

June 2018 Climax-Fisher JO's

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12U Coach: Kelsey Wagner 218-289-5055	1 14U Coach: Ashley Scheer 218-779-1731	2 16U Coaches: Adrianna Vasek 701-740-0910 Mikayla Vasek 701-740-8115 18U Coach TBA	*12U,14U,18U will need to help with the tournament on June 6th*	*12U,14U,16U will need to help with the tournament on June 7th*	1	2
3	4 12U Fisher 6-8PM 14U@Stephen-Argyle (TBA) 18U Fisher 6-8PM	5 12U@RLCC 3PM 14U Climax 6-8PM 16U Fisher 6-8PM 18U Fisher 6-8PM	6 16U Climax-Fisher Tournament 9AM	7 18U Climax-Fisher Tournament 9AM 12U Climax 6-8PM 14U Fisher 6-8PM 16U Fisher 6-8PM	8 14U@Bemidji 10AM	9
10	11 12U Fisher 6-8PM 16U@Crookston 2PM	12 12U@Fosston 2PM 14U Fisher 6-8PM 16U Climax 6-8PM	13	14 12U Fisher 6-8PM 14U@Crookston 2PM 16U Fisher 6-8PM 18U@TRF 9AM	15	16
17	18 12U Fisher 6-8PM 14U@Roseau 9AM 16U Climax 6-8PM 18U Fisher 6-8PM	19 12U@Roseau 9AM 14U Climax 6-8PM 16U@Roseau 3PM 18U Fisher 6-8PM	20	21 12U Climax 6-8PM 14U Fisher 6-8PM 16U Fisher 6-8PM 18U@KCC 8AM	22 12U@Newfolden 3PM 18U@Newfolden 8AM	23
24 18U@Ada 1PM	25 12U Fisher 6-8PM 14U Climax 6-8PM 16U@Newfolden 9AM	26 12U@Greenbush 9AM 14U@Ada 1PM 16U Climax 6-8PM	27 16U@Ada 1PM	28	29	30

BUS LEAVES CLIMAX AT 9:15 WITH PICK-UP IN NIELSVILLE AND SHELLY
SWIMMING LESSONS: Levels 1, 3, 5 10:30-11:15 Levels 2, 4, 6 11:15-12:00
BUS RETURNS TO CLIMAX AT ABOUT 1:15

YOUR SWIM DATES ARE:

June 18-21 June 25-28

REGISTRATION DEADLINE- Friday, May 11th

The swimming lesson registration fee is \$20. Checks should be written out to the Climax Shelly School. The Climax Community Club will be donating the other \$15.

**CITY OF ADA
DEKKO COMMUNITY CENTER
SWIMMING LESSONS
REGISTRATION FORM**

TODAY'S DATE _____

ENTRY FEE \$35 / SWIMMER

DATE OF LESSONS _____

PAID _____

LEVEL: INFANT PS-1 PS-2 PS-3 1 2 3 4 5 6 ADULT
(PLEASE CIRCLE ONE)

*SWIM LESSONS WILL BE ON A FIRST REGISTER BASIS, WITH A MINIMUM OF 5 AND MAXIMUM OF 10 STUDENTS ALLOWED PER SESSION / PER LEVEL. (UNLESS APPROVED BY INSTRUCTOR)

CHILD'S NAME: _____

*ARE THERE ANY PHYSICAL OR HEALTH PROBLEMS THAT INSTRUCTORS SHOULD BE AWARE OF? (YES) (NO)

IF YES, PLEASE EXPLAIN

WAIVER OF LIABILITY:

I give my child permission to participate in swimming lessons at the Dekko Center. I am releasing the Dekko Center, city of Ada, and its employees from any injury, property damage, or loss related to the involvement of my child in their swim program. I further agree that my child will fully abide by the rules and regulations of the Dekko Community Center while participating in the activities.

PARENT/GUARDIAN: _____

ADDRESS _____

PHONE: _____

Parent and Child Aquatics

Aqua Tots – Age: 6 months – 3 years

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy

Learn to Swim Levels

Level 1 – Introduction to Water Skills – Age: 3-4+

For the beginner who is comfortable in the water.

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 – Fundamental Aquatic Skills – Age: 4-5+

Swimmers should already be able to float on front and back and put head under water.

Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development – Age: 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back.

Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4 – Stroke Improvement – Age: 7+

Swimmers should already be able to: swim front and back crawl 25 yards.

Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 – Stroke Refinement – Age: 8+

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.

Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 – Swimming & Skill Proficiency – Ages: 9-11+

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.



Summer Volleyball Camp



UNIVERSITY OF MINNESOTA
CROOKSTON

What: Volleyball camp that will be directed and coached by the University of Minnesota-Crookston! Campers will be trained on individual and positional skills by college coaches, as well as work with their fellow Knights!

