

ZM Summer Activities

Grades 7-12

(Grade based on current grade for the
2021-22 school year)

Summer Strength, Speed & Agility Program

Summer Strength, Speed & Agility Program will be led by a Nationally Certified Personal Trainer, Josh Karrow.

Programs will be tracked & managed through the [Teambuildr App!](#)

This program is available to our student athletes at Zumbrota-Mazeppa.

Who: Students in grades 6-11 (2021-22 School Yr)

➤ **Deadline to register is Thursday, June 2nd or**

When: June 6 - August 5th (No class July 4th)

when FULL! Sessions are LIMITED! Register Early!

Where: Strength Training ZM HS Weight Room;

Speed & Agility at ZM Football Practice Field (enter through West Ave or Primary School parking lot)

Three options are available - T-shirt included! *Discounted Rate if you register for both programs!

Option 1: Strength/Speed & Agility Program	Option 2: Strength Only	Option 3: Speed & Agility Only
Strength Sessions - Mondays, Wednesdays, Fridays (Register for one session only) <ul style="list-style-type: none">● Session 1: 6-7:15 AM● Session 2: 11-12:15 PM● Session 3: 3:45-5 PM Speed Agility: Tuesdays & Thursdays 5:30-6:30 PM Cost: \$249 for Strength & Speed Agility (5 sessions/wk)	Option 2: Strength Only Mondays, Wednesdays, Fridays (Register for one session only) <ul style="list-style-type: none">● Session 1: 6-7:15 AM● Session 2: 11-12:15 PM● Session 3: 3:45-5 PM Cost: \$179 for Strength Only (3 sessions/wk)	Option 3: Speed & Agility Program Only Speed Agility: Tuesdays & Thursdays 5:30-6:30 PM Where: Speed & Agility at ZM Football Practice Field (enter through West Avenue or Primary School parking lot) Cost: \$99 for Speed & Agility ONLY (2 sessions/wk)

EVALUATION DAYS: Option 1: Full Program - Strength - Attend your first Strength Session
Speed/Agility Evaluation - Tuesday, June 7th 5:30-6:30 PM, location Upper Football/practice Field.

Option 2:Strength Only - Attend your first Strength Session

Option 3: Speed/Agility ONLY - Evaluation will be Tuesday, June 7th at 5:30-6:30 PM, location Upper Football/practice Field

***We will follow the ZM Schools Covid Protocol. Program subject to change, due to current covid guidelines.**

Registration Form

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992

Make checks payable to ZM Schools. Register online @ www.zmschools.us

Name _____ Age _____ Grade (21-22) _____
Address _____ City _____ Zip _____
Home Phone _____ Work Phone _____ Emergency Contact/Number _____
Email (for registration confirmation) _____

T-shirt Size: YS YM YL AS AM AL AXL



ZM Jr. High Football Camp 2022



The Junior High and High School football camp is designed to introduce the players to drills and schemes that we will use during the upcoming season. In a non-collision/no pad environment we will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. The junior high camp will introduce all players to all positions. This camp will be run by ZM coaches.

Who: For anyone going into grades 7 or 8 next year(6th and 7th this year)

When: July 18th – 21st

Where: Zumbrota-Mazeppa Football field

Time: 10:00a.m. – 11:30a.m.

Camp Fee: \$55(includes a t-shirt) – checks payable to ZM Football

- If a 6th grader this year decides to go to BOTH elementary and J.H. camps the fee is only \$30 for July Camp

What to wear: Shorts, t-shirt, gym shoes and/or football cleats

Registration Deadline: June 24th

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Phone: 732-7237

Only partial refund if notified after **June 24th**

Detach and return the form below.

Keep the top portion as a reminder of the details

Make checks payable to **ZM FOOTBALL**

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch
864 West 2nd St.
Zumbrota, MN 55992

Name

Parent's name

Grade '21-'22

Address

Email

Daytime phone

T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-large ☐ XX-large

Statement: I am willing to let _____ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature

Date



ZM Varsity/JV Football Camp 2022



The High School football camp is designed to introduce the players to drills and scheme that we will use during the upcoming season. We will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. During this camp we WILL issue equipment and use it for the state mandated acclimatization process for our TEAM CAMP in Marshall, MN July 27th-29th. This camp will be run by ZM coaches.

Who: For anyone going into grades 9 through 12 next year(8th through 11th this year)

When: July 18th – 20th & 25th & 26th

Where: Zumbrota-Mazeppa Football field

Time: 6:00pm – 7:30p.m.

