Summer School – Boys Baseball

Instructor: Mark Margelofsky

The School District of Bonduel will be sponsoring a class teaching baseball skills and fundamentals this summer. This class is a great way for boys who love baseball to learn and develop their skills while having fun playing a great summer time game. All boys <u>currently in grades 1-8</u> are welcome to take part in this program that will stress teaching of baseball fundamentals in all aspects of the game such as: throwing, catching, fielding, hitting, base running, and game situations.



Class will meet Mondays and Wednesdays starting June 15th.

Following are the class dates: June 15, 17, 22, 24, 29

July 1, 6, 8, 13, 15

Session Times and Locations:

Boys currently in grades 6,7,8 will meet from 10:00am – 11:30am at Cedar Park Boys currently in grades 4,5 will meet from 12:15pm – 1:45pm at Cedar Park Boys currently in grades 1,2,3 will meet from 1:45pm – 3:15pm at Cedar Park

If you have any questions, please contact Coach Margo at: Cell 715-853-1169 (call or text) Email: margemar@bonduel.k12.wi.us

- Attendance is not mandatory, but the more often kids come, the more they will learn!

Summer School – Girls Basketball

Instructor: (TBD)

The School District of Bonduel will be sponsoring a class teaching basketball skills and fundamentals this summer. This class is a great way for girls to learn and develop the skills and fundamentals that will help them be successful playing basketball. All girls <u>currently in grades 2-8</u> are welcome to take part in this program. Basketball fundamentals of the game such as: ball handling, proper shooting form, individual offensive and defensive skills, team offensive and defensive concepts, and game situations will be taught.

Classes will meet Mondays and Wednesdays starting June 15th.

Class dates: June 15, 17, 22, 24, 29

July 1, 6, 8, 13, 15

Location: High School Gym

Girls in grades 6,7,8 will meet from 10:15am – 11:45am.

Girls in grades 2,3,4,5 will meet from 12:15pm – 1:45pm.



Summer School – Softball

Instructor: Mark Margelofsky

The School District of Bonduel will be sponsoring a class teaching softball skills and fundamentals this summer. This class is a great way for girls who love softball to learn and develop their skills while having fun playing a great summer time game. All girls <u>currently in grades 1 through 8</u> are welcome to take part in this program. This program will stress teaching of softball fundamentals in all aspects of the game such as: throwing, catching, fielding, hitting, base running, and game situations.



Class will meet <u>Tuesdays and Thursdays</u> starting June 16th.

Following are the class dates: June: 16, 18, 23, 25, 30

July: 2, 7, 9, 14, 16

Session Times and Locations:

Girls in grades 1,2,3,4 will meet from 12:15pm – 1:30pm at Cedar Park

Girls in grades 5,6,7,8 will meet from 1:45pm – 3:00pm at Cedar Park

If you have any questions, please contact Coach Margo at: 715-853-1169 or email: margemar@bonduel.k12.wi.us

Summer School – Boys Basketball

Instructor: Duke Copp

The School District of Bonduel will be sponsoring a class teaching basketball skills and fundamentals this summer. This class is a great way for boys to learn and develop the skills and fundamentals that will help them be successful playing basketball.

All boys <u>currently in grades 2-7</u> are welcome to take part in this program that will stress teaching basketball fundamentals in all aspects of the game such as: ball handling, proper shooting form, individual offensive and defensive skills, team offensive and defensive concepts, and game situations.



Class will meet **Tuesdays**, **Thursdays**, and **Fridays** starting June 16th.

Classses meet in the HS gym: June 16, 18, 19, 23, 25, 26, 30

July 2, 7, 9, 10, 14, 16, 17

Session Times:

Boys currently in grades 5,6,7 will meet from 10:15am – 11:45am Boys currently in grades 2,3,4 will meet from 12:15pm – 1:45pm

If you have questions, please contact Coach Copp at:

Cell: 920-676-1502 - Feel free to text message

School: 715-758-4850 Ext. 507 Email: coppduk@bonduel.k12.wi.us

Bonduel High School/Jr. High School Speed & Conditioning Technique, Speed & Tempo, Resistance <u>Program</u>



This program starts June 8th and runs through July 31ST. The Bonduel Summer Speed & Conditioning Training Program has been prepping athletes for their upcoming season since 2002. Certified Speed & Strength Coach Dan Hall will make sure every athlete is ready to be at the highest level of competition come the first day of practice. Bonduel Speed & Conditioning will work 1 hour speed,

agility, plyometric, conditioning, and core!! Classes will run at 6:45AM and 8AM with additional classes added if needed based on numbers. This class is available to all students entering 7-12 grade for the upcoming school year.

The Tues/Thurs portion of the program working with Dan Hall does have an additional fee. Last year we were able to offer the program at a 50 % savings to the student. The cost is based on the number of students that participate. We hope to keep it between \$40-\$80 dependent on numbers.

Sign up will take place in April.

You are responsible for transportation to this class due to start times.

**Monday through Friday we also staff the weight room and run speedwork. Students can report between 6AM – 10AM in the HS Fitness Center. Monday's and Wednesday's we also have staff that works on speedwork with students. This is a great opportunity to get familiar with our new workout app (graciously funded by the Booster Club) called PLT4M. This portion is <u>free</u> to any student in grades 7-12.