, our local Ag community service projects and our greenhouse. If a student is not an FFA member or has not taken an Ag class, but is interested, they are encouraged to attend.

Dates and times TBD.