

2024-2025

APRIL

TEEN VENTURES



TM

WEST FARGO

#districtofchoice



FUSION

SOFTBALL

2025 SPRING/SUMMER REGISTRATION

REGISTRATION OPEN

FEBRUARY 15 - APRIL 15, 2025

SPRING BALL LEAGUE FOR

6TH - 8TH GRADE

SPRING PRACTICES BEGIN MARCH 17TH

SUMMER LEAGUE FOR

8U - 18U

SUMMER PRACTICES BEGIN IN MAY

AGE DIVISION BASED UPON PLAYERS AGE ON
08/31/2024

REGISTER HERE!



www.westfargosoftball.com

EMAIL: INFO@WESTFARGOSOFTBALL.COM



**Register today at
trollwood.org!**



LIGHT UP *Your Summer*

Light up your summer at Trollwood!

Ignite your creativity with a vibrant array of classes, performance opportunities, and technical theatre experiences designed for students of all ages and skill levels—from elementary to high school. Build confidence as you grow both as an artist and an individual, forming lifelong friendships along the way.



trollwood
PERFORMING ARTS SCHOOL
A PROGRAM OF FARGO PUBLIC SCHOOLS



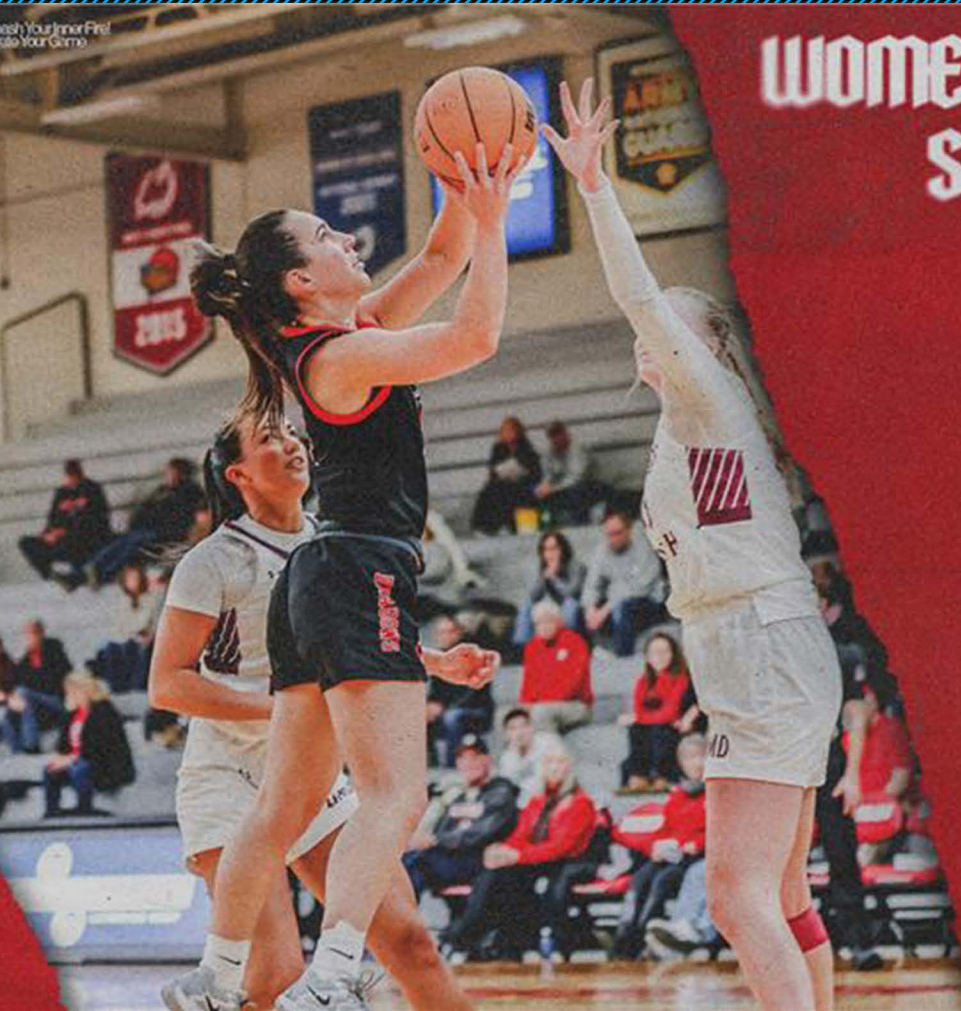
YOUTH & TEEN SUMMER CAMPS



704 First Avenue North, Downtown Fargo • plainsart.org

PLAINS **Art** MUSEUM

Push Your Inner Fire
To Your Game



WOMENS BASKETBALL SUMMER CAMPS

INDIVIDUAL CAMPS

High School Elite Camp | June 12

1-4:30PM | Grades 8-12 | \$60

Fundamental Skills Camp | June 23-25

9AM-12PM | Grades K-3

\$80 Early Bird | \$90 After April 30

Future Stars Camp | June 23-25

1-4:30PM | Grades 4-8

\$85 Early Bird | \$105 After April 30

TEAM CAMPS

SESSION II | Friday, June 13

Price: \$295 per team (3 game guarantee)

SESSION III | Friday, June 27

Price: \$295 per team (3 game guarantee)

SESSION III | Wednesday, July 23

Price: \$295 per team (3 game guarantee)

SESSION IV | Thursday, July 24

Price: \$295 per team (3 game guarantee)

OR

SESSION III-IV | July 23-24

\$375 per team (5 game guarantee)

