

2021 Verndale Community Education



**Payments can be made by cash, check, or debit/credit cards
in the District Office or you can pay online at
www.verndaleschool.org**

**click on Parents
then click on Online Payments
then click on Summer Activities**

Verndale Community Education

**411 SW Brown Street
Verndale, MN 56481**

**Contact: Amy Thompson, athompson@verndaleschool.org
or 218-445-5184, ext. 302**

2021 Verndale Summer Programs

Dear Parent/Guardian,

Verndale Community Education, with the support of the Verndale Lions and City of Verndale, will be offering a summer program for our area youth. The schedule will include various learning opportunities, a ball program, swimming lessons, childcare, camps and a variety of other supervised activities. If you have any questions or concerns, please feel free to contact any of the listed program contacts or call the District Office at 445-5184. **FULL PAYMENT IS DUE BEFORE OR UPON THE START OF FIRST DAY (EXCEPT FOR PIRATE SUMMER FUN). NO REFUNDS WILL BE MADE AFTER A STUDENT HAS STARTED ANY PROGRAM.**

Schedule and Fees:

A schedule of all activities and fees is included in this packet for your convenience. Any parent who is able to assist in any way is welcome to do so and is especially encouraged to be available on game days and field trip days. Our staff is responsible for notifying participants of any other events or changes to the schedule. In case of inclement weather, summer rec may be held in the gym and Summer Pirate Fun will be in session as usual.

Registrations are based on your child's grade for the 2021-2022 school year. All Registration forms can be found on our website or in the District Office.

Summer Rec. Ball Teams

June 7th – July 16th

9:00am – 12:00pm

Cost is \$32.00 per child with a family cap of \$80.00 per family. There is a \$37.00 fee per student and no family cap for students who do not attend the Verndale School. See attachments for ball team rules, classifications and schedule. There will be no summer rec. ball programs **Monday, July 5th.**

Please make checks payable to Verndale Public School.

Contact: Dan Johnson, djohnson@verndaleschool.org or 445-5184, ext. 152

Pirate Summer Fun

June 1st – July 30th

7:30am – 5:00pm

Pirate Summer Fun will be available to all students entering kindergarten through 8th grade. Cost this year will be \$2.00 per hour per student with a family cap of \$6.00 per hour for those students attending Verndale School and \$2.50 per hour per student with no family cap for those students not attending Verndale School. Invoices will be sent home with your student or mailed two times per month. During the morning, a variety of supervised activities will be available including: outside recreation, computer lab, craft activities, etc. Pirate Summer Fun will run concurrently with the summer rec program. If enrolled in summer rec, students will be released from activity areas five minutes before their practice starts. All enrolled students will be able to take part in the summer food program. There will be no Pirate Summer Fun **Monday, July 5th.** Please call the District Office to register your child for this program.

Summer Food Program

June 1st – July 30th

A summer food program will be provided free of charge to anyone up to 18 years of age. It will be available from June 1st through July 30th, 2021. Serving time for breakfast will be from 8:45am – 9:15am. Serving time for lunch will be from 11:15am – 12:30pm. There will be no summer food service **Monday, July 5th.**

Contact: Vickie Thompson, vthompson@verndaleschool.org or 218-445-5184, ext. 211

Swimming Lessons

June 21st – July 1st

3:00pm – 4:00pm

Maslowski Wellness & Research Center

Swimming lessons will be available through the Maslowski Wellness & Research Center for Levels 1-6. Lessons will run for 2 weeks Monday – Thursday for a total of 8 classes. Cost of the lessons will be \$40.00 per child. The cost includes transportation from Verndale School. Buses will leave ½ hour before lessons and return ½ hour after. *Please make checks payable to Verndale Public School.*

Contact: Amy Thompson, athompson@verndaleschool.org or 218-445-5184, ext. 302

Band Lessons

August 16th – August 27th

Free band lessons will be available this summer to all Verndale band students. Lessons will run for two weeks Monday-Friday, August 16th-27th. This is an excellent opportunity to address individual needs to further your musical skills and abilities. **These lessons are highly recommended for beginners!** To enroll your student, please contact Stephanie Brownlow, 218-445-5184, ext. 194.

Contact: Stephanie Brownlow, sbrownlow@verndaleschool.org or 218-445-5184, ext. 194

Youth Football Clinic

July 26th & 27th

10:30am – 12:00pm

A free football clinic for students entering grades 4-6 will be held July 26th and 27th. Basic fundamentals of football will be taught. If you have any questions, please contact Mike Mahlen (218) 445-5184 ext. 329.

