



7-12 Daily Announcements

June 3, 2019
Today is a "A" Day

Monday, June 3	Tues., June 4	Wed., June 5	
<p><u>Breakfast</u> 4K-12: Mini cinnis or cereal, cheese stick 3-12: Choice of cinnamon or choc chip ultimate breakfast round or 4K-12 breakfast menu</p>	<p><u>Breakfast</u> 4K-12: WG pancakes, sausage patty or cereal, cheese stick</p>	<p><u>Breakfast</u> 4K-12: Muffin or cereal, cheese stick 3-12: Choice of cheese omelet, whole wheat toast or 4K-12 breakfast menu</p>	
<p><u>Lunch</u> 4K-12: Cheese pizza, steamed broccoli, sliced pears 7-12 only: Choice of buffalo chicken pizza or chicken Caesar salad or 4K-12 lunch menu</p>	<p><u>Lunch</u> 4K-12: Crispy chicken tenders w/tortilla, steamed green beans, Sidekicks 7-12 only: Choice of crispy chicken salad or 4K-12 lunch menu</p>	<p><u>Lunch</u> 4K-12: Hot dog, Sun Chips, whole kernel corn, sliced peaches 7-12 only: Choice of chef salad or 4K-12 menu</p>	

6-12th Gr Strength Training

Live Fast Fit Free Gym - 125 Anderson Ave

Shell Lake Summer School Strength Training will be held off site this summer.



This training program is designed and implemented by Shell Lake High School Athletic Coaches.

The program is offered to Shell Lake students, completing 6-12th grade, at no charge.

The program will emphasize increasing speed and power.

Physically and mentally prepare for your upcoming athletic seasons and/or develop appropriate techniques to strengthen yourself.

The training program will be hosted by Live Fast, Fit, Free gym located at 125 Anderson Ave, Shell Lake (behind The Potter's Shed)

PROGRAM A:	PROGRAM B:
June 10-15, 8:00-9:30 AM June 17-28, 8:00-10:00 AM *Morning Bus Pick Up and/or 10:00 AM Shuttle to WITC offered July 1-3, 8:00-9:30 AM (No July 4, 5) July 8-12 / July 15-19 / 22-26 / July 29-31, 8:00-9:30 AM	June 10-15, 9:30-11:00 AM June 17-28, 10:00-12:00 PM *10:00 AM Shuttle from WITC and/or Bus Take Home offered July 1-3, 9:30-11:00 AM (No July 4, 5) July 8-12 / July 15-19 / 22-26 / July 29-31, 9:30-11:00 AM

REGISTER FOR STRENGTH TRAINING AT: www.shelllake.k12.wi.us
Parents & Community → Online Registration

Shell Lake Lakers

High School Track and Field

2019 Team Awards Banquet

Join us to celebrate all of our athletes and their amazing team and individual accomplishments this track season.

When: Tuesday, June 4th
(food set-up @ 5:45pm)
Dinner Starting at 6pm
Awards/Recognition at 6:30pm
Where: High School Commons

Dinner will be a potluck. We ask that you please bring the following items to share:

Freshmen/ Juniors -

Drinks and/or Desserts

Sophomores -

Main Dish (pasta, casserole, hotdish)

Seniors -

Salad/Side Dish

We look forward to celebrating the 2019 season with athletes and their supporters!



Schedule for Last day of **7/12 School** Wednesday, June 5, 2019

Period 1 8:06- 8:45

Period 2 8:49- 9:28

Period 3 9:31- 10:10

Period 4 10:14- 10:52

Period 5 10:56- 11:35

MS Lunch 11:35 - 11:55

Period 6 11:39- 12:15

HS Lunch 12:15 Grab and Go

Students that drive are dismissed at 12:15

Buses will be here at 12:28.

Just a “**Few**” Upcoming Events:

June 5th- Last Day of School!!!!!!!

ARE YOU READY for Some FOOTBALL?!

High School Football Camp
Grades 9-12
June 20, 21 5:00-8:00 pm
July 24, 25, 26 5:00-8:00 pm

Youth Football Camp
Grades 5-8
(2019-20 School Year)
July 24, 25 5:00-8:00 pm

WHAT TO EXPECT

BASIC FOOTBALL
TECHNIQUE
LEARN THE GAME
TEAM BONDING
HAVE FUN



LOCATION

PRACTICE FIELD AT
SHELL LAKE HIGH SCHOOL

WHAT TO BRING

CLEATS
WARM WEATHER
CLOTHING
WATER BOTTLE
EXCITEMENT!

2019 5-8th Gr Flag Football Practice is August 26th.
Practices will be from 3:45-5:30 pm, Monday-Thursday.