

# **ZM Summer Activities**

## **Grades 7-12**

(Grade based on current grade for the 2023-24 school year)

# Summer Strength, Speed & Agility Program

Summer Strength, speed & Agility program will be led Josh Karow, MM.S. CSCS (certified strength and conditioning specialist). 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 (2023-24 SY) \* Deadline to register is Thurs., May 30<sup>th</sup> or when FULL! Sessions are limited, Register Early!

**When:** June 3rd – August 2nd (No class Wed., June 19th and the week of July 1st-5th)

**Where:** Strength Training - ZM HS Weight Room; Speed & Agility – ZM football practice field

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
<b>Strength Sessions:</b> Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"><li>• Session1: 6-7:15 AM</li><li>• Session 2: 12-1:15 PM</li></ul> <b>Speed Agility:</b> Tuesdays & Thursdays <ul style="list-style-type: none"><li>• 5:30-6:30 PM</li></ul> <b>Cost:</b> \$259 for Strength & Speed Agility (5 sessions a week)	<b>Strength Only:</b> Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"><li>• Session 1: 6-7:15 AM</li><li>• Session 2: 12-1:15 PM</li></ul> <b>Cost:</b> \$189 for Strength Only (3 sessions a week)	<b>Speed &amp; Agility Only:</b> Tuesdays & Thursdays <ul style="list-style-type: none"><li>• 5:30 – 6:30PM</li></ul> <b>Where:</b> ZM football practice field <b>Cost:</b> \$109 for Speed & Agility Only (2 sessions a week)

Evaluation Days: **Option 1: Full Program: Strength Only** – Attend your first strength session

**Speed & Agility** – Tuesday, June 4th 5:30-6:30 PM ZM football practice field

**Option 2: Strength Only** – Attend your first strength session

**Option 3: Speed & Agility Only** – Tuesday, June 4th 5:30-6:30 PM ZM football practice field

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## Registration Form – Summer Strength, Speed & Agility

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

Register Online @ [www.zmschools.us](http://www.zmschools.us)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (23-24) \_\_\_\_\_

Address/City: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact/Phone: \_\_\_\_\_

T-Shirt Size (please circle):    YS    YM    YL    AS    AM    AL    AXL

I HEREBY CONSENT TO LET MY CHILD PARTICIPATE IN THE 2024 Summer Strength, Speed & Agility program. I understand that all reasonable care and caution will be taken by those in charge to prevent injury, but neither those in charge nor the ZM School District will be held responsible in case of an accident.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# ZUMBROTA-MAZEPPA WRESTLING SUMMER TRAINING

## Featuring: **Dakota Trom**

3x MN State Champion  
USA National Triple Crown  
Cadet National Finalist  
Head Clinician for MN Elite Wrestling

**Where:** ZM Wrestling Room (Mazeppa)

**When:** Tuesday, June 4<sup>th</sup> Tuesday, August 6<sup>th</sup>  
Tuesday, June 11<sup>th</sup> Tuesday, August 13<sup>th</sup>  
Tuesday, June 25<sup>th</sup> Tuesday, August 20<sup>th</sup>

**Time:** 5:00-6:30pm (Entering K 2024-25 & K-5 2023-24)  
6:45-8:15pm (6-11 for 2023-24 School Year)

**Cost:** \$40/Wrestler (checks payable to ZM Schools)

If you have any questions, please contact: Ryne McNamara: 