



2021 Cougar Girls Basketball Camp



Who: For girls *presently* (2020-2021) grades 1-8

When: Monday-Thursday, May 24th – 28th

Where: High School Gym in Zumbrota

Cost: \$45. Fee includes camp t-shirt.

Times:

Session 1- Grades 1-4 - 9am-10:15am.

Session 2- Grades 5-8 - 10:15am-11:30am.



Here's your chance to join your friends, have fun, and improve your basketball skills for the upcoming season. 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.

Camp Director: ZM Head Girls Basketball Coach Andy Bromeling, if you have any questions, email him at abromeling@yahoo.com

We continue to follow MDH guidance to prevent transmission of COVID-19 in youth activities.

For youth activities we are asking that parents self-screen participants daily before sending them to activities (This includes a symptom assessment and temperature). Here is MDH's Home Screening Tool:

<https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf>

Please do not send students to activities if they are not feeling well. Report all positive cases and close contact to positive cases of COVID-19 to coaches ASAP.

Face coverings are required for all people at all times– this includes youth, coaches, spectators and parents who are dropping students off at activities.

Make checks payable to: **Andy Bromeling**

Detach and retain the top portion for your records.

Return registration form and fee to Andy Bromeling at the ZM High School Office at 705 Mill Street, Zumbrota, MN 559952. **Register by May 13th, 2021.** Late registrations may be accepted, but with **no t-shirt guarantee.**

Player's Name: _____ Grade Presently (2020-21): _____

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 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.

Parent/Guardian Signature: _____ Date: _____

2021 Z-M Summer Volleyball Camp

Coached by 3 C's Volleyball Staff. The 3 C's Volleyball Staff is a group of trusted, knowledgeable collegiate coaches who love to develop young athletes on and off the volleyball court! Corey Phelps has over 20 years of NCAA women's and summer camps coaching experience, as well as 10 years of club coaching experience. His partners, Jackie Kiecker (current St. Mary's University head coach) and Chris Rohde (St. Mary's Univ. assistant coach), have 10 and 15 years of collegiate coaching experience, respectively.

The 3 C's Staff has put together a camp outline that covers every skill in volleyball with great detail, thought-provoking daily camp chats, and drills that tie skills into offensive and defensive schemes as well as culture-building. They tailor each camp so that the athletes get the most out of each day. Their skill, knowledge, team culture and passion for the sport are sure to grow as a result!

July 26th- 28th
Z-M High School Gym



8th-11th Graders (2020-2021 School Year)

8:30-11:30 \$120 per camper

6th & 7th Graders (2020-2021 School Year)

12:30-2:30 \$75 per camper

There must be a minimum of 12 players for each session.

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

Camp Instructor: Corey Phelps, Mankato State University Volleyball Coach

We continue to follow MDH guidance to prevent transmission of COVID-19 in youth activities. For youth activities we are asking that parents self-screen participants daily before sending them to activities (This includes a symptom assessment and temperature). Here is MDH's Home Screening Tool:

<https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf> Please do not send students to activities if they are not feeling well. Report all positive cases and close contact to positive cases of COVID-19 to coaches ASAP. Face coverings are required for all people at all times- this includes youth, coaches, spectators and parents who are dropping students off at activities. Students and Spectators must follow social distancing guidelines: Maintain at least 6 feet between participants when they are not playing.

REGISTRATION IS DUE ON OR BEFORE July 2nd, if sent after due date then \$5 is added to the cost.

If registration is sent after July 2nd t-shirts may not be given depending on the order.

Cut off and make checks payable to **ZM Volleyball**. Send registration to the High School office or Mrs. Nelson
2021 Z-M Summer Volleyball Camp

Name: _____ Grade(2020-21 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: _____



ZM Jr. High Football Camp

2021



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 19th – 22nd

Where: Zumbrota-Mazeppa Football field

Time: 10:00a.m. – 11:30a.m.

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

- If a 6th grader this year decides to go to BOTH elementary and J.H. camps the fee is only \$20 for July Camp

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

Registration Deadline: June 25th

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Phone: 732-7237

Only partial refund + T-shirt if notified after June 25th

Detach and return the form below.

Keep the top portion as a reminder of the details

Make checks payable to ZM Schools

Name

Parent's name

Grade '20-'21

Address

Email

Daytime phone

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 2021



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 Scrimmage against Goodhue on July 29th. 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 – 22th & 27th

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 25th

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Phone: 732-7237

Coach Boraas

joshb@zmsch.k12.mn.us

Only partial refund + T-shirt if notified after June 25th

Detach and return the form below.