Contact: Mike Mahlen, 218-445-5184, ext. 329

Football Clinic

July 26th, 27th, 28th, 29th and 30th

8:00am - 10:00am

A free football clinic for students entering grades 7-12 will be held July 26th – 30th. Drills, basic fundamentals, offensive-defensive formations, and skills will be covered. If you have any questions, please contact Mike Mahlen (218) 445-5184 ext. 329.

Contact: Mike Mahlen, 218-445-5184, ext. 329

Cheer Camps

July 6th – 9th

8:00am – 10:00am

Basics of Cheerleading (Grades K-2)

Intermediate cheer, beginning stunts (Grades 3-5)

Advanced cheer, beginning/intermediate stunts (Grades 6-8)

Cost: \$30 per student. *Please make checks payable to Angie Orsburn.*

Contact: Angie Orsburn, aorsburn@verndaleschool.org or 218-445-5184, ext. 237.

Gymnastics I Camp

August 16th – 19th

1:30pm – 2:30pm

High School Gym

In this class, we will work on the basics of gymnastics: somersaults, cartwheels, handstands, bridges and simple jumps and turns. We will also work on basic beginning floor beam skills and kip bar skills.

Class size is limited!

Grades K-6 (grades completed)

Cost \$20

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** *Please make checks payable to Angie Wallin.*

Contact: Angie Wallin, awallin@verndaleschool.org or 218-821-1193

Gymnastics II Camp

August 16th – 19th

2:45pm - 4:00pm

High School Gym

In this class, we will work on intermediate gymnastic skills: round offs, back and front walkovers, one handed cartwheels, tumbling combinations and more complex jumps and turns. We will also work on more advanced floor beam skills and kip bar skills. **MUST HAVE A STRAIGHT CARTWHEEL AND BE ABLE TO HOLD A BRIDGE FOR 15 SECONDS TO BE IN THIS CLASS.**

Class Size is limited!

Grades K-6 (grades completed)

Cost \$25

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** *Please make checks payable to Angie Wallin.*

Contact: Angie Wallin, awallin@verndaleschool.org or 218-821-1193

Gymnastics III Camp

August 16th – 19th

4:00pm - 5:45pm

High School Gym

In this class, we will work on intermediate gymnastic skills: round offs, back and front walkovers, handsprings, aerials, tumbling combinations more complex jumps and turns. We will also work on more advanced floor beam skills and bar skills. **MUST HAVE INSTRUCTOR PERMISSION TO REGISTER FOR THIS CLASS.**

Class Size is limited!

Grades K-6 (grades completed)

Cost \$30

ALL participants MUST wear a leotard with leggings or shorts OR shorts/leggings with a t-shirt that can be securely tucked in. Hair must be pulled back and off the face. **WAIVER MUST BE SIGNED PRIOR TO FIRST DAY OF CLASS.** *Please make checks payable to Angie Wallin.*

Contact: Angie Wallin, awallin@verndaleschool.org or 218-821-1193

Summer School and Enrichment Programs

Kids in the Kitchen

June 7th-June 10th
12:30pm-3:30pm
FACS Room

Grades: 3 and up

Cookies, Cupcakes and Pizza oh my!!! Ready to use your math skills to whip up some delicious foods?

Academic Objectives: Students will apply their reading and math skills in real life situations to follow/modify recipes.

Contact: Angie Wallin, awallin@verndaleschool.org or 218-445-5184, ext. 146

Mission: Impossible??

July 19th – 23rd
1:00pm – 3:00pm

Grades: 3 and up

Each day, new mission, are you up to the challenge? Build a tower that touches the ceiling, make a boat that holds a bottle of water are just a few of the missions you MAY encounter. Come and find out if you have what it takes to turn the “impossible” to “possible”!

Academic Objectives: Students will use math, reading and critical thinking skills to solve engineering problem based tasks.

Contact: Angie Wallin, awallin@verndaleschool.org or 218-445-5184, ext. 146

Summer Vocal Lessons

August 16th – 27th
8:00am – 12:00pm

Grades: 6-12

Individual and or small group vocal lessons.

Academic Objectives: The private and group lessons will include: physical bodywork(Alexander Technique and movement for singers), individual instruction to help improve their musical skills and develop their vocal skills using a wide variety of music genres.

