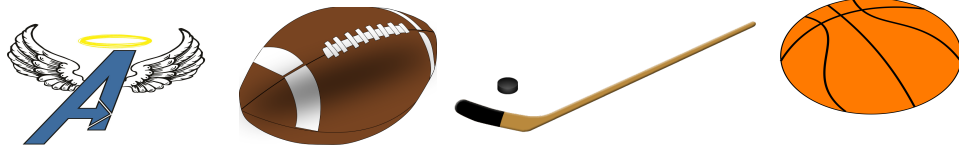


Session 1 After School Club Sports



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. Students will also learn the importance of good sportsmanship, cooperation, and being a team player. All sessions will be led by All Saints Staff. Registration is limited to 30 per session/ per day for outside activities 15 per session per/ day for indoor activities. . **All Covid Guidelines will be followed.**

Tuesdays 2:15- 3:15 (Cross country 3rd-8th)- \$115

6 Weeks Starting October 27

Students will start each day with a stretch and warm up activity. They will then transition to speed, technique and endurance training while running. Outside activity, mask required for stretching, dress accordingly for the weather.

Wednesdays 2:15- 3:15 (Gym games 1st - 3rd) Price \$115

6 Weeks Starting October 28

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 as the introduction of basic sports skills and games. All Games will follow current covid guidelines.

Thursdays 2:15- 3:15 (Flag Football 3rd- 8th) Price \$115

6 Weeks Starting October 29

Students will break into teams and play supervised flag football games. Students will learn to catch and throw a football, organized plays, and of course lots of fun games. Games will be outside, please dress accordingly.

Fridays 2:15- 3:15 (Gym games 1st - 3rd) Price \$115

6 Weeks Starting October 30-

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 as the introduction of basic sports skills and games. All Games will follow current covid guidelines.

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 Week 2 of each program. Questions to Adam Fielding ascsatletics@asc.net