More information at: www.mnstate.edu/tickets

PACK TRACK & FIELD CLUB

SUMMER TRACK PROGRAM - WEST FARGO HIGH SCHOOL

Date: Every Tuesday, Wednesday & Thursday, June 3rd - June 26th

Time: 8-9:15 am

Location: WFHS School Track Complex

Ages: K-8th grade

- The club will focus on age appropriate fundamentals, drills, agility, event training, and intersquad competition.

Fees:

Club Fee: \$100/athlete
(T-shirt included)

Questions regarding
Pack Track and Field Club should
be directed to Brad Amundson
bamundson@west-fargo.k12.nd.us

Complete the registration form
to sign up!



PACK TRACK & FIELD CLUB

2025 SUMMER TRACK PROGRAM
WEST FARGO HIGH SCHOOL

SUMMER TRACK PROGRAM - WEST FARGO HIGH SCHOOL

Please send this registration form with
your payment to:
West Fargo High School
Memo: Track Camp

801 9th St. E West Fargo, ND 58078

Athlete Name:

Grade 2025-2026:

Age: _____

T-shirt Size: _____

(Youth S-L and Adult S and M)

Parent Name:

Parent Phone number:

Parent Email:

I hereby state that my child is covered by insurance and I understand that there are physical risks involved. I will not hold Brad Amundson, his coaching staff, or West Fargo High School responsible for any accidents.

Parent/Guardian Signature:

Date:

BUILD CONFIDENCE, SPARK
CREATIVITY, HAVE FUN, &
MAKE FRIENDS THROUGH

FMCT
EDUCATION

SUMMER

THEATRE CAMPS

GRADES K-12

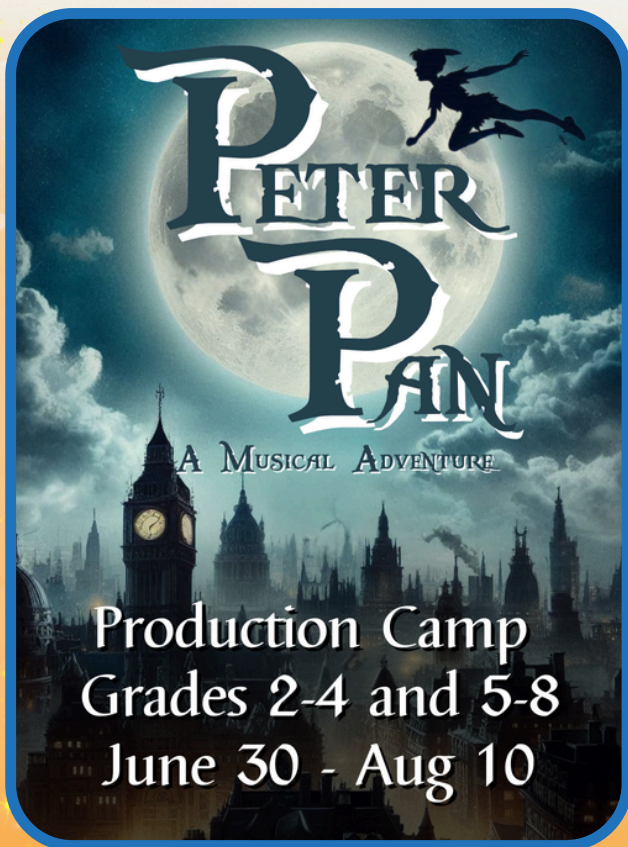
Theatre education at FMCT integrates subjects like English, History, Science, Math and Music. Through storytelling, character work, problem-solving, critical thinking, and collaboration, students creatively engage with these subjects within the world of a play. FMCT Education aims to broaden students' perspectives and help them connect the theatre they create to the world around them.

