

FREE WINTER SPORTS CLINIC and OPEN GYM

Sunday, December 10, 2023
Coaches and high school athletes will
lead your child through 3 stations!

Coach Schulte
Coach Tankovich
Coach Frase

Location: Osseo-Fairchild High School Gym(s)

Sponsored by a Mayo Clinic Health System Grant

Time	Age Group	Stations
2:00-2:45pm	Kindergarten-1st-2nd	Speed And Quickness / basketball skills/ wrestling skills
3:00-4:00pm	3rd - 4th - 5th grade	Speed And Quickness / basketball skills/ wrestling skills
4:00-5:00pm	Elementary and middle school OPEN GYM	
5:00-6:00pm	6th - 7th - 8th	Speed And Quickness / Weight Room

This is a free event to promote exercise and skill building in our youth programs. Parents are welcome to stay or drop off and pick up their children at the high school commons outside the HS Main Gym. We would like you to RSVP for this event so we can prepare equipment and a snack for all of the participants.

Please RSVP by returning this note to school or email Mr. Frase the answer to these questions at cfrase@ofsd.k12.wi.us

Free Sports Clinic: Return this note to Mr. Frase

Student's Name _____ Grade Level _____

Contact Phone Number _____

Parent/Guardian's Signature _____