Contact: Deb Hutson, dhutson@verndaleschool.org or 218-445-5184, ext. 190

Targeted Services

June 14th – 17th and July 19th – 22nd

Monday – Thursday

8:30am – 12:30pm

A Targeted Service program will be offered free of charge to those students entering 1st – 6th grade in the 2021-2022 school year.

Contact: Angie Orsburn, aorsburn@verndaleschool.org or 218-445-5184, ext. 237

Red, White and BIYOU

July 1st

12:30pm – 2:30pm

Grades: 1-6

Calling all you Patriotic Pirates! Come dressed in red, white and blue and ready to have some patriotic fun! Your little “firecracker” will have a “blast”! Come and join us for some “star spangled” fun!

Academic Objectives: Students will gain knowledge of the 4th of July Holiday through reading and creating items pertaining to Independence Day.

Contact: Angie Wallin, awallin@verndaleschool.org or 218-445-5184, ext. 146

Lego Quest

July 19th – 23rd

9:30am – 11:30am

Grades: 3 and up

Fee: \$15.00 per student

No instruction manual provided here! We are looking for some “master builders”! Come and spend the morning solving, creating and building things that your imagination designs. Each participant will receive a 10x10 building plate, a Lego mini figure and a small Lego set to keep upon completion of class.

Academic Objectives: Students will use reading and critical thinking skills to build, create and manipulate objects to perform certain tasks.

Contact: Angie Wallin, awallin@verndaleschool.org or 218-445-5184, ext. 146

Hatchet Book Club

July 6th – July 9th

12:30pm – 3:30pm

Grades: 4 and up

What would you do if you survived a plane crash in the Canadian Wilderness? Come and join us this week as we read the story Hatchet and find out what it takes to survive in the wilderness.

Academic Objectives: Students will use their reading and writing skills to make real life connections to the book Hatchet. STUDENTS WILL BE EXPECTED TO HAVE COMPLETED READING PARTS OF THE BOOK PRIOR TO THE START OF CLASS.

Contact: Angie Wallin, awallin@verndaleschool.org or 218-445-5184, ext. 146

Elementary Basketball Camp

June 2nd – 4th

9:00am – 10:30am – Grades 3 and 4

10:30am – 12:00pm – Grades 5 and 6

The 2021 Verndale Basketball Camp offers a firm foundation in skill development, team concepts, and motivation.

Academic Objectives: Using a variety of games & drills, students will have the opportunity to develop their skills in the academic area of math by doing calculations and spatial awareness. They will also apply scientific concepts. Additionally, they will grow in the areas of communication, motivation, sportsmanship, leadership, and the principles for a healthy lifestyle.

Contact: Sam Schmitz, sschmitz@verndaleschool.org or 218-445-5184, ext. 283

Lifelong Activities/Healthy Habits

June 28th – July 1st 1:00pm – 3:00pm

July 12th – July 15th 9:00am – 11:00am

Grades: 1-3 and 4-8

In these sessions students will learn how physical, mental, and social/ emotional health all work together for overall health.

Academic Objectives: The Student will: Demonstrate competency in a variety of motor skills and movement patterns, apply knowledge of concepts, principles, strategies and tactics to movement and Performance, demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, exhibit responsible personal and social behavior that respects self and others recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Contact: Kody Van Den Eykel, kvandeneykel@verndaleschool.org or 218-445-5184, ext. 334

Once Upon a Slime

June 14th – 18th, June 21st – 25th,

July 23rd, and July 26th – 30th

12:00pm – 3:00pm

Grades: 3-4

Our focus will be providing reading educational opportunities for participants. Learners will engage in new and innovative reading activities such as a slime run, pool noodle music, a field trip, cookie walk, catapult wars, STEM educational labs, bottle rockets, and a Reader's Theater.

Academic Objectives: Continue improving reading fluency, continue working with high frequency words while enhancing vocabulary, conduct short writing activities, Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers, SLANT - decoding skills, continue practicing math fact fluency and Conduct STEM activities.

Contact: Kristin Johnson, kjohnson@verndaleschool.org or 218-445-5184, ext. 140

VEX IQ Robotics

June 7th – 10th, 14th and 16th
1:00pm – 3:00pm

Grades: 6-8

Students build a VEX IQ Robot and program the Robot through engaging challenges using the concept of loops.