Keep the top portion as a reminder of the details

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

Email

Daytime phone

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



ZUMBROTA-MAZEPPA

Youth BOYS BASKETBALL CAMP 2021

Boys in grades 3rd – 11th (2020-2021) are invited to participate in a basketball camp this summer. The camp will be conducted by the Zumbrota-Mazeppa High School Boys Basketball coaches. There will be three sessions each day, Monday, May 24th - Thursday May 27th. Cost is **\$40.00** per person. Make checks payable to Fred Liffbrig. Join in to improve your skills, your game, and to have some fun!

11:30 AM - 1:00 PM

1:00 PM - 2:30 PM

2:30 PM - 4:00 PM

9th/10th/11th grade

6th/7th/8th grade

3rd/4th/5th grade

COVID Protocol: Parents please screen your child each day before they come to camp. Masks must be worn!

Gym entrance (due to construction): DOOR 13

Registration forms are due to Coach Liffbrig or the High School Office by Wednesday, May 19th.

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Detach and keep the top portion for your records

Summer Boys Basketball Camp – Return to HS Office or Coach Liffbrig

Sign up for the grade you **were in THIS 2020-21 SCHOOL YEAR!!!**

11:30 AM – 1:00 PM

1:00 PM – 2:30 PM

2:30 PM – 4:00 PM

9th/10th/11th grade

6th/7th/8th grade

3rd/4th/5th grade

Name: _____

Grade in the 2020-21 school year: _____

Parent's Name: _____

Address: _____

Phone Number: _____

ZUMBROTA-MAZEPPA Wrestling Camp 2021

May 16th-18th

The ZM wrestling camp has a history of bringing top clinicians from around the country to Zumbrota/Mazeppa! This year our Clinicians will be Caden Steffen, Brayton Lee & Bailee O'Reilly.

Past clinicians include:

Past U of M Gopher wrestlers:

Dylan Ness: 4x all American, 2x finalist
Jason Ness: 4x All American, National Champ
Kevin Stienhouse: 3x All American, Big 10 Champion
Joel Bauman: 2x state champion, Junior Freestyle All American
Dustin Schlatter: 3x All American, National Champion
Matt Nagel: 5x state hs champion, 4x All American
Tony Nelson: 4x All American, National Champion
Cole Conrad: Undeclared two years, 2x National champion
Caden Steffen: 2x state champ, Fargo AA finalist, Virginia Beach National Champ
Devin Skatzka: 2x state champ, 2x national qualifier, 2019 All-American
Brayton Lee: Ranked top 5 in country for Gophers

Nick Dardanes: 2x high school champ, All American
Zach Sanders: 5x high school champ, 4x All American
Ethan Lizak: All American, National finalist
Brett Pfarr: All American, National finalist
Bailee O'Reilly: 2x state champion, National qualifier, D1 starter

St. Cloud State Wrestlers:

John Sundgren: 2x All American, National Champion
Austin Georgen: 4x All American, National finalist

Students in grades K – 12th (2020-2021) are encouraged to participate at the ZM wrestling camp this summer.

Sunday, May 16 th :	12:00-1:00 PM	Grades K-6
	1:15-2:30 PM	Grades 7-12
Monday 17 th and Tuesday 18 th :	5:00-6:00 PM	Grades K-6
	6:15-7:30 PM	Grades 7-12

Location: Zumbrota-Mazeppa Elementary Large Gym (Mazeppa)

Cost = \$30 (1 wrestler)

2 siblings = \$40

Family = \$50

Please make checks payable to: Brota Valley Wrestling (Send checks to: 353 E. 9th street Zumbrota MN, 55992)

Please contact Link Steffen with any questions at: 507-358-1344

Self-screen participants daily before sending them to activities (This includes a symptom assessment and temperature). Here is

MDH's Home Screening Tool: <https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf>

Please do not send students to activities if they are not feeling well. **Report all positive cases and close contact** to positive cases of COVID-19 to coaches ASAP. **Please wear masks to and from camp.** While wrestling, wrestlers will remain with same partner throughout each practice session and are not required to wear a mask. **Any time a wrestler leaves the mat, they must wear a mask.** We will have 3 mats in Mazeppa gym to spread wrestlers out.

Registration – Wrestling Camp

Name _____ Phone _____ Grade _____

Address/City _____

I hereby consent to let my child _____ participate in the 2021 wrestling 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 school district will be held responsible in case of an accident.

Parent/Guardian Signature _____