

UNDERWOOD SUMMER RECREATION BALL TEAMS

The basics will be taught... sportsmanship, throwing, batting, catching, fielding, sliding, pitching. Shirts provided for everyone. Practices will be at the Underwood School ball fields. Bus transportation is provided to out of town games. Teams in our league are Ashby, Barrett-Kensington-Hoffman (WCA-S), Brandon, Elbow Lake-Wendell (WCA-N), Evansville, and Millerville. T-Ball will not have practice when the other teams are at out of town for games.

9:00 - 9:50 T-Ball: boys and girls completing preschool-1st grade
 9:00 - 10:00 Boys & Girls Toss Ball: boys completing grades 2-3; girls grades 2-5
 10:00 - 11:30 Boys Baseball: PeeWees grades 6-8 and Dwarf Team: completing grades 4-5
 10:00 - 11:30 Fastpitch Softball: girls completing grades 6-8



2018 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
4 Practice Starts	5 Practice	6 Team Picture Day. Kids will get team shirts.	7 WCA-S at Underwood 9:00	No practice on Fridays
11 Practice	12 Games at Evansville Bus at 8:00	13 Practice	14 Ashby at Underwood 9:00	No practice
18 Practice T-Ball vs Ashby at Underwood 6:30	19 Games at Elbow Lake 9:00 Bus at 8:00	20 Practice	21 Practice	No practice
25 Practice T-Ball at Ashby 6:30	26 Brandon at Underwood 9:00	27 Practice	28 Games at Millerville Bus at 8:00	No practice
July 2 Make up games or practice	July 3 Practice - check with your coach	July 4 No practice	5 No practice	No practice
July 9 Boys PeeWee & Girls Tossball Tournaments at Brandon	July 10 Girls Fastpitch and Boys Toss Tournaments at Millerville	July 11 Dwarf Baseball Tournament at Elbow Lake	July 12 Rain Date for tournaments	July 13

SUMMER BALL REGISTRATION Please Register by May 22nd

Name _____ Completing grade _____

Signature of parent/guardian _____ Phone Numbers _____

T-Shirt size: _____ Email for notices _____

Fees: Toss Ball, Baseball, & Softball: \$40 _____ Fee: T-ball: \$25 _____

Please note any health concerns:



UNDERWOOD SWIMMING LESSON REGISTRATION 2018



It's so important to know how to swim in our lakes area. Be sure your children understand how to be safe around water, and of course, have *FUN*. Our lessons will be held at the YMCA in Fergus Falls. Lessons are offered for beginners through advanced swimmers, ages 5 and older.

Lessons in the pool have many advantages.... No rain-out days, warm air and water temperatures, no big waves on windy days, and it is always clear, clean water. Kids feel safe and can learn easier in great conditions and gain confidence in the water. Their skills will easily transfer to lake conditions.

Dates: Monday - Friday, June 11 - June 15.

The bus leaves the school at 12:35 and returns around 3:00. Lessons are held from 1:00 - 2:30, with two separate time groups in the pool. Students may play in the gym and use the game room when they are not in the pool, however we need one parent each day to help chaperone play areas. If you can help for a day, please let me know.

Cost: \$45.00 Please make your check payable to Underwood School and send it to the Community Education office by May 23. Please call if you have questions.
Anne Stenoien, 826-6101 ext 108.

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UNDERWOOD SWIMMING LESSONS REGISTRATION

Name _____ Age _____ Completing grade _____

Address _____

Phone Numbers _____

Parent's Signature _____

Circle level for lessons: (See other side for description of levels.)

- | | |
|-----------|-----------|
| * Level 1 | * Level 4 |
| * Level 2 | * Level 5 |
| * Level 3 | * Level 6 |

Swimming Lesson Levels

Level 1:

Introduction to water skills. This level is ideal for children that have not had previous swim instruction or are unable or uncomfortable putting their entire face in the water.

Level 2:

Fundamental aquatic skills. This level is for children that are able to put their face in the water, but are unable to independently float on their front and back.

Level 3:

Stroke Development. In this level, students will continue to build on the fundamentals learned in previous levels. Skills introduced in this level include: rotary breathing, front crawl, butterfly kick, survival float and many more.

Level 4:

Stroke Improvement. In this level, students will develop confidence in their swimming skills. Skills mastered in this level include: swimming 25 yards of front crawl & elementary backstroke 15 yards of butterfly, backstroke and back crawl.

Level 5:

Stroke refinement. Students will master the following skills: standing dive, pike and tuck surface dives, front and back crawl, sidestroke, breaststroke, shallow dive, flip turn and elementary backstroke.

Level 6:

Swimming and skill proficiency. The purpose of this level is for students to refine strokes and be able to swim with ease, efficiency, power and effectiveness over a great distance. Some skills for life guarding and fitness will be taught.

PRAIRIE FIRE CHILDREN'S THEATRE
and
UNDERWOOD COMMUNITY EDUCATION
PRESENT



At: Underwood School Stage in Small Gym

Date: Monday – Saturday, June 4 - 9

Times: Auditions on Monday, June 4th from 1:00 – 3:00.

Rehearsals are every afternoon from 1:00 until 5:15.

The show is on Friday and Saturday evening, June 8-9 at 7:00.

This is a beloved classic, with some of the most memorable music PFCT has produced. This cast of 75 is open to all students who have completed grades 2 - 12. Sound and light technicians are also needed. It's always a fun week!

