

ZM Summer Activities

Grades 7-12

(Grade based on current grade for the 2022-23 school year)

Summer Strength, Speed & Agility Program

Summer Strength, speed & Agility program will be led by a Nationally Certified Personal Trainer, Josh Karow. Programs will be tracked & managed through the Teambuildr App!

Who: Students in grades 6-11 (22-23 SY) * Deadline to register is Thurs., June 1st or when FULL! Sessions are limited, Register Early!

When: June 5th – August 4th (No class the week of July 3rd-7th)

Where: Strength Training - ZM HS Weight Room; Speed & Agility – ZM football practice field (enter through West Ave or the Primary school parking lot)

Three options are available – T-Shirt included!

Option 1: Strength, Speed & Agility Program	Option 2: Strength Only	Option 3: Speed & Agility Only
Strength Sessions: Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"> Session 1: 6-7:15 AM Session 2: 12-1:15 PM Speed Agility: Tuesdays & Thursdays <ul style="list-style-type: none"> 5:30-6:30 PM Cost: \$249 for Strength & Speed Agility (5 sessions a wk)	Strength Only: Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"> Session 1: 6-7:15 AM Session 2: 12-1:15 PM Cost: \$179 for Strength Only (3 sessions a wk)	Speed & Agility Only: Tuesdays & Thursdays <ul style="list-style-type: none"> 5:30 – 6:30PM Where: ZM football practice field (enter through West Ave or Primary school parking lot) Cost: \$99 for Speed & Agility Only (2 sessions a wk)

Discounted rate if you register for both programs

Evaluation Days: **Option 1: Full Program: Strength Only** – Attend your first strength session

Speed & Agility – Tuesday, June 6th 5:30-6:30 PM ZM football practice field

Option 2: Strength Only – Attend your first strength session

Option 3: Speed & Agility Only – Tuesday, June 6th 5:30-6:30 PM ZM football practice field

Registration Form – Summer Strength, Speed & Agility

Mail checks payable to ZM Schools, ZM Community Education, 705 Mill St., Zumbrota MN 55992

Register Online @ www.zmschools.us

Name: _____ Age: _____ Grade (22-23) _____

Address/City: _____ Email: _____

Emergency Contact/Phone: _____

T-Shirt Size (please circle): YS YM YL AS AM AL AXL

I HEREBY CONSENT TO LET MY CHILD PARTICIPATE IN THE 2023 Summer Strength, Speed & Agility program. I understand that all reasonable care and caution will be taken by those in charge to prevent injury, but neither those in charge nor the ZM School District will be held responsible in case of an accident.

Parent/Guardian Signature: _____ Date: _____



ZM Jr. High Football Camp 2023



The Junior High and High School football camp is designed to introduce the players to drills and schemes that we will use during the upcoming season. In a non-collision/no pad environment we will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. The junior high camp will introduce all players to all positions. This camp will be run by ZM coaches.

Who: For anyone going into grades 7 or 8 next year(6th and 7th this year)

When: July 17th – 20th

Where: Zumbrota-Mazeppa Football field

Time: 10:00a.m. – 11:30a.m.

Camp Fee: \$55(includes a t-shirt) – checks payable to ZM Football

- If a 6th grader this year decides to go to BOTH elementary and J.H. camps the fee is only \$30 for July Camp

What to wear: Shorts, t-shirt, gym shoes and/or football cleats

Registration Deadline: June 23rd

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Only partial refund if notified after June 23rd

Detach and return the form below.

Please Note:

We have set up a REMIND. If you have the Remind App please add ZM HS Football <https://www.remind.com/join/zmhsf> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

Keep the top portion as a reminder of the details

JH Camp Form

Make checks payable to ZM FOOTBALL

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch
864 West 2nd St.
Zumbrota, MN 55992

Name

Parent's name

Grade '23-'24

Address

Email

Daytime phone

email address(s)...CAN list more than one(May be used in case of weather or other emergency during camp)

T-Shirt size: ____ Small ____ Medium ____ Large ____ X-large ____ XX-large

Statement: I am willing to let _____ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature

Date



ZM Varsity/JV Football Camp 2023



The High School football camp is designed to introduce the players to drills and scheme that we will use during the upcoming season. We will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. During this camp we WILL issue equipment and use it for the state mandated acclimatization process for our TEAM CAMP in Marshall, MN July 26th-28th. This camp will be run by ZM coaches.

Who: For anyone going into grades 9 through 12 next year(8th through 11th this year)

When: July 19th – 20th & 24th & 25th

Where: Zumbrota-Mazeppa Football field

Time: 6:00pm – 7:30p.m.

