



Appleton Area School District

Summer Fitness and Conditioning

Open to students entering grades 7-12 next fall

Contacts

Appleton East: Sam Engelland- ENGELLANDSAMUE@asds.k12.wi.us
 Appleton North: Jere Kubeske - KUBUSKEJERE@asds.k12.wi.us
 Appleton West: John Miller- MILLERJOHNF@asds.k12.wi.us
 Summer School Office: (920) 852-5332

Class Details

This class will provide students 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.

This class is open to students entering grades 7-12 next fall. There is no fee for the class.

Class Locations, Dates, Times

East High School June 8th-July 31st (not 6/19)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday	Friday
Weight Room Schedule (meet in weight room)					
Boys entering grades 9-12	7:00-8:15AM	7:00-8:15AM	7:00-11:00AM*	7:00-8:15AM	7:00-8:15AM
Girls entering grades 9-12	8:15-9:30AM	8:15-9:30AM	7:00-11:00AM*	8:15-9:30AM	8:15-9:30AM
Students entering grades 7- 8	9:30-10:30AM	9:30-10:30AM		9:30-10:30AM	
			*open weight room		
Speed Sessions (meet on track/ football field)					
Boys entering grades 9-12	8:15-9:15AM		8:15-9:15AM		
Girls entering grades 9-12	7:00-8:00AM		7:00-8:00AM		
Aerobic and Endurance Workout/ Guided Run					
Students entering grades 7- 12	7:30-8:30AM	7:30-8:30AM	7:30-8:30AM	7:30-8:30AM	7:30-8:30AM

West High School June 8th-July 31st (not 6/19)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday
Boys Entering Grades 9-12	7:00-8:30AM	7:00-8:30AM	7:00-8:30AM	7:00-8:30AM
Girls Entering Grades 9-12	7:45-9:15AM	7:45-9:15AM	7:45-9:15AM	7:45-9:15AM
Boys & Girls Entering Grades 9-12	9:00-10:30AM	9:00-10:30AM	9:00-10:30AM	9:00-10:30AM
Boys & Girls Entering Grades 7-8	7:00-8:00AM	7:00-8:00AM		7:00-8:00AM

North High School June 8th-July 24th (not 6/19 or 7/3)

Recommended for students:	Monday	Tuesday	Wednesday	Thursday	Friday
Weight Room Schedule (meet upstairs on the turf for warm-ups)					
Boys Entering Grades 9-12	7:30-8:45AM	7:30-8:45AM	10:30AM-1:00PM	7:30-8:45AM	
Girls Entering Grades 9-12	9:00-10:15AM	9:00-10:15AM		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			

Registration Details

Registration will be conducted online through the School Store on the Parent Portal through 6/12.

- **Directions for registration can be found by clicking here or at <https://www.asds.k12.wi.us/families/education-resources/summer-school/courses-camps-classes>**
- **Students may also register by completing the registration form and returning to the school attending.**



Appleton Area School District

Summer Fitness and Conditioning Registration Form

Registration will be conducted online through the School Store on the Parent Portal through 6/12.

- [Directions for registration can be found by clicking here](https://www.aasd.k12.wi.us/families/education-resources/summer-school/courses-camps-classes) or at <https://www.aasd.k12.wi.us/families/education-resources/summer-school/courses-camps-classes>
- Students may also register by completing this registration form and returning to the school attending.

(Only for families NOT using online registration.) Turn in completed forms to the school your child will attend.

Student Information

- **Student Name:** _____
- **Gender:** M F
- **Date of Birth:** _____
- **Address:** _____ **Apt:** _____
- **City:** _____ **Zip:** _____
- **Current School:** _____ **Grade Next Fall:** _____

Parent/Guardian Information

- **Primary Phone Number to Contact (Available 8:45–11:45 AM):** _____
- **Parent/Guardian 1:** _____
Phone: _____ Email: _____
- **Parent/Guardian 2:** _____
Phone: _____ Email: _____

Student Support & Health

- **IEP/504/Intervention Plan?** Yes No
If yes, explain: _____
Note: Summer classes do not implement IEP services per WI DPI. <https://www.aasd.k12.wi.us/programs-services/services/special-education/current-families/summer-school-participation-for-students-with-disabilities>

Health Concerns/Medical Needs: _____

- **Medications at Summer School?** Yes No
If yes, list: _____
Reason: _____
Administration: Daily As Needed Emergency
- *Bring medications to the Site Coordinator on the first day.*

Class Choices (check one):

- East High School
- North High School
- West High School

Authorization

I authorize summer school personnel to obtain emergency medical care for my child if needed.

Parent/Guardian Signature: _____

Questions? Contact the Summer School Office: **(920) 852-5332**

Please return to the High School you would like to attend.