Academic Objectives: Build a VEX IQ Clawbot and configure its Smart Sensors, pair the Controller to a VEX IQ Brain, download the correct project template, describe the purpose of a loop in programming, create event based programs, explore programming blocks used to program the Controller in Tank Mode and test student created programs.

Contact: Matt Jones, matt.jones@verndaleschool.org or 218-445-5184, ext. 264

What tree is that?

June 14th, 15th and 17th
1:00pm – 3:00pm

Grades: 5-8

Ever walk through your yard or the park and wonder, "What type of tree is this?" Come and learn about some of the most common types of trees in Minnesota while getting some fresh air and spending time outside!

Academic Objectives: Students will be able to identify trees by their leaves, bark, and the type of seed they produce. They will learn basic forestry skills, along with some leadership and community service skills. Additionally, the scientific process of photosynthesis will be learned and reading and writing principles will be applied during a reflection each day.

Contact: Hanna Milligan, hmilligan@verndaleschool.org or 218-445-5184, ext. 278

Down on the Farm

July 12th – 15th
1:00pm – 3:00pm

Grades: 5-8

Love animals? Want to learn more about them? There is more to animals than a cute face. Learn about an animal's basic needs and how to care for them. See, touch, and care for animals. Find out more about how animals work and see if you are fit to be an animal owner someday.

Academic Objectives: Students will use math, reading, and writing skills while learning about how animals function. They will learn hands-on skills while learning to handle animals and feed them properly. Other hands-on learning opportunities, including scientific experiments, will be provided additionally.

Contact: Hanna Milligan, hmilligan@verndaleschool.org or 218-445-5184, ext. 278

**Please have your students signed up for any of the above
programs by Monday, May 24th, 2021.**

**All Registration forms can be found on our website or in the District Office.
If you should have any questions, please contact the District Office at 218-445-5184.**

Wadena County Friendly Rider

**Partnering with
Verndale School**

FREE Summer Rec Transportation

Do you need to get your child(ren) to Summer
Recreation/Activities this Summer???

Here is a deal for you!!!

**Call 631-5730 for more information regarding pick up times
and general Service Area- Call in the week before for the
following weeks Pick-Up Times**

Wadena County Public Transportation-Friendly Rider-“Here to Get You There”



Summer Rec. League Baseball and Softball Rules

T-BALL (Boys and Girls) - K, 1st and 2nd grades for 2021-2022

- Practice time 9:00am – 9:45am (mostly MWF, check calendar for schedule)
- Practice fundamentals of t-ball

Girls Pee Wees - 3rd, 4th and 5th grades for 2021-2022 (Check calendar for practice times)

- 10 batters or 3 outs
- Runners cannot lead off until the ball has been hit
- 60 ft. bases
- 10 players with 4 outfielders

Girls Midgets - 6th, 7th and 8th grades for 2021-2022 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after the pitch is released
- 5 run maximum per inning
- Coach will come in and pitch on a walk
 - Batter will go back to 1 strike
 - No stealing on coach pitch
- 60 ft. bases, 40 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

Boys Mighty Mites - 3rd and 4th grades for 2021-2022 (Check calendar for practice times)

- 10 batter or 3 outs
- Runners cannot lead off until the ball has been hit
- 60 ft. bases
- 10 players with 4 outfielders

Boys Pee Wees - 5th and 6th grades for 2021-2022 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after pitch crosses home plate
- 5 run maximum per inning
- Coach will come in and pitch on a walk
 - Batter will go back to 1 strike
 - No stealing on coach pitch
- 60 ft. bases, 54 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

Boys Midgets - 7th and 8th grades for 2021-2022 (Check calendar for practice times)

- Batter will start with 1-1 count
- Can steal 2nd and 3rd base after ball crosses home plate
- 5 run maximum per inning
- 60 ft. bases, 54 ft. pitching distance
- 10 players with 4 outfielders
- Metal cleats are allowed

◀ May 2021		June 2021					Jul 2021 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
6	7 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	8 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	9 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	10 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Midgets. Game in Vernaldale against Bertha-Hewitt	11 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	12	
13	14 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	15 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites and Pee Wees, & Midgets. Game @ Deer Creek Bus Leaves @ 8:10	16 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	17 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites and Pee Wees, & Midgets. Game @ Parkers Prairie Bus Leaves @ 8:00	18 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	19	
20	21 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	22 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Midgets. Game in Vernaldale against Battle Lake	23 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	24 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites and Pee Wees, & Midgets. Game @ Henning Bus Leaves @ 8:00	25 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	26	
27	28 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	29 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Midgets. Game in Vernaldale against Wadena	30 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice				