Camp Fee: \$45 – checks payable to ZM Football

What to wear: Shorts, t-shirt, gym shoes and/or football cleats

Registration Deadline: June 24th

Please Note:

We have set up a REMIND. If you have the Remind App please add ZM HS Football <https://www.remind.com/join/zmhsf> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

Contact info: Darin Raasch

Coach Boraas

darinr@zmsch.k12.mn.us

joshb@zmsch.k12.mn.us

Only partial refund + T-shirt if notified after **June 24th**

Detach and return the form below.

Keep the top portion as a reminder of the details

Varsity/JV Camp Form

Make checks payable to ZM Football

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch

864 West 2nd St.

Zumbrota, MN 55992

Name

Parent's name

Grade next fall

Address

Daytime phone

email address(s)...CAN list more than one

T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-large ☐ XX-large

Statement: I am willing to let _____ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature

Date

2023 Z-M Summer Volleyball Camp

Ran by 3C Volleyball. The 3C volleyball camps are run by a group of current and former college coaches and players. It is their mission to help young players grow into more than a good volleyball player. They teach: *Basic skills & knowledge of the game *Strong team culture *Healthy & lasting relationships with teammates and coaches *Confidence on and off the court *Strong character *Growth mindset *Mental toughness.

The 3 C's Volleyball Camp:

- Go over basics: Passing, serving, setting, attacking and defense with lots of breakdown and repetition.
- Team Talk: Team culture, coachability, mental toughness, resilience, and a growth mindset.
- We put what we learned earlier into action. This includes lots of team play.

July 24th- 26th

Z-M High School Gym



6th & 7th Graders (2022-2023 School Year)

9:00-11:30 \$70 per camper

8th -11th Graders (2022-2023 School Year)

12:30-4:30 \$145 per camper

Camp t-shirt included!

Camp Director: Lisa Nelson, lisan@zmsch.k12.mn.us, 507-254-4031

Camp Instructor: 3C's Volleyball

REGISTRATION IS DUE ON OR BEFORE June 2nd

If registration is sent after June 2nd t-shirts may not be given.

Cut off and make checks payable to **ZM Volleyball**. Send registration to the High School office or Mrs. Nelson
2023 Z-M Summer Volleyball Camp

Name: _____ Grade(2022-23 school year): _____

Parents/Guardians Name: _____

Contact Number: _____ Email: _____

T-shirt size: Adult Small _____ Medium _____ Large _____ XL _____

Emergency Contact

Name: _____ Contact Number: _____

Camp Agreement/Hold Harmless/Insurance:

I hereby agree that my child will be attending the Z-M volleyball clinic and that she is in condition to participate in the daily activities. I grant permission to the Z-M volleyball clinic, its directors, instructors, etc. to act for me in using their best judgment in any emergency requiring medical care, injury treatment, or treatment at a medical facility. I hereby waive and release the Z-M volleyball clinic, its directors, instructors, and all employees from any responsibility for personal injury arising out of the applicant's participation in the camp program. All campers should be covered by their own personal insurance which should be listed below with the policy number. By signing below, I agree to hold harmless for any and all responsibility, loss of items, damages, costs or expenses which are sustained.

Participant's Name: _____

Parent/Guardian Signature: _____



2023 Cougar Girls Basketball Camp



Who: Girls currently (2022-2023) in grades 1st-11th

When: Monday-Thursday June 12th-15th

Where: HS Gym in Zumbrota

Cost: \$55 (*cost includes a camp t-shirt*)

Session 1: Grades 1-3 8:30-9:45am

Session 2: Grades 4-7 9:45-11:00am

Session 3: Grades 8-11 11:00am-12:15pm

Here's your chance to join your friends, have fun, and improve your basketball skills. We are excited about the opportunity to be working with and getting to know both our present and future Cougar basketball athletes. Age-appropriate fundamental skills with an emphasis on shooting will take place at camp.

Camp Director: ZM Head Girls Basketball Coach Darren Nelson; if you have any questions, email him at: dhnelson12@gmail.com or darren.nelson@byron.k12.mn.us

Make checks payable to: **Darren Nelson**

Detach and retain the top portion for your records.

Return registration form and fee to Darren Nelson at the ZM High School Office at 705 Mill Street, Zumbrota, MN 55992 or mail to Darren Nelson at home: 23037 County 10 Blvd, Mazeppa, MN 55956.

Register by May 19th, 2023. Late registrations may be accepted, but without a shirt guarantee.