Camp Fee: \$45 – checks payable to ZM Football

What to wear: Shorts, t-shirt, gym shoes and/or football cleats

Registration Deadline: June 24th

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Phone: 732-7237

Coach Boraas

joshb@zmsch.k12.mn.us

Only partial refund + T-shirt if notified after **June 24th**

Detach and return the form below.

Keep the top portion as a reminder of the details

Make checks payable to ZM Football

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch

864 West 2nd St.

Zumbrota, MN 55992

Name _____ Parent's name _____ Grade next fall _____

Address _____ Daytime phone _____

T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-large ☐ XX-large

Statement: I am willing to let _____ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature _____

Date _____



ZM Varsity Football

Team Camp

2022



The SMSU Team Camp is an opportunity for our TEAM to compete in scrimmage and position competition against other teams when we travel to Marshall, MN. Several area teams travel to camps across the state and at least three will be going to this camp in Marshall as well. This is an opportunity for us to improve as a team in preparation for the upcoming 2022 football season. The players will use the equipment they will be issued for our camp in Zumbrota the week before. This is a great opportunity for us and we hope to have a large amount of athletes participating.

Who: For anyone going into grades 10 through 12 next year (9th through 11th this year)

NOTE: This is an expensive camp for Varsity players. Therefore, parents can contact Coach Raasch if you are wondering if this camp is a good return on investment for your athlete.

When: July 27 – 29th

Where: Marshall, MN

Departure Time on July 27th: 7:00 a.m.

Return Time on July 29th: 4pm (estimated time of arrival)

Camp Fee: \$200 – checks payable to ZM Football (some scholarships available, see Coach Raasch for more info)

Contact Coach Raasch for more info: darinr@zmsch.k12.mn.us or Coach Boraas at joshb@zmsch.k12.mn.us

Detach and return the form below.

Keep the top portion as a reminder of the details

Make checks payable to ZM Football

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch
864 West 2nd St.
Zumbrota, MN 55992

Name _____ Parent's name _____ Grade next fall _____

Address _____ Daytime phone _____

T-Shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-large ☐ XX-large

Statement: I am willing to let _____ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature _____

Date _____

What to Bring

1. Full Pads - *Helmet, Shoulder Pads, Lower Pads, Jersey, Pants, Cleats, Socks, Mouth Guard*
2. Bedding for a Twin Size Bed
3. Alarm Clock
4. Fan
5. Sun Screen
6. Medical Needs (*Inhaler, Diabetes Supplies etc...*)
7. Extra cash for Pizza / Gatorade / Snacks

About the Camp:

This camp will allow us to bring our entire team to SMSU campus where we will have a chance to both run our team through practice and scrimmage other teams from throughout Minnesota, South Dakota and Iowa.

Throughout the camp we will run your players through various competitions and also take two sessions to run our players through individual drills run by SMSU staff. With a high level of competition and great facilities for our team to meet in, this is the premier team camp in the Tri-State area.

Daily Schedule		
Day 1		
TIME	EVENT	LOCATION
11:00am	Check-in	Conference Center
1:30pm	SMSU Coaches Practice	Stadium/Practice Fields
3:00pm	Team Prep	Stadium/Practice Fields
5:00pm	Dinner	Cafeteria
7:00pm	Team Practice/7on7/Big Man Challenge	Stadium/Practice Fields
7:30pm	11 on 11	Stadium/Practice Fields
9:00pm	Camp Store Opens (Pizza & T-shirts)	Campus
11:00pm	Lights Out	Dorms

Day 2		
TIME	EVENT	LOCATION
7:00am	Breakfast	Cafeteria
9:00am	Team Prep	Stadium/Practice Fields
9:30am	11 on 11	Stadium/Practice Fields
11:00am	Lunch	Cafeteria
2:00pm	Team Prep	Stadium/Practice Fields
3:30pm	7 on 7 / Big Man Challenge	Stadium/Practice Fields
5:00pm	Dinner	Cafeteria
7:30pm	Stretch / King of the Hill	Stadium
9:00pm	Camp Store Opens (Pizza & T-shirts)	Campus
11:00pm	Lights Out	Dorms

Day 3		
TIME	EVENT	LOCATION
7:00am	Breakfast	Cafeteria
9:00am	Team Prep	Stadium/Practice Fields
9:30am	11 on 11	Stadium/Practice Fields
11:30am	Begin Checkout	Dorms
12:00pm	Lunch to Go	Cafeteria

2022 Z-M Summer Volleyball Camp

Ran by the 3C's Volleyball. The 3C volleyball camps are run by a group of current and former college coaches and players. It is their mission to help young players grow into more than a good volleyball player. They teach: *Basic skills & knowledge of the game *Strong team culture *Healthy & lasting relationships with teammates and coaches *Confidence on and off the court *Strong character *Growth mindset *Mental toughness.