WEEKLONG CREATIVE CAMPS: JUNE 2-27

GRADES K-2: Moana Meets Elsa, Bluey, Rumpelstiltskin,
Disney Heroes vs. Villains
GRADES 3-5: Harry Potter, Hiccup Meets Simba, Dog Man,
Lilo & Stitch, Disney Heroes vs. Villains
GRADES 6-9: Stage Combat, Tech Camp



FMCT creative camps introduce students to various aspects of theater, including acting, singing, dancing, and stagecraft. Each camp culminates in a final performance, allowing campers to showcase their talents to family and friends. Whether your child is a budding actor or simply looking for a fun summer activity, FMCT's summer camps are a fantastic choice!



"PETER PAN: A MUSICAL ADVENTURE"

This rendition of the classic story of Peter Pan offers a fresh modern-day take compared to the Disney classic. From its unique characters to its enchanting songs, the Stiles & Drewe version brings to life an imaginative Neverland, a realm of make-believe & magic.

REGISTER AT [FMCT.ORG/EDUCATION](https://www.fmct.org/education)
AND FOR DETAILS ABOUT CLASS DATES, TIMES, LOCATIONS & CONTENT



BEST SUMMER EVER

Get out and grow at
YMCA Summer Camp!

Weekly sessions run June - August

 Registration
is OPEN!



DAY CAMPS

- **Mini Camp** Ages 3 - 5
- **Camp Koda** Ages 6 - 11
- **Day Camp at YMCA Camp Cormorant** Ages 6 - 12

OVERNIGHT CAMP

- **YMCA Camp Cormorant**
Ages 7 - 14



SCAN ME

ymcanorthernsky.org/camp

SHEYENNE MUSTANG

MIDDLE SCHOOL SUMMER VOLLEYBALL CAMP



Registration Fee \$80



June 3, 10, 17, 24, 5:00-6:30PM

Grades 6-8

Sheyenne High School



Summer Camp



AGES 6-11

Details:

- Location: BIO Girls HQ
- Days: Monday - Thursday
- Time: 1-4 PM
- Cost: \$200/Week

Art projects, activities, games, small group time, and lessons that are different from our 12-week program.

CAMP WEEKS:

JUNE 9-12 KINDNESS

JUNE 16-19 COMPASSION

JUNE 23-26 GRATITUDE

JULY 14-17 KINDNESS

JULY 21-24 COMPASSION

JULY 28-31 GRATITUDE

REGISTER ONLINE

BIOGIRLS.ORG/SUMMER-CAMP

SPACE IS LIMITED!

Financial assistance is not available for summer camp.



WE LOVE OUR VOLUNTEERS!



Volunteers are the heartbeat of BIO Girls! We are incredibly grateful for individuals who dedicate time to our mission, making our 12-session program possible.

Did you know BIO Girls has one-time volunteer opportunities, too?! Sign up to volunteer at our Find Your Kind 5K on May 14, 2025:

BIOGIRLS.ORG/GET-INVOLVED



FOOTBALL

2025

MUSTANG

FOOTBALL CAMP

GRADES 4-8 (FALL 2025)

JUNE 16-19

2:00-3:30 PM

@ Sheyenne High School

COST

\$50.00 (T-shirt included)

PAYMENT

Venmo: @Andrew-Rott, (cell # last four 5221)

Check payable to: Mustang Football Camp
mailed to

Sheyenne High School
C/O Mustang Football Camp
800 40th Ave W
West Fargo, ND 58078



REGISTER NOW!

