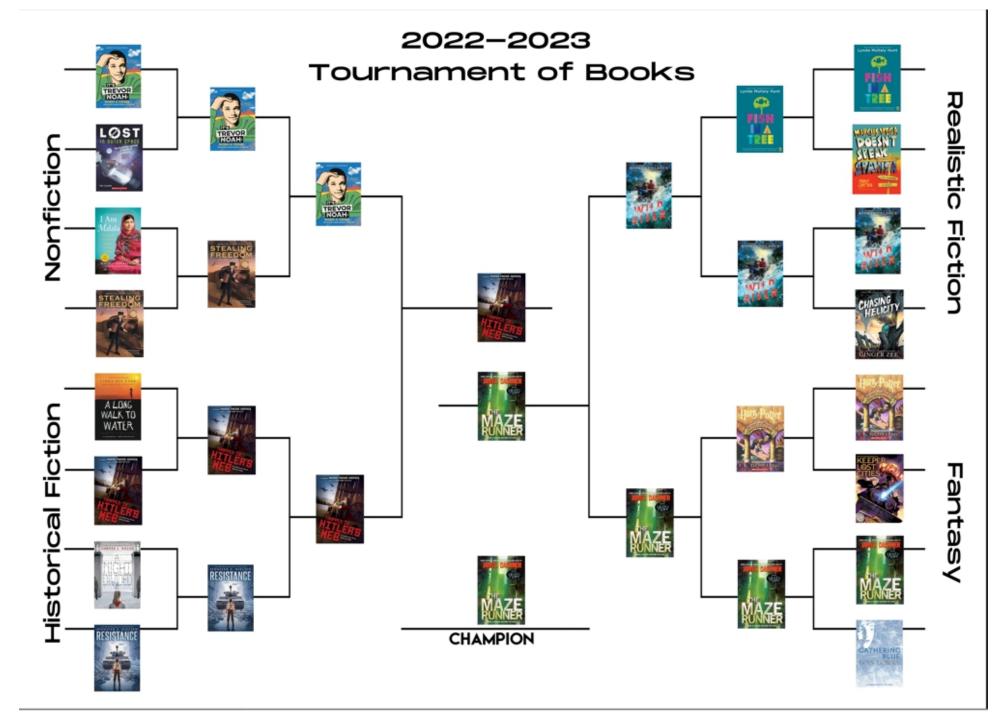


ALLENDALE MIDDLE SCHOOL

Tuesday, June 6, 2023





ALL LIBRARY BOOKS ARE DUE!

PLEASE RETURN TO THE LIBRARY OR USE THE BOOK DROP BOX.

THANKS, MRS. OROS

HAVE A GREAT SUMMER!

Future High School Football Players



There was a meeting with Coach Geraghty and Coach Tiano on Friday, June 2. If you were unable to attend this meeting, please stop by Coach Meerman's room (room 203) before summer break. He will give you important information about next fall.

Youth Football Camp 2023



Hosted by Allendale Football Program

3rd-6th grades- July 10th and 11th- 4-6 pm

7th-8th grades- July 12th and July 13th- 4-6 pm

(Grades as of Fall 2023)



Location- Allendale High School practice field

- Come learn from Allendale Football Coaching Staff and Varsity Players.
 - Take part in drills designed to improve your skill level and ability.
 - Bond with your teammates in a fun learning environment.

Cost- \$45- Includes camp T-shirt

Register at: https://allendale athletics.revtrak.net/

Registration after June 23rd does not guarantee T-shirt

#THEFALCONWAY

"The way you do anything is the way you do everything"



Allendale Golf Interest Meeting

Come and meet Coach Boersen and Coach Mallot and hear about the different summer golf opportunities the team is having.



ALLENDALE

When: Tuesday June 6 8th grade lunch

Where: The Garage

2023 Summer Camp Information

Register and Pay for camps at <u>allendaleathletics.revtrak.net</u>
Parents need to create an account
Register your child for camps and add to cart
Payment for all camps can be done in one transaction

Sport: Volleyball

Dates: July 26, 27, 29, 30 Where: High School Gym

Sessions & Cost:

Kindergarten - 2nd Grade (8:30am - 9:15am) \$45

3rd - 5th Grade (9:30am - 10:30am) \$55 6th - 8th Grade (10:30am - 11:45am) \$60

"Shirt included if payment is received by June 9th"

Sport: Boys and Girls Soccer

Dates: July 17, 18, 19, 20

Where: Middle School Soccer Field

Sessions & Cost:

1st Grade - 3rd Grade (6pm - 7:30pm) \$45 4th Grade - 6th Grade (6:30pm - 8:00pm) \$45 "Shirt included with Camp"

Sport: Girls Basketball

Dates: June 13, 14, 15 Where: High School Gym

Sessions & Cost:

Kindergarten - 2nd Grade (10:30 - Noon) \$55

3rd - 6th Grade (9:00 - 10:30) \$55

Please register by June 2 in order to receive your t-shirt at camp!