The 3 C's Volleyball Camp:

First Day: Go over basics: Passing, serving, setting, attacking and defense, with lots of breakdown & repetition.

Team Talk: Team culture, coachability, mental toughness, resilience and a growth mindset.

Second Day: Put what you've learned the day before into action. This includes lots of team play.

July 28th- 29th
Z-M High School Gym



6th & 7th Graders (2021-2022 School Year)

9:00-11:30 \$50 per camper

8th -11th Graders (2021-2022 School Year)

12:00-4:00 \$110 per camper

There must be a minimum of 12 players for each session.

Camp Director: Lisa Nelson, lisan@zmsch.k12.mn.us, 507-254-4031

Camp Instructor: 3C's Volleyball

REGISTRATION IS DUE ON OR BEFORE June 2nd

If registration is sent after June 2nd t-shirts may not be given.

Cut off and make checks payable to **ZM Volleyball**. Send registration to the High School office or Mrs. Nelson
2022 Z-M Summer Volleyball Camp

Name: _____ Grade(2021-22 school year): _____

Parents/Guardians Name: _____

Contact Number: _____ Email: _____

T-shirt size: Adult Small _____ Medium _____ Large _____ XL _____

Emergency Contact

Name: _____ Contact Number: _____

Camp Agreement/Hold Harmless/Insurance:

I hereby agree that my child will be attending the Z-M volleyball clinic and that she is in condition to participate in the daily activities. I grant permission to the Z-M volleyball clinic, its directors, instructors, etc, to act for me in using their best judgment in any emergency requiring medical care, injury treatment, or treatment at a medical facility. I hereby waive and release the Z-M volleyball clinic, its directors, instructors, and all employees from any responsibility for personal injury arising out of the applicant's participation in the camp program. All campers should be covered by their own personal insurance which should be listed below with the policy number. By signing below, I agree to hold harmless for any and all responsibility, loss of items, damages, costs or expenses which are sustained.

Participant's Name: _____

Parent/Guardian Signature: _____



2022 Cougar Girls Basketball Camp



Who: For girls *currently (2021-2022)* grades 1-8

When: Monday-Thursday, June 13 - 16th

Where: High School Gym in Zumbrota

Cost: \$50. Fee includes camp t-shirt.

Times:

Session 1- Grades 1-4 - 9am-10:15am

Session 2- Grades 5-8 - 10:15am-11:30am



Here's your chance to join your friends, have fun, and improve your basketball skills for the upcoming season. We are excited about the opportunity to be working with and getting to know both our present and future Cougar basketball athletes. Age appropriate fundamental skills with an emphasis on shooting will take place.

Camp Director: ZM Head Girls Basketball Coach Darren Nelson; if you have any questions, email him at: dhnelson12@gmail.com or darren.nelson@byron.k12.mn.us

We continue to follow MDH guidance to prevent transmission of COVID-19 in youth activities. For youth activities we are asking that parents self-screen participants daily before sending them to activities. Please do not send students to activities if they are not feeling well!

Make checks payable to: **Darren Nelson**

Detach and retain the top portion for your records.

Return registration form and fee to Darren Nelson at the ZM High School Office at 705 Mill Street, Zumbrota, MN 55992. **Register by May 20th, 2022.** Late registrations may be accepted, but without a shirt guarantee.

Player's Name: _____ Grade Currently In (2021-22): _____

Parents Name(s): _____

Parent Phone# during camp: _____ E-mail: _____

T-Shirt Size (circle choice):

Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL

Statement: I am willing to let my child, _____ participate in basketball camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for any injuries associated with the camp.

Parent/Guardian Signature: _____ Date: _____



Do you want to learn or improve your basketball skills? Do you want to learn drills to better yourself over our long summer? Let's get better together at our Zumbrota-Mazeppa Basketball Camp!