Player's Name: _____ Grade Currently In (2022-23): _____

Parents Name(s): _____

Parent Phone# during camp: _____ E-mail: _____

T-Shirt Size (circle choice):

Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL

Statement: I am willing to let my child, _____, participate in basketball camp. I understand that all reasonable care will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for injuries that occur during the camp.

Parent/Guardian Signature: _____ Date: _____

2023 Cougar Softball Camp



Girls looking to develop and improve their softball knowledge have an opportunity to gain skills and learn proper technique this summer. The softball camp will allow you to grow as a player through individualized instruction in fielding and hitting.

Dates: June 5th – 8th

Location: Zumbrota-Mazeppa High School Varsity Softball Field

Grades: **1st – 2nd** – 8:00 am – 9:00 am

5th - 6th – 9:15 am – 10:15 am

3rd – 4th – 10:30 am – 11:30 am

7th – 8th – 11:30 am – 12:30 pm

Cost: \$35 – Please make check payable to Megan Nelson

Please bring a glove, tennis shoes or cleats and water bottle.

If you have any questions, please contact Megan Nelson at
megannelson@zmsch.k12.mn.us

Please hand in registration by Friday, May 26th.

Make check payable to Megan Nelson

Return Registration to the office or hand to Megan Nelson

Name: _____

Grade ('22 – '23): _____

Phone: _____

Email: _____

Parent Permission: I give my child permission to participate in the softball camp. My signature is an expression of my faith in my child participating in the ZM Softball Camp. It also frees Independent School District #2805 and its employees from liability in the case of an accident. I understand ISD #2805 does NOT carry secondary accidental or medical insurance on participants. We/I also certify that my/our child is medically fit to participate in the softball academy and grant permission for medical attention if needed during academy activities.

Parent/Guardian Signature: _____ Date: _____



BASKETBALL

It's time to take Z-M basketball to the next level! Come develop your skills, learn new ways to play with your team, and improve your game before the summer turns up!

Grade levels are determined by which grade the student was in during the 2022-23 school year

Current 3rd-5th Graders- 1:00pm-2:00pm
Current 6th- 8th Graders- 2:00pm-3:30pm
Current 9th- 11th Graders-- 3:30pm-5:30pm

Contact Information

Head Coach Logan Jensen
PHONE: 507-254-5195
EMAIL: loganj@zmsch.k12.mn.us

Deadline:

Sign-up by May 16th

Return sheet and payment to High school/Elementary office or to Mr. Jensen

Payment:

Cash or check

Make check payable to Logan Jensen

ZUMBROTA-MAZEPPA

Boys Basketball Camp

LOCATION

Zumbrota-Mazeppa High School

DATES AND COST

June 5th- June 8th

Cost- 3rd-5th = \$50 = 4 hours of camp

6th-8th = \$60 = 6 hours of camp

9th-11th = \$75 = 8 hours of camp

Sign-up for grades you were in the CURRENT (2021-22) school year (Place "X" on correct grade)

3rd-5th Grade _____

6th-8th Grade _____

9th-11th Grade _____

T-Shirt Youth Sizes (circle one) S M L

T-Shirt Adult Sizes (circle one) S M L XL

Statement: I am willing to let my child participate in basketball camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for any injuries associated with the camp. If injury occurs, supervisor will call the number listed below.

Child Name: _____

Parent/Guardian Signature: _____

Date: _____ Phone Number: _____

ZUMBROTA-MAZEPPA WRESTLING SUMMER TRAINING

Featuring: **Dakota Trom**

3x MN State Champion
USA National Triple Crown
Cadet National Finalist
Head Clinician for MN Elite Wrestling

Where: ZM Wrestling Room (Mazeppa)

When: Thursday, June 8th (last day of summer camp) Thursday, August 10th
Thursday, June 29th Thursday, August 17th
Thursday, July 6th Thursday, August 24th

Time: 5:00-6:30pm (K-6 for 22-23 School Year)
6:45-8:15pm (7-12 for 22-23 School Year)

Cost: \$40/Wrestler (checks payable to ZM Schools)

If you have any questions, please contact: Ryne McNamara: 651-324-0085 or Briant Fruth: 507-421-9235

Register Online @ www.zmschools.us.

Registration - Wrestling Summer Training

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992
Make checks payable to ZM Schools. Register online @ www.zmschools.us

Name: _____ Phone: _____ Grade: _____ (22-23)

Email Address: _____

Address/City: _____

I hereby consent to let my child _____ participate in the 2023 summer wrestling training. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Parent/Guardian Signature _____ Date _____