CONTACT INFO

Andrew Rott
(701)-499-3335 (School Phone)
arott@west-fargo.k12.nd.us

4-12 GRADE SUMMER MUSTANG WORKOUTS

All Sports

Session I 6:30 - 8:10 am (100 min) boys 9-12 grade
Session II 7:30 - 9:10 am (100 min) girls 8-12 grade
Session III 8:30 - 10:10 am (100 min) boys 9-12 grade

4-8 Grade All Sports

8th Grade Boys 9:05 - 10:45 am (100 min)
7th Grade Boys 10:10 - 11:50 pm (100 min)
7th Grade Girls 9:50 - 11:30 pm (100 min)
6th Grade boys 9:05 - 10:35 am (90 min)
6th Grade girls 8:30 - 10:00 am (90 min)
5th Gr boys/girls 8:55 - 10:15 am (80 min)
4th Gr boys/girls 8:55 - 10:10 am (75 min)

Summer Workout Information Link:

<https://shs.web.west-fargo.k12.nd.us/programs/activities/athletics/strength-conditioning-power-camp>



Sheyenne High School / programs / activities / athletics / strength & conditioning

For more information contact:

Rollie Swedberg
Sheyenne HS Strength Coach
rswedberg@west-fargo.k12.nd.us



8 Weeks

Monday – Thursday
May 27 – July 24

STRENGTH

SPEED

AGILITY

POWER



PEDIATRIC CARE

Inspired by you.

You are always there for your kids. And Essentia Health is there for you and your family with same-day care and easy scheduling.



MyChart



701-364-8900



EssentiaHealth.org



Walk-ins Welcome



Essentia Health

South University Clinic
1702 S University Dr
Fargo, ND

The Lights West Fargo Clinic
3150 Sheyenne St, Suite 240
West Fargo, ND



CONCORDIA
LANGUAGE VILLAGES

A program of
CONCORDIA
COLLEGE

SUMMER CAMP LIKE NO OTHER!



LANGUAGES OFFERED:

ARABIC
CHINESE
DANISH
FINNISH
FRENCH
GERMAN
ITALIAN
JAPANESE
KOREAN
NORWEGIAN
PORTUGUESE
RUSSIAN
SPANISH
SWEDISH

Enjoy a unique immersive language summer camp experience located in the North Woods of Minnesota just 2.5 hours away.

Whether the goal is to learn or become more comfortable with a world language, experience new cultures, or earn up to a year of high school language credit, Concordia Language Villages has something for everyone.



Learn more about our
**HIGH SCHOOL
CREDIT PROGRAMS**





BOYS BASKETBALL CAMP



3rd-8th Grade Skills: May 27-29

9th-12th Grade Skills: June 2-13

3rd-8th Grade League: June 16-26



**SCAN QR CODE
OR
CLICK LINK BELOW**
Boys' Basketball Website

5th-7th Grade 2025 Packer Power Signup

Purpose:

5th-7th grade Packer Power S&C Camp is designed to teach proper exercise form, balance, stability, speed, agility and improve overall fitness while incorporating fun activities!

Session & Time: Grade Fall 2025

Session III (5th-7th): 9:30 - 10:30 am

(*Specifically for boy & girl athletes going into 5th-7th grade for all sports)

June Workout Days: 4 Weeks (Monday-Thursday) (2, 3, 4, 5) (9, 10, 11, 12) (16, 17, 18, 19) (23, 24, 25, 26)

Week of 4th of July Off

July Workout Days: 4 Weeks (Monday-Thursday) (7, 8, 9, 10) (14, 15, 16, 17) (21, 22, 23, 24) (28, 29, 30, 31)

Camp Fee

\$130 for 32 workouts

Sample Workout

Dynamic Warmup - 5-10 minutes

Weight Room

- 4-5x30 seconds/exercise
- Squat/Hinge Technique (PVC Overhead Squat, PVC Romanian Deadlift, Etc.)
- Core Stability Exercise (Variation of a Plank)
- Pull Technique (Inverted Row, Single Arm Row, Etc.)
- Push Technique (Pushup, DB Chest Press, Etc.)
- Lunge/Carry Technique (RFE Split Squat, Farmers Carry, Etc.)