Grade levels are determined by which grade the student was in during the 2021-22 school year

Current 3rd-5th Graders- 12:30pm-2:00pm
Current 6th- 8th Graders- 2:00pm-3:30pm
Current 9th- 11th Graders-- 3:30pm-5:30pm

Contact Information

Head Coach Logan Jensen
PHONE: 507-254-5195
EMAIL: loganj@zmsch.k12.mn.us

Deadline:

Sign-up by May 16th

**Return sheet and payment to
High school/Elementary office
or to Mr. Jensen**

Payment:

Cash or check

**Make check payable to
Logan Jensen**

ZUMBROTA- MAZEPPA

Boys Basketball Camp

LOCATION

Zumbrota High School Gymnasium

DATES AND COST

June 6th- June 9th

Cost- \$60 (includes Camp T-Shirt)

**Sign-up for grades you were in the CURRENT (2021-22)
school year (Place "X" on correct grade)**

3rd-5th Grade _____

6th-8th Grade _____

9th-11th Grade _____

T-Shirt Youth Sizes (circle one) S M L

T-Shirt Adult Sizes (circle one) S M L XL

Statement: I am willing to let my child participate in basketball camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for any injuries associated with the camp. If injury occurs, supervisor will call the number listed below.

Child Name: _____

Parent/Guardian Signature: _____

Date: _____ Phone Number: _____

ZUMBROTA-MAZEPPA

Wrestling Camp 2022

June 6th-9th

The ZM wrestling camp has a history of bringing in top clinicians from around the country! Because of timing, typically we can't hire clinicians until after our flyer is due to Community Ed. As the wrestling staff, and as history has proven, we will provide ZM wrestlers with some of America's top athletes/coaches!

Past clinicians include:

Past U of M Gopher wrestlers:

Dylan Ness: 4x All American, 2x finalist
Jason Ness: 4x All American, National Champ
Kevin Stienhouse: 3x All American, Big 10 Champion
Joel Bauman: 2x state champion, Junior Freestyle All American
Dustin Schlatter: 3x All American, National Champion
Matt Nagel: 5x state hs champion, 4x All American
Tony Nelson: 4x All American, National Champion
Cole Conrad: Undefeated two years, 2x National champion
Caden Steffen: 2x state champ, Fargo AA finalist, 2x division 2 All-American
Devin Skatzka: 2x state champ, 2x national qualifier, 2019 All-American
Brayton Lee: 2x big ten place winner, 2x All-American

Nick Dardanes: 2x high school champ, All American
Zach Sanders: 5x high school champ, 4x All American
Ethan Lizak: All American, National finalist
Brett Pfarr: All American, National finalist
Bailee O'Reilly: 2x state champion, National qualifier, D1 starter

St. Cloud State Wrestlers:

John Sundgren: 2x All American, National Champion
Austin Georgen: 4x All American, National finalist

Students in grades K – 12th (2021-2022) are encouraged to participate at the ZM wrestling camp this summer.

Camp Location: ZM Elementary Gym (Mazeppa)

Monday, June 6th: 5:00-6:00 (K-6), 6:15-7:30 (7-12)

Tuesday, June 7th: 5:00-6:00 (K-6), 6:15-7:30 (7-12)

Wednesday, June 8th: 5:00-6:00 (K-6), 6:15-7:30 (7-12)

Thursday, June 9th: 5:00-6:00 (K-6), 6:15-7:30 (7-12)

Cost = \$40 (1 wrestler)

2 siblings = \$50

Family = \$60

Please make checks payable to: Brota Valley Wrestling

(Send checks to: 353 E. 9th street Zumbrota MN, 55992)

Please contact Link Steffen with any questions at: 507-358-1344

Registration – Wrestling Camp

Name _____ Phone _____ Grade _____

Address/City _____

I hereby consent to let my child _____ participate in the 2022 wrestling camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Parent/Guardian Signature _____

Zumbrota-Mazeppa Marching Band

Open to current band members who are in
grades 8-12 for the 21-22 School Year.

The ZM Marching Band will be performing at
this year's Mazeppa Days Parade.

Grades: 8th-12th (2021-22)

Dates: June 7th – July 8th (Tuesdays, Wednesdays, Thursdays)

Class Times: 8-9:30 AM

Location: ZMHS Band Room

Instructor: Scott Cory

To register or for more information, please contact Scott Cory
at scottc@zmsch.k12.mn.us or 507-732-7395 extension 1140.