

Hello Future Nicolet Knights,

Summer school registration is now open. Our summer strength and conditioning sessions are offered as part of our summer school. This is a great opportunity for you to enhance your athletic performance as you enter the 2025-26 season. Here are the highlights of our program:

- Our program is designed to help you become the best **athlete** possible.
  - We focus on functional strength, speed, and agility tailored to high school athletics.
  - Our program is specifically built a holistic program focused on the needs and abilities of our NHS Student-Athletes
  - Our program is headed by Coach Rosa; who runs summer schools as a year-round continuation of our S&C course offerings
    - Coach has earned his master's in Exercise Science from Concordia University - Chicago, and currently holds his USA Weightlifting certification
- Sessions run from June 16th - July 23rd
  - 8:00 am - 9:30 am: 11th and 12th grade co-ed sessions
  - 9:30 am - 11:00 am: 9th and 10th grade co-ed session
  - 11:00 am- 12:30 pm: 9th through 12th grade female sessions
  - **12:30 am - 1:15 pm: 5th through 8th grade co-ed sessions**
- This program is free for students enrolled in the summer school program.

Our goal is to train as one Nicolet Athletic program, focused on creating success for all student-athletes at Nicolet High School. We are excited to continue to improve throughout the summer!

#### **Directions on how to register:**

Login to Family Skyward Access. Click on "Arena Scheduling." Click on "Add" for the specific section you need. Remember, it is the grade you will be entering next year. Please let Coach Rosa know if you have any questions on how to register.

#### **How to Register:**

[Family Skyward Access \(Grade 9-12\)](#)

[Nicolet Recreation Website](#) (Grades 5-8) Page 31

[\\*Registration for 5-8th grade](#) (remember registration is built on the incoming class)

#### **Location:**

On the first day, students should meet the strength and conditioning staff in the new Nicolet Fitness Center.

Please let Coach Rosa know if you have any questions or concerns, [evan.rosa@nicolet.us](mailto:evan.rosa@nicolet.us)

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*Nicolet Wrestling Code of Excellence: Believe in Yourself. No Quit. Help Others.*

Gus Kaufmann