Turf Foot Field

- Sprint Technique (2-3 movements)
- Cone Drills (2-3 movements)
- Hurdle Drills (2-3 movements)
- Conditioning Game

Facilities:

West Fargo High School Weight Room, Cardio Room, Football Field, and Track



Packer Power
@PackerPower

West Fargo Packers Strength & Conditioning Program

venmo

Form & Registration

Fill out the Microsoft Form below to register your athlete for Packer Power. If you have multiple athletes you need to register, please fill out the form multiple times.



Click on the link to the Microsoft Form or Scan the QR Code

An email confirmation will be sent out when registration and payment have been received

Pay \$130 using VENMO: @PackerPower

(@mikefregin10 is also acceptable)

When searching @PackerPower, search under business
<https://www.venmo.com/u/PackerPower>

OR

Mail a \$130 check made out to "Packer Power" to:

West Fargo High School Attn: Michael Fregin
801 9th St E
West Fargo, ND 58078
Activities Office - Weight Room

Please make check out to Packer Power

Questions:

Michael Fregin

West Fargo High School Strength & Conditioning Coach
mfregin@west-fargo.k12.nd.us

PACKATAHNA DANCE CAMP

JUNE
23-26

PRESCHOOL
- GRADE 8



Calling all dancers! Join us for our annual summer Packatahna Dance Camp! This camp is designed to teach fundamental dance skills and spark an interest in dance as a sport. Dancers will be instructed by the 2025-2026 Packatahna Dance Team. Fee includes a t-shirt, participation awards for all attendees, and a parent show on the last day of camp.

Use code EARLYBIRD for 15% off until April 15!

REGISTER HERE

LODOEN COMMUNITY CENTER - 109 3RD ST E, WEST FARGO



More Info
www.wfpackatahnas.com



Contact Us
wfhspackatahnas@gmail.com



SUMMER ARTS INTENSIVE

2025 MIDDLE SCHOOL THEATRE CAMP

JUNE 9 — 27, 2025

PERFORMANCES DATES — JUNE 24, 25, & 26, 2025

OPEN TO ALL STUDENTS COMPLETING GRADES 5 - 8

FOR MORE INFORMATION AND/OR TO REGISTER VISIT OUR WEBSITE

www.summerartsintensive.com

Rehearsals and Performances held at SHEYENNE HIGH SCHOOL



Instagram: @wf_summerartsintensive



Facebook: Summer Arts Intensive

WEST FARGO PUBLIC SCHOOLS
SUMMER ARTS INTENSIVE



DOSE YUR CHILD HAF TRUBBLE REEDING AN RITING?

If that was hard to read, imagine how challenging reading feels for a struggling child—every single day.

Does your child:

- have difficulty sounding out words?
- sit below grade level with reading/spelling?
- want to increase their confidence?

We are ready to help:
Summer Literacy Tutoring Scheduling Now!
701.356.0062
info@beyondboundaries.us



**BEYOND
BOUNDARIES**
THERAPY & WELLNESS

SUMMER CAMPS

YOUTH CAMP 1 | JUNE 9-11
K-4TH GRADE | 1:00-4:00 PM

ELITE CAMP | JUNE 14
9:00 AM-4:00 PM

OFFENSIVE SKILLS CAMP 1 | JUNE 18-19
5TH-6TH GRADE | 2:00-5:00 PM; 9:00 AM-4:00 PM

TEAM CAMP | JUNE 20-21
ALL DAY

YOUTH CAMP 2 | JUNE 23-25
K-4TH GRADE | 1:00-4:00 PM

OFFENSIVE SKILLS CAMP 2 | JUNE 26-27
7TH-8TH GRADE | 1:00-4:00 PM; 9:00 AM-4:00 PM



CAMPS AND CLINICS ARE OPEN TO ANY AND ALL ENTRANTS (LIMITED ONLY BY NUMBER, AGE, GRADE LEVEL, AND OR GENDER).

Vacation Planning Guide


It's never too soon to start looking forward to small vacations! To maximize your time with your children, we've compiled the dates of our school holidays as you think about planning time away.

Attendance Matters.

We look forward to a fantastic year!



Snow Makeup Day
April 21, 2025



Last Day of School
May 22, 2025

Learner Holidays / Staff PD Days

Feb. 17, 2025
March 20 -21, 2025
March 31, 2025
April 18, 2025