

Upcoming Athletic/Activities This Summer.....

Weight Room Hours

Weight room opens up on June 9.

Monday - Thursday: 6:30 am - 8:00 am High School Boys
7:45 am - 9:00 am High School Girls
9:00 am - 10:00 am Junior High

Weight Room Boys Supervisor: Tyler Lampert (tlampert@usd462.org)

Weight Room Girls Supervisor: Ben Ponce (bponce@usd462.org)

**The weight room is open to all girls and boys to come get faster and stronger!

Summer Camps

HS Boys BB Camp @ CJSHS	May 27-30	8:00 am - 10:00 am
HS Girls BB Camp @ CJSHS	May 27-30	10:00 am - 12:00 pm
Coach: Ben Ponce (bponce@usd462.org)		
JH Cheer Camp @ CJSHS	June 10-11	9:00 am - 3:00 pm
HS Cheer Camp @ CJSHS	June 12-14	9:00 am - 3:00 pm
Coach: Johnna Jordan (jatwood@usd462.org)		
HS Cross Country Camp @ Tulsa	June 13-15	
Coach: Jason Braun (jbrown@usd462.org)		
HS FB Team Camp @ CJSHS	June 16-19	8:00 am - 10:00 am
Coach: Tyler Lampert (tlampert@usd462.org)		
HS FB Team Camp @ Southwestern	July 10-11	7:00 am - 1:00 pm
Coach: Tyler Lampert (tlampert@usd462.org)		
HS VB Team Camp @ WSU	July 9-11	
Coach: Julie Konrade (julie_konrade@usd465.com)		
JH Volleyball Camp @ CJSHS	July 14-16	2:30 pm - 4:30 pm
HS Volleyball Camp @ CJSHS	July 14-17	6:00 pm - 8:30 pm
Coaches: Julie Konrade (julie_konrade@usd465.com)		
Missy Atkins (matkins@usd462.org)		
JH Girls & Boys BB Camp @ CJSHS	July 28-30	10:00 am - 11:30 am
Camp Coordinator: Ben Ponce (bponce@usd462.org)		
Elem. Basketball Camp (Grades 3-5) @ CJSHS	July 28-30	1:00 pm - 2:30 pm
Camp Coordinator: Ben Ponce (bponce@usd462.org)		
JH/HS Band Camp @ CJSHS - Date To Be Announced In Late July/Early August		
Sponsor: Michelle Dolan (mdolan@usd462.com)		

Physicals

Physicals will be given Thursday, August 14th at 5:30 pm at Central High School. They will cost \$15. Dr. Swanson will be doing them for us this year. Forms are available in the high school office.