Who: Climax/Fisher players entering grades 7 -12 (Fall 2018)

Where: Fisher High School

Date: July 30 – August 1

Camp Time: 8:00 – 11:00am

Cost: \$75

About The Coaches

Sarah Rauen: Coach Rauen is the Head Coach at MN-Crookston. Her 12-year coaching career also includes stops at North Dakota State, UW-Green Bay and other high school and club teams. She played at Green Bay where she was an Outside Hitter and Libero.

Anna Morgan: Coach Morgan is the Assistant Coach at MN-Crookston. She has coached previously at schools across Wisconsin, along with several camps. Coach Morgan played collegiate volleyball, basketball and softball.

MN-Crookston Team: Current and former players from the Golden Eagles will join the camp to work with everyone!

Return Signed Bottom Portion & Payment to Coach Wagner - Questions: kwagner@climax.k12.mn.us

Climax/Fisher Camp - Camper Information

Camper Name: _____ Grade as of Fall 2018: _____

Position: _____ Parent Name: _____

Email: _____ Phone: _____

Address: _____ City/State/Zip _____

Insurance Co: _____ Insurance Policy # _____

Amount Enclosed: _____ Check # _____

Waiver of Liability

The undersigned parent and/or legal guardian does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participation in the University of Minnesota Crookston's 2018 Camps.

"I understand that while I am participating in the University of Minnesota Crookston Volleyball Camps, there is a risk of injury. I understand that such an injury can range from a minor to a major injury. Such injuries could result in bone or joint injury, muscle injury, concussion, chronic disabling conditions, and possibly even death. I understand that I may be injured while participating in the University of Minnesota Crookston Volleyball Camp. I authorize the U of M Crookston Camp Coaches and Athletic Training Staff to obtain any first aid or emergency care that may become necessary while participating in the University of Minnesota Crookston Volleyball Camp."

The undersigned parent and/or guardian acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury, or death.

READ BEFORE SIGNING:

Name of Minor: _____ Age of Minor: _____ Signature of Minor: _____ Date: _____

Printed Name of Parent/Guardian: _____ Signature of Parent/Guardian: _____ Date: _____

2018 PCW FOOTBALL SUMMER SCHEDULE!

SUMMER PRACTICE TIMES

June 12/19/26 (7:00 pm Fisher)

July 10/17/24 (7:00 pm Fisher)

Equipment handout for grades 9-12 will be July 24th

****7 On 7 passing tourney UND June 13th TBA**

*** VARSITY SEASON PRACTICE STARTS
AUGUST-13th (7-10 AM) @ FISHER**

*** 7th & 8th SEASON PRACTICE STARTS AUGUST
20th (7-10 AM) @ FISHER**

*** Equipment handout for grades 7-8 will be August 20th.**

7-12 lifting Fisher 6:30 to 8:00am, June 4th to August 2nd (M,T,W,TH)

9-12 lifting Sacred Heart 6:30 to 8:00am, June 4th to August 2nd (M,W,TH)

**“Champions are made on many
invisible mornings!”
Thunder Pride!**

PCW ELEMENTARY FOOTBALL 2018

Practice Dates & Time

August 7/9/14/16/21/23/28/30 (6:00 pm start)

September 4/6/11/13/18/20/25/27 (3:50 pm start)

****All Practices are at Fisher Football Field**

***Pads will be handed out first day of practice.**

Game Times & Dates

Sept. 8 9-11 A.M. @ Mahnomen

Sept. 15 9-11 A.M. @ Fertile

Sept. 22 9-11 A.M. @ Red Lake Falls

Sept. 29 9-11 A.M. @ Crookston

Oct. 6 Make Up Date

***PARENTS HAVE TO TRANSPORT PLAYERS TO GAMES!**

***COACHES/CONTACT PEOPLE!!!**

Josh Korynta 218-280-4282

Travis Halverson 218-289-1864

ELEMENTARY FOOTBALL 2018 SCHEDULE

Saturday, September 8, 2018: 9:00-11:00 AM

CLEARBROOK: C-G, BAG, WEM, FOSS, RLC, CROOK

MAHNOMEN: MAH, WAU, F-B, NCW, A-B, NCEUH, PCW

Saturday, September 15, 2018: 9:00-11:00 AM

FERTILE: PCW, CROOK, RLC, WEM, F-B, C-G, BAG

ULEN: NCEUH, A-B, NCW, MAH, WAU, FOSS

Saturday, September 22, 2018: 9:00-11:00 AM

BAGLEY: BAG, MAH, WAU, FOSS, C-G, WEM

RED LAKE FALLS: RLC, PCW, F-B, A-B, NCW, CROOK, NCE-UH

Saturday, September 29, 2018: 9:00-11:00 AM

CROOKSTON: ALL AT CROOKSTON

Saturday, October 6, 2018: 9:00-11:00 AM

Make-up if needed.