The cast includes Dorothy, the Tinman, the Lion, Toto, the Muchkins, Glinda, the Yellow Brick Road, the Monkeys, the Winkies, the Green Guard, the Traders of the Emerald City, the Wizard of Oz, Aunt Em & Uncle Henry.

For more Information: Anne Stenoien, 826-6101 ext 108 or email
astenoien@underwood.k12.mn.us



Underwood Rocket's Elementary



Summer Basketball Camp

July 23-26

Boys & Girls - (going into) Grades 3-5 9:00-12:00 M-Th

Girls only - (going into) Grades 6-9 12:30--3:30 M-Th

Enjoy four days filled with fundamental basketball skills & games coached by Donna Mark, former girls basketball coach at St. Cloud Apollo High School. Coach Mark has coached several successful basketball teams while at Apollo including a Minnesota Girls Basketball State Title in 1982 with a perfect 25-0 season. Her 1996 team placed second in the State with Molly Gronner, a 5th & 6th grade teacher at Underwood, leading the team. Several high school players will be on hand to help coach.

Registration:



Early Bird Special: \$25.00 if registered by July 6

On-site registration: \$30.00

Participant _____ Grade _____

Parent/Guardian Name: _____

Phone number: _____ email: _____

Parent/guardian permission to participate: _____

Signature

Checks written to "Underwood School: Elem. Bball Camp" to Community Education
% Anne Stenoien, 100 Southern Ave E, Underwood, MN 56586



SOAR WITH THE ROCKETS



DRIBBLE

PASS

SHOOT

SCORE

DEFENSE

TEAMWORK

2018 BULLDOG WRESTLING CAMP

GRADES K-12

JULY 9th - 12th

6:00PM-8:00PM

BATTLE LAKE SCHOOL
ELEMENTARY GYM



THIS IS THE 13th ANNUAL BULLDOG WRESTLING CAMP. WE ARE LOOKING FORWARD TO HAVING YOU AT THE CAMP. CAMP TECHNICIANS WILL INCLUDE 3X STATE CHAMP AND 3X GOPHERS ALL AMERICAN JACOB VOLKMANN, CONCORDIA COACH PHIL MOENKEDICK, 2 X STATE ENTRANT SAMM NADDY OF ITASCA, 4X STATE ENTRANT AND STATE CHAMPION BEN NADDY, COACH HART, COACH ROGERS, COACH WITT, COACH MALONE, COACH THORSON, AND OTHERS.

THE FEE FOR THE CAMP IS \$30. WITH THIS FEE, THE PARTICIPANTS WILL RECEIVE A T-SHIRT WITH THEIR NAME ON THE BACK AND REFRESHMENTS AFTER EACH PRACTICE. SEND MONEY/CHECKS TO: SCOTT HART, 122 POULSON AVENUE, HENNING MN, 56551 (MAKE CHECKS PAYABLE TO SCOTT HART) IF YOU HAVE ANY QUESTIONS PLEASE CALL. CELL PHONE # 218-639-1848.

I/WE HEREBY GIVE OUR CHILD PERMISSION TO PARTICIPATE IN ELEMENTARY WRESTLING CAMP AND RELIEVE THE SCHOOL DISTRICTS, COACHES, AND VOLUNTEERS OF ANY LIABILITY THAT MAY BE INCURRED AS A RESULT OF THE PARTICIPATION.

NAME OF WRESTLER _____ GRADE _____

PARENTS SIGNATURE _____ PHONE# _____

SHIRT SIZE: YS YM YL AS AM AL XL XXL NAME _____

WRESTLERS CAN BRING ENTRY FORM TO THE FIRST PRACTICE.

UNDERWOOD FIRE STAR GYMNASTICS

Coached by Charlie Fleck, Recognized as National Coach of the Year



SPARKS GYMNASTICS

These are recreational classes for our youngest kids. Recreational classes will practice on Thursdays for an hour. Students are learning tumbling, work on the balance beam, on tramps and mini tramps.

DATES: Thursdays, 10:30 - 11:30 or 11:30 - 12:30

FEE: \$30 June 14, 21, 28

FEE: \$20 July 19, 26



SHOW TEAM GYMNASTICS

Show teams have more classes, learn more difficult tumbling and are working as a team to perform. Kids should bring a snack for the break time.

HOTSHOTS: This is a first group of show teams. There will be two groups:

Hot Shots 1: Monday, Tuesday Wednesday, 10:30 - 12:00 Fee: \$60 in June, \$30 for July

Hot Shots 2: Monday, Wednesday 12:00 - 1:30 Fee: \$55 in June, \$27.50 for July classes.

NITRO: This team has more advanced gymnasts and is on an invitation basis

Nitro 1: Mon, Tues, Wed, Thursday, June 11-28 and July 16 - 30 Time: 8:30 - 10:30

Fee: \$65 in June, \$35 for July classes.

Nitro 2: Monday, Tuesday, Wednesday, June 11-27 and July 16 - 30 Time: 10:30 - 12:00

Fee: \$60 in June, \$30 for July classes.



FEES: Must be paid at the beginning of the month

WHERE: Underwood School Small Gym and Stage

DRESS: Boys - shorts and t-shirts; Girls - Leotard or body suit

Hair should be pulled back

QUESTIONS: Call Coach Fleck at 218-298-4753

Or Anne Stenoien at school 218-826-6101 ext. 108

Gymnastics Summer Registration Return to Anne Stenoien at Underwood School

Name _____ Grade _____

Phone _____ Email _____

Parents _____

Checks payable to Underwood School or on-line at www.underwood.k12.mn.us under "Activities" then to "Community Education" then to "Pay Community Ed Fee".