◀ Jun 2021		July 2021					Aug 2021 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites, Pee Wees, & Midgets. Game in Verndale against New York Mills	2 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	3	
4	5 No Summer Rec	6 No Tee Ball 9:00-12:00 Girls Pee Wees & Midgets, Boys Mighty Mites and Pee Wees, & Midgets. Game @ Bertha Bus Leaves @ 8:15	7 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	8 This date is left open for possible make-up date if needed. Regular practice day if no game.	9 9:00-9:45 T-Ball 9:45-10:50 Girls Pee Wees & Boys Mighty Mites Practice 10:50-12:00 Girls Midgets, Boys Pee Wees & Boys Midgets Practice	10	
11	12 9:00 Boys Mighty Mites tournament in NYM bus leaves at 8:00 9:00-10:15 Girts and Boys Pee Wees Practice 10:15-11:45 Girts and Boys Midgets Practice	13 9:00 Girts Pee Wees tournament in Henning bus leaves at 8:00 9:00 Boys Pee Wees tournament in NYM bus leaves at 8:00 Practice TBD for Girts and Boys Midgets	14 9:00 Boys Midgets tournament at Wadena bus leaves at 8:15 9:00-10:15 Girts Midgets Practice	15 9:00 Girts Midgets tournament in Verndale	16 This date is open for any tournament day that gets rained out. If there aren't any rainouts, the last day of summer rec is the day of their tournament.	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	



Gymnastics Registration Form

Child's Name: _____

Grade 20-21: _____ Teacher: _____ Age: _____

circle one: Gym 1 Gym 2 Gym 3

Address: _____

Email: _____

Parents Name: _____

Parents Phone: _____

Parents Name: _____

Parents Phone: _____

Emergency Contact: _____

Allergies: _____

Medical Concerns: _____

Behavior Concerns: _____

_____ date received

_____pd

_____waiver

PLEASE MAKE CHECKS PAYABLE TO ANGIE WALLIN OR Pay via VENMO. THANKS!

VERNDALE GYMNASTICS WAIVER & RELEASE FORM

Participants Name _____ Birthdate ____/____/____
Participants Name _____ Birthdate ____/____/____
Participants Name _____ Birthdate ____/____/____
Parent Name _____ Phone # _____
Address _____ City _____ State _____ Zip Code _____
Emergency Contact _____ Relationship _____ Phone _____

Verndale Public Schools/Angie Wallin are committed to conducting our activities in the safest manner possible. We hold the safety of the participants in the highest possible regard. Parents must recognize however that there is an inherent risk of injury when choosing to participate in recreational activities. Verndale Public Schools/Angie Wallin continually strives to reduce such risks and insists that all participants follow safety rules and instructions, which have been designed to protect the participant's safety. **RELEASE OF LIABILITY WAIVER: WARNING! CATASTROPHIC INJURY, PARALYSIS OR EVEN DEATH CAN RESULT FROM THE IMPROPER CONDUCT OF THE ACTIVITY.** In consideration of Verndale Public Schools /Angie Wallin accepting myself or my child into participation and/or training in gymnastics, which activity I hereby acknowledge involves greater than normal risk of injury, I agree, for myself or as my child's parent/guardian to assume responsibility for all risks, cost, or losses sustained by me, my child, or my child's family in connection with participation in gymnastics classes, programs and lessons or any other activities connected with Verndale Public Schools/Angie Wallin. I give my permission to Verndale Public Schools/Angie Wallin and/or appropriate medical facility to make whatever emergency (first aid, disaster evacuation, etc.) measures as judged necessary for the care and protection of me or my child while under the supervision of Verndale Public Schools/Angie Wallin. In case of an emergency, I understand that I or my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resources deem it necessary. Transportation will be at my own expense. It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, physician and/or other acting on behalf of the parent or family can be reached. Further, I hereby release and agree to hold harmless and to indemnify Verndale Public Schools, their employees, owners or volunteers from any claims, losses or expenses incurred or on the behalf of me, my child or my child's family.

I have read and understand this "Release of Liability Waiver" and I voluntarily affix my name in agreement.

Parent/Guardian Signature _____ Date _____

Verndale Summer Cheer Camp

Dates: July 6th-9th

Time: 8am-10am

Cost: \$30

K-2nd: will focus on the basics of cheerleading.