Sport: Softball

Dates: June 19, 20, 21

Where: High School Softball Field

Sessions & Cost:

3rd & 4th Grade: 9am - 11am \$55 5th & 6th Grade: 11am - 1pm \$55 7th & 8th Grade: 1pm - 3pm \$55

Shirt included if payment is received by June 2nd

Sport: Cheerleading

Location: High School Cheer Room

Sessions & Cost:

June 19 & 20 - Cheer Fundamentals Camp

1st - 3rd Grades (6pm - 6:50pm) \$30

4th - 5th Grades (7pm - 8:30pm) \$40

July 19 & 20 - Sideline Cheer Camp

1st - 3rd Grades (6pm - 6:50pm) \$30

4th - 5th Grades (7pm - 8:30pm) \$40

Rocket Cheer Program Details

1st - 3rd Grade Practices: August 21st - Monday's at Evergreen Elementary \$55

4th - 5th Grade Practices: August 21st - Monday's and Wednesday's at Oakwood \$80

6th - 8th Grade Practices: August 14th (Dates/ Times TBD) Gymnastics Included! \$155

Sport: Football

Location: High School Practice Football Field

Dates: July 10 & 11 for 3rd - 6th Grade (4pm - 6pm)

July 12 & 13 for 7th - 8th Grade (4pm - 6pm)

Cost: \$45

Summer Strength and Conditioning Program (F.A.S.T.)

When: June 12th - July 27th (July 3-7 off)

Where: High School weight room.

Who: HS and MS Athletes - Class of 2024 to 2029

Cost:

HS Football Players \$80 High School Athletes \$80 Middle School Athletes \$55

F.A.S.T Sessions:

Monday, Wednesday, Thursday

HS Football: 6:15am - 7:15am

High School Athletes: 7:15am - 8:15am Middle School Athletes: 8:15am - 9:15am

Tuesday's - YOGA for All HS Athletes from 7am - 7:45am

Sport: Girls Cross Country (Class of 2024-2030)

Days: Monday, Wednesday, Friday (Starts June 19th)

Where: High School Track

Monday's and Friday's from 8am - 9:30am and Wednesday's from 6pm - 7:30pm

Sport: Boys Cross Country (Class of 2024-2030)

Days: June 19th through August 4th

Tuesday's from 6pm - 7:30pm various locations

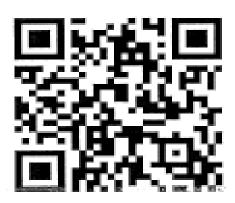
Thursday's from 4pm - 5:30pm at the High School

Saturday's from 9am - 10:30am various locations

Additional camps may be added this summer! Check our website for up to date information.

Questions? Contact Us:

Daniel Russell- Athletic Director- Russelldan@apsfalcons.net
Laurie Watson- Athletic Secretary- Watsonlau@apsfalcons.net
Amy Wierenga- Volleyball- Amyrupno3@gmail.com
Santana Huerta- Girls Soccer- huertasant@gmail.com
Mike Chojnacki- Boys Soccer- mkchojnacki@msn.com
Joel Brose- Girls Basketball- brosejoe@apsfalcons.net
Halle Carpenter- Softball- carpenterhal@apsfalcons.net
Tamy Geerts- Cheerleading- tamygeerts28@gmail.com
Darren Geraghty- Football- geraghtydar@apsfalcons.net
Doug Johnson- FAST- johnsondou@apsfalcons.net
Taylor Evans- Girls XC- evanstay@apsfalcons.net
Phil Jones- Boys XC- PhilipJ@itc-us.com



A hard copy of this info is in the Middle School office.

IChallengeUth

Current 6th-8th grade students

IChallengeUth is a one-week program that provides real-world work experience at local businesses for 6th-8th grade students.





Monday-Thursday; 9:00am-3:00pm Friday; 9:00am-Noon



Cost: \$50

- Includes lunch & snacks M-Th
- Transportation provided from CTC to and from work location



Participating students will:

- and critical thinking abilities









60 OAISDFuturePREP

@oaisd_futureprepd

To enroll:









Artificial Colony Company



HAWORTH







More information and to apply: oaisd.org/futurePrepd Questions? Email: dsmyk@oaisd.org

ALLENDALE MIDDLE SCHOOL SPORTS Week of, 2023

Monday

Tuesday

Thursday

TODAY IN HISTORY

- President Andrew Jackson boards a Baltimore & Ohio Railroad train for a pleasure trip to Baltimore becoming the first president to take a ride on the "Iron Horse," as locomotives were known then. 1833.
- The first-ever drive-in movie theater, in Pennsauken, New Jersey, opens for eager motorists. 1933.
- Led by U.S. General Dwight D. Eisenhower, an Allied armada of ships, planes, and landing craft and some 400,000 troops began the invasion of northern France from England—the famous "D-Day" of World War II. 1944.

Week of June 5, 2023

Lunch Menu

Wrap of the Week: Chicken Ranch

Available Daily

- Caesar or Chef Salad
- Yogurt Lunch
- **❖** Bosco Breadsticks
- Cheeseburger or Hamburger
- Chicken Nuggets
- Chicken Sandwiches
- **⇔**Pizza
- Sub Sandwich

Monday: Cheesy Breadsticks OR Mozzarella Sticks w/Dipping Sauce, California Blend

Tuesday: Pasta Bar OR Twin Tacos, California Blend

Wednesday: Calzone OR Stromboli, California Blend

Thursday: ½ day of School

Friday: ½ day of School

Falcon Four



Respectful
Reasonable
Responsible
Ready to Learn