

## **CORUNNA HIGH SCHOOL ANNOUNCEMENTS**

November 4, 2025

The National Guard will be here during all lunches today.

If anyone is interested in joining the wrestling team, we will be doing conditioning Monday through Thursday from 3:30-5:00 in the wrestling room.

Attention 8th-11th Grade Football Players: Offseason workouts are right around the corner, starting next week! We will have before and after school options to support your schedules. Before school workouts will take place on Tuesdays, Wednesdays, and Fridays from 5:45-7:00am. After school workouts will be Monday through Thursday from 2:45-4:00pm. Our first session will be next Monday after school!

Attention any 9th-12th graders who are looking to get stronger and in better overall physical shape: There will be a meeting during CAVS time on Thursday for you to get more information about being part of the swim and dive team. If you are someone who would like to just dive and not swim, we have spots available for you as well. Practice times for just divers are flexible. If you are unable to be at the meeting on Thursday, flyers will be in the office, or you can reach out to Mr. Nellis through Email or just come over to the pool any time after school.

Girls interested in playing high school basketball, we officially start on Wednesday, November 19th, from 4:45-7:00pm. If you are not receiving any text messages from the basketball coaches and you wish to start doing some basketball workouts prior to the 19th, come to the office and we'll get you set up with Coach Ron.

Lunch choices today are: Alfredo Pesto Chicken w/Pasta; Cheese Bosco Sticks; Pepperoni, Ham & Veggie Pizza; Cheeseburger; Spicy Chicken Tenders; Turkey Cobb Salad; or Chicken Caesar Wrap.