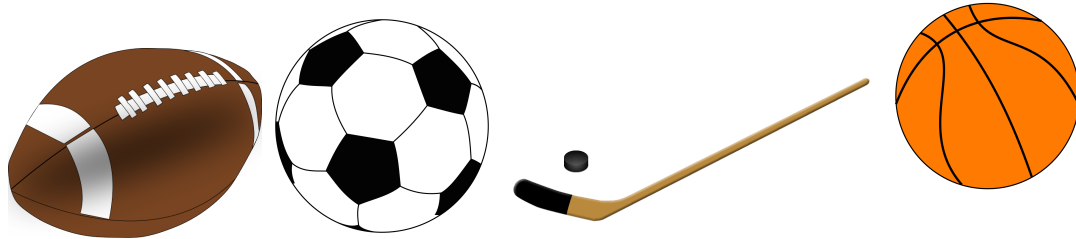




After School Club Sports



ASCS Athletics is happy to announce after school club sports. The program is designed to introduce students to new and exciting sports, games, and athletic activities to promote a healthy lifestyle. This program will focus on the students learning basic skills, rules, and techniques of different games and sports. Students will also learn the importance of good sportsmanship, cooperation, and being a team player. All sessions will be lead by All Saints staff. Registration is limited to 25 per session/ per day.

Mondays 2:15- 3:15 (Dodgeball 3th- 8th grades) in the gym Price \$92

5 weeks 1/7, 1/14, 1/28, 2/4, 2/11

Students will be broken into 2 to 4 teams and play multiple variations of dodgeball. The balls used are soft foam and safety will be of the utmost importance during the games.

Tuesdays 2:15- 3:15 (Floor Hockey 5th- 8th grades) Price \$115

6 Weeks 1/8 , 1/16, 1/23, 1/30, 2/6, 2/13

Clinic will focus on the basic rules and skills of playing floor hockey. This includes stick skills, defense strategies, shooting techniques, athletic conditioning, and of course lots of fun games and activities.

Wednesdays 2:15- 3:15 (Kindergarten- 2nd grades) In the gym Price \$115

6 Weeks 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Students will start each week with a warm up exercise or tag game, then transition into a main activity for the day. Main activities include Gym games as well introduction of basic sports skills and games.

Registration must be completed online before students can begin the program. Link can be found on the All Saints website-student life- athletics. Registration deadline is November January 6th