

AASD Summer Fitness and Conditioning

OPEN TO ALL APPLETON STUDENTS ENTERING GRADES 7-12 NEXT FALL

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. This class is for the beginner, intermediate or advanced male or female student.

FEE: None.

East High School June 9th-July 31st (not 6/19 or 7/4)

| Recommended for students: | Monday | Tuesday | Wednesday | Thursday |
|----------------------------|---------------|---------------|---------------|---------------|
| Boys entering grades 10-12 | 7:00-8:30AM | 7:00-8:30AM | 7:00-8:30AM | 7:00-8:30AM |
| Girls entering grades 9-12 | 8:30-10:00AM | 8:30-10:00AM | 8:30-10:00AM | 8:30-10:00AM |
| Boys entering grades 9 | 10:00-11:30AM | 10:00-11:30AM | 10:00-11:30AM | 10:00-11:30AM |
| Students entering grades 8 | 11:30-12:30PM | 11:30-12:30PM | off | 11:30-12:30PM |
| Students entering grades 7 | 12:30-1:30PM | 12:30-1:30PM | 11:30-12:30PM | off |

West High School June 9th-July 31st (not 6/19 or 6/30-7/4)

| 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 9th-July 25th (not 6/19 or 7/3-7/4)

| Weight Room Schedule (meet upstairs on the turf for warm-ups) | | | | | |
|---|--------------|--------------|--------------------------------------|--------------|-------------|
| Recommended for students: | Monday | Tuesday | Wednesday | Thursday | Friday |
| Boys Entering Grades 9-12 | 7:30-8:45AM | 7:30-8:45AM | *10:30AM-1:00PM* open weight room | 9:00-10:15AM | |
| Girls Entering Grades 9-12 | 9:00-10:15AM | 9:00-10:15AM | *8:00-10:30AM* open weight room | 7:30-8:45AM | |
| Students Entering Grades 7-8 | | | 8:00-9:00AM | | 8:00-9:00AM |
| NASSA Schedule (meet outside by the turf field) | | | | | |
| Boys Entering Grades 9-12 | 9:00-10:00AM | | | 7:45-8:45AM | |
| Girls Entering Grades 9-12 | 7:45-8:45AM | | | 9:00-10:00AM | |
| Students Entering Grades 7-8 | | 8:00-9:00AM | | | |
| Aerobic & Endurance Workout and Guided Runs (meet outside by concession stand) | | | | | |
| Students Entering Grades 7-12 | 7:30-8:30AM | 7:30-8:30AM | 7:30-8:30AM | 7:30-8:30AM | |

Registration will be conducted online through the School Store on the Parent Portal through 6/13.

After that, please complete and take the registration form to the school attending.

[Directions for registration can be found by clicking here](#)

****Out of district or private school students:** Please complete and return the form on reverse.

AASD Summer Fitness and Conditioning Registration Form

If not registering on the Parent Portal, please take completed registration form the first day of attendance.

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: Sam Englland- ENGELLANDSAMUE@asd.k12.wi.us
- Appleton North: Jere Kubeske - KUBUSKEJERE@asd.k12.wi.us
- Appleton West: John Miller- MILLERJOHNF@asd.k12.wi.us