



Big Foot High School

401 DEVILS LANE • P.O. BOX 99 • WALWORTH, WI 53184 • VOICE: (262) 275-2116 • FAX: (262) 275-5117



Big Foot High School and BFASA Present: Summer C.A.S.S
Chiefs, agility, strength and speed

What: Summer program for student athletes to work on agility, speed training, strength in the weight room and more. Student athletes will work on their athletic skills with their teammates in a competitive, fun and educational environment. Coaches Tyler Heck (football & wrestling), Jace Daniels (football & tennis), Greg Lueck (basketball & track), and Alison Krick (volleyball) will be teaching the sessions with appearances from other Big Foot coaches.

C.A.S.S. workouts can be paired with Sport Specific Skills and Drills that will give student athletes the best opportunity to be ready for their upcoming seasons. Please see the second page for details on this.

Cost: \$20 for all sessions:

- Incoming 10th-12th graders will pay/register in the high school main office.
- Incoming 6th-9th graders will pay/register at their BFASA school, or online through the Big Foot Recreation Department



- Cost includes t-shirt, snacks and end of the session summer cookout celebration.

Please note that all grade levels listed are for which grade the student will be in for the upcoming 23-24 school year.

When:

Monday-Thursday

- 9th-12th grade females: 7:00am-8:30am
- 9th-12th grade males: 7:45am-9:30am
- 6th,7th & 8th graders Co-Ed: 8:45am-10:00am
- 9th-12th grade Night Make Up Session Tuesdays & Thursdays 5:00pm-6:30pm
 - This is for high school students that are unable to attend morning sessions due to conflicts

- NO night session on Tuesday, July 4th

Sessions will start on the Big Foot football field (if raining, sessions will start in the East Gym), and end in the fitness center. Water bottle and athletic attire are strongly recommended.

Dates: C.A.S.S will run Monday-Thursday unless noted otherwise

- June 6-8
- June 12-15
- June 19-22
- June 26-29
- July 5-6
- July 10-14

Sport Specific Skills and Drills:

Sessions will run every week of C.A.S.S. **EXCEPT** the week of July 3rd

Girls Basketball and Volleyball

- 9th-12th Grade Girls Volleyball Tuesday & Thursday 8:30am-9:30am (no cost)
- 9th-12th Grade Girls Basketball Mondays & Wednesdays 8:30am-9:30am (no cost)
- 6th-8th Grade Girls Basketball Mondays & Wednesdays 7:30am-8:30am
 - (\$20 for the summer. Payable to Little Chiefs Basketball. Includes T-shirt)

Boys Basketball

- 10th-12th Grade Boys Basketball Tuesdays & Thursdays 9:30am-10:15am (no cost)
- 9th-12th Grade Boys Basketball Open Gym Fridays 9:00am-10:30am (no cost)
- 6th-9th Grade Boys Basketball Tuesdays & Thursdays 10:15am-11:00am
 - (\$20 for the summer. Payable to Little Chiefs Basketball. Includes T-shirt)

Boys Football

- 9th-12th Grade Football Mondays & Wednesdays 10:30am-12:00pm (no cost)

Wrestling

- 6th-12th Grade Wrestling Tuesdays & Thursdays 10:00am-11:15am (no cost)

If you have any questions please contact Alison Krick at alkrick@bigfoot.k12.wi.us