3rd-5th: will focus on intermediate cheer skills and beginning stunts.

6th-8th: will focus on advanced cheer skills, and beginning/intermediate stunts.

Please sign the permission slip below. These need to be turned in and check or cash paid by **May 21st** in order for your child to participate. Please make checks payable to Angie Orsburn.

****Childs name and age:** _____

VERNDALE CHEERLEADING WAIVER & RELEASE FORM

Participants Name _____ Birthdate ____/____/____
Participants Name _____ Birthdate ____/____/____
Participants Name _____ Birthdate ____/____/____
Parent Name _____ Phone # _____
Address _____ City _____ State _____ Zip Code _____
Emergency Contact _____ Relationship _____ Phone _____

Verndale Public Schools/Angie Orsburn are committed to conducting our activities in the safest manner possible. We hold the safety of the participants in the highest possible regard. Parents must recognize however that there is an inherent risk of injury when choosing to participate in recreational activities. Verndale Public Schools/Angie Orsburn continually strives to reduce such risks and insists that all participants follow safety rules and instructions, which have been designed to protect the participant's safety. **RELEASE OF LIABILITY WAIVER: WARNING! CATASTROPHIC INJURY, PARALYSIS OR EVEN DEATH CAN RESULT FROM THE IMPROPER CONDUCT OF THE ACTIVITY.** In consideration of Verndale Public Schools /Angie Orsburn accepting myself or my child into participation and/or training in cheerleading, which activity I hereby acknowledge involves greater than normal risk of injury, I agree, for myself or as my child's parent/guardian to assume responsibility for all risks, cost, or losses sustained by me, my child, or my child's family in connection with participation in cheerleading classes, programs and lessons or any other activities connected with Verndale Public Schools/Angie Orsburn. I give my permission to Verndale Public Schools/Angie Orsburn and/or appropriate medical facility to make whatever emergency (first aid, disaster evacuation, etc.) measures as judged necessary for the care and protection of me or my child while under the supervision of Verndale Public Schools/Angie Orsburn. In case of an emergency, I understand that I or my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resources deem it necessary. Transportation will be at my own expense. It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, physician and/or other acting on behalf of the parent or family can be reached. Further, I hereby release and agree to hold harmless and to indemnify Verndale Public Schools, their employees, owners or volunteers from any claims, losses or expenses incurred or on the behalf of me, my child or my child's family.

I have read and understand this "Release of Liability Waiver" and I voluntarily affix my name in agreement.

Parent/Guardian Signature _____ Date _____

2021 Maslowski Wellness & Research Center

Swimming Lesson Levels

Learn to Swim Program

Ages 6-17

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival, and swim skills.

Level 1 (Intro to Water Skills)

Beginning at age 6, unless successfully passing Preschool Aquatics. The purpose of Level 1 is to orient participants to the aquatic environment and help them gain basic aquatic skills as well as help them begin to develop positive attitudes and safe practices around the water.

- Enter and exit water using ramp, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics

Level 2 (Fundamental Aquatic Skills)

In Level 2, participants build on basic skills and concepts learned in Level 1 including opening eyes underwater to retrieve objects, changing directions of travel in water, and the beginning steps of treading water, and:

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Back and front glide and recover to a vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on front and back
- Finning arm action
- Age-appropriate water safety topics

Level 3 (Stroke Development)

In Level 3, participants build on skills learned in Levels 1 and 2 to help them achieve basic water competency.

Participants perform skills in deep water (floats/treading) for longer periods of time and refine Front Crawl/Back Crawl technique as well as learn basics in the Breaststroke and Elementary Backstroke, Sidestroke, and Butterfly

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Bobbing while moving toward safety
- Rotary breathing
- Back float, survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Age-appropriate water safety topics

Level 4 (Stroke Improvement)

In Level 4, participants improve proficiency in performing swimming strokes that have been introduced in previous levels. With this, participants begin swimming the full-length of the pool.

- Feet-first entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Age-appropriate water safety topics

Level 5 (Stroke Refinement)

Level 5 helps participants' refine their performance of all six swimming strokes (Front/Back Crawl, Butterfly, Breaststroke, and Elementary Backstroke & Sidestroke). Participants also learn how to maneuver in deep water with surface dives, floats, and treading water for more time as well as swimming multiple lengths of the pool consecutively.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Sculling
- Age-appropriate water safety topics

Level 6 (Skill Proficiency)

Level 6 refines strokes so participants can swim for efficiency and over longer distances. Participants will swim strokes for multiple consecutive lengths, learn correct turn methods for each stroke, surface dive to retrieve objects from the bottom of the pool and advanced water survival skills.

