

Saydel Student Athletic Opportunities

July 2017

Personal Fitness

Speed & Agility Workouts Grades 7-12

Mondays & Wednesdays: 8-9 AM *Resumes July 10

Weight Room Workouts Grades 7-12

Mondays & Wednesdays: 9-10:30 AM & 3-4:30 PM *Resumes July 10

Fridays: 9 AM-12 PM

Sports Skill Development

Boy's Basketball Grades 7-12

Tuesdays & Thursdays: 1-2:30 PM *Resumes July 6

Sunday (Summer League) 12-6 PM *Resumes July 9

Volleyball Grades 7-12

Open Gym *Start Date: July 5

Sundays & Wednesdays: 5-7 PM

Girl's Basketball

Mondays - Fridays 9-11 AM *Start Date July 5 Grades 7-12

Youth Basketball Camp Grades 8-9 AM *Resumes July 10 Grades 3-6 at Cornell Elementary

Football

Youth (YSF) Registration July 9, 5-6 PM

Youth (YSF) Camp July 22 & 29, 9-10:30 AM

Middle School Camp July 22 & 29, 11 AM-12:30 PM

HS Mini-Camp July 17-21, 5-8:30 PM

HS Camp Dodge July 23-25, 11:30 AM

HS Camp July 26-28, 5-8:30 PM

Wrestling Grades 7-12

Open Wrestling Room

***Resumes July 5**

Sundays & Wednesdays: 5-6 PM

All July opportunities will be held at Saydel High School.
For more information, call Saydel Activities Dept. 515-262-9325