

2012 MG Summer School

Speed, Conditioning and Agility Training

Who: Any students entering grades 9th through 12th grade.

When: Dates to be announced soon. The first session will run from 7:30am – 8:30am, the second session will run from 9am – 10:00am, and the third session will run from 10:00-11:00am.

Where: All classes will be held behind Monona Grove High School on the lower level practice field. In the event of dangerous weather, we will meet in the high school "Silver Eagle" room near the 2nd floor weight room.

What to Bring or Wear: Sweats, shorts, t-shirt, indoor and outdoor running/training shoes, and a water bottle.

What to Expect: The Speed, Conditioning and Agility Training objectives:

- Students will learn and understand concepts about their health (eating, fluid intake and recovery).
- Students will learn and understand concepts about stretching, flexibility and injury reduction.
- Students will acclimate and condition their bodies to the outdoors.
- Students will learn and perform specific techniques to increase functional speed and agility.
- Students will obtain performance data related to Speed, Conditioning and Agility.

Note: Although we will be keeping daily attendance, we will not call home if a student is absent. Transportation to MGHS is the responsibility of the student and/or parent. Students may NOT ride the bus from Cottage Grove. Students are NOT to be on campus before or after their session.

Teachers/Coaches:

Classes will be conducted by Kris Tudor (Elementary PE Teacher/ Football Coach) and Brandon Beckwith (High School At-Risk Coordinator/ Football Coach)

Questions? Please call Coach Beckwith at 221-7666 ext. 2186 or Or E-mail: Brandon_beckwith@mononagrove.org

Registration: All registration will be done online this year. You will be able to begin registering on April 20 at 6:00pm. You may register online from your home computer. Use the online instructions below to help you. This registration is the same as other summer school classes, so if you are registering for more than one class, you only need to register each student one time. For this class only, your registration deadline is May 28th!

Online Registration Directions

1. Go to the Monona Grove School District website: www.mononagrove.org. Click on "Summer School".
2. Click on the link: 2011 Summer School Registration (The link will not be up until April 20 at 6:00pm)
3. Click the "Register" Button. Fill in your last name, home phone and the e-mail address where you want to be contacted. Please be accurate with you e-mail address as we will be using e-mail to contact you on occasion.
4. Click on "Submit". This will take you immediately to the "Family Information" screen. Complete that page and then click "Update Family Info".
5. Next click on "Add New Student". Enter in child's name and *current* grade and school. Fill in your child's gender and if applicable provide any other info requested. Click on "Update Student Info" when done.
6. Now click on "Pick Class." You will be taken to a list of available classes. Find the Speed class at the time desired and click on "Pick." You will then be taken back to the Student Info page. Please indicate if we will be using the health info that is on file or whether you will send us updated info. Then click on "Family Page."
7. Since there is no fee for this course, click "No Fee" to submit your registration. On the next screen, BE SURE TO CLICK "Done" to finalize your registration. Your schedule will be e-mailed back to you.
8. To re-enter the site, you will be e-mailed a password. Follow steps 1 and 2 above, and then enter in the password on the Registration screen. You can re-enter to make changes or print your schedule.

If you have registration questions, please e-mail the summer school staff at summer_school@mononagrove.org. All other questions should be directed to Brandon Beckwith.