**2021 Verndale Public School
Swimming Lessons Registration Form**

**June 21st – July 1st, 2021
Monday – Thursday
3:00pm – 4:00pm
Maslowski Wellness & Research Center**

Student Information

1) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: ____ Current level: ____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

2) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: ____ Current level: ____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

3) Student's Name: _____ Sex: M ____ F ____

DOB: ____/____/____ Age: ____ Last Level taken: ____ Current level: ____

Medical conditions/comments that instructor needs to know:

Does student need bus transportation: Yes ____ No ____

Contact Information

Parent/Guardian Name: _____

Main Phone: _____ Address: _____

City: _____ State: _____ Zip: _____

Email: _____

2021 Verndale Public School Summer Rec Ball Team Registration Form

Cost is \$32.00 per child for those attending Verndale School, with a family cap of \$80.00. Fee includes a Summer Rec T-Shirt. There will also be a charge of \$37.00 per student who does not attend the Verndale School. There is no family cap for those who do not attend Verndale School. See attachments for ball team rules and classifications. Caps (green) and Visors (black) are also available for \$12.00 each.

1st Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

2nd Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

3rd Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

4th Student: _____ League: _____ \$ _____

T-shirt size: Youth Small – Youth Medium – Youth Large - Adult Small – Adult Medium (circle correct size)

Summer Rec Visor _____ Cap (green) _____ (please indicate how many you would like in the blank)

Total number of visors/caps _____ x \$12.00 \$ _____

Summer Rec Grand Total: \$ _____

Parent/Guardian Name: _____ Phone Number: _____

Any Student medical conditions/comments that staff will need to know about: _____

Emergency Contact Name: _____ Phone Number: _____

2021 Verndale Public School

Summer School and Enrichment Program

Registration Form

Kids in the Kitchen
Mission: Impossible?
Lego Quest - \$15.00 fee
Red, White and BIYOU
Hatchet Book Club
Lifelong Activities/Healthy Habits
Once Upon a Slime

VEX IQ Robotics
Targeted Services
Elementary Basketball Camp
Summer Vocal Lessons
What tree is that?
Down on the Farm

Student Information

1) Student's Name: _____ Grade: _____

Please circle which activity this student will attend:

Kids in the Kitchen
Mission: Impossible?
Lego Quest - \$15.00 fee
Red, White and BIYOU
Hatchet Book Club
Lifelong Activities/Healthy Habits
Once Upon a Slime

VEX IQ Robotics
Targeted Services
Elementary Basketball Camp
Summer Vocal Lessons
What tree is that?
Down on the Farm

Medical conditions/comments that staff needs to know about regarding this student:

We are providing limited transportation. Does student need transportation: Yes ____ No ____

If so, please provide your address: _____

2) Student's Name: _____ Grade: _____

Please circle which activity this student will attend:

Kids in the Kitchen
Mission: Impossible?
Lego Quest - \$15.00 fee
Red, White and BIYOU
Hatchet Book Club
Lifelong Activities/Healthy Habits
Once Upon a Slime

VEX IQ Robotics
Targeted Services
Elementary Basketball Camp
Summer Vocal Lessons
What tree is that?
Down on the Farm

Medical conditions/comments that staff needs to know about regarding this student:

We are providing limited transportation. Does student need transportation: Yes ____ No ____

If so, please provide your address: _____

3) Student's Name: _____ Grade: _____

Please circle which activity this student will attend:

Kids in the Kitchen
Mission: Impossible?
Lego Quest - \$15.00 fee
Red, White and BIYOU
Hatchet Book Club
Lifelong Activities/Healthy Habits
Once Upon a Slime

VEX IQ Robotics
Targeted Services
Elementary Basketball Camp
Summer Vocal Lessons
What tree is that?
Down on the Farm

Medical conditions/comments that staff needs to know about regarding this student:

We are providing limited transportation. Does student need transportation: Yes ____ No ____

If so, please provide your address: _____

Parent/Emergency Contact Information

Father's Name: _____

Main Phone: _____

Mother's Name: _____

Main Phone: _____

Emergency Contact Name: _____

Main Phone: _____