



# **ANNOUNCEMENTS**

**MAROON DAY | THURSDAY MAY 17, 2018**

# **THURSDAY LUNCH**

**Hot Ham and Cheese Sandwich**

**Sides: Baked Beans, Harvest  
Cheddar Sunchips, Fruit Choice,  
Salad Bar**

# **FRIDAY LUNCH**

**Beef Fiestada Pizza**

**Sides: Refried Beans, Tortilla  
Chips, Salsa, Fruit Choice,  
Salad Bar**

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**-RENAISSANCE STUDENT OF THE WEEK-  
Kylie Rahman**

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**-RENAISSANCE TEACHER OF THE MONTH-**  
**Brooke Petty**

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**PLANNING TO  
PARTICIPATE IN THE 2018  
SEASON**

**SCAN QR CODE / FILL OUT  
NEEDED INFORMATION**





# PRIDE

## STRENGTH & CONDITIONING

1-SCAN QR CODE

2- Fill out needed  
Information

**SC PRIDE**  
Summer Strength & Conditioning

SC Pride 18 is a summer program led by Mark Sandels, the strength and conditioning coordinator at Salina Central High School. The program is designed to increase an athlete's speed, strength, agility, endurance, and flexibility. The program is offered four times each week beginning June 17<sup>th</sup> and concluding on August 2<sup>nd</sup>. Sessions take place on Mondays, Tuesdays, Wednesdays and Thursdays. Sessions Times: June 17<sup>th</sup>, 18<sup>th</sup> and Summer break July 13<sup>th</sup> 6am

**Session 15:** 12" Vertical Pommel Squats 8-12 rep set  
 • Session begins at 6 am and concludes at 8 am  
**Session 16:** 12" Box Fronted Hike and Pommel Hike Squats 8-12 rep set  
 • Session begins at 7 am and concludes at 9 am  
**Session 17:** 12" Box Fronted Hike  
 • Session begins at 8 am and concludes at 11 am  
**Session 18:** 12" Box Fronted Hike and Pommel Hike  
 • Session begins at 12 pm and concludes at noon

**Why participate?** The strength and conditioning program is designed to maximize genetic potential. Participants gain strength, speed, and agility with an emphasis on technique in all attempts and proper recuperation in the weight room. If you want to give your son or daughter the opportunity to become the best they can be, then get them involved in this program.

**How do I register?** Complete the registration form below and turn it in with payment to the SC Athletics Office either in person or mail it to: SC High School - Attention: SC PRIDE 833 E Crawford, Salina, KS 67401. Please make checks payable to SC Pride.

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FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_  
 GRADE: 7 8 9 10 11 12 GENDER: MALE FEMALE T-SWIFT Youth's E-ADULT M L R 2R  
 PARENT / GUARDIAN CONTACT NAME: \_\_\_\_\_  
 PARENT / GUARDIAN CONTACT PHONE #: \_\_\_\_\_  
 PARENT / GUARDIAN EMAIL: \_\_\_\_\_

**CAMP FEES/CHECKS/AMOUNTS DUE:**  
 \_\_\_ \$40 - High School fee for entire program.  
 \_\_\_ \$40 - 18<sup>th</sup> through 20<sup>th</sup> grade fee for the entire program.

Thank you and welcome to our camp!

\_\_\_\_\_  
 Signature of parent / guardian

\_\_\_\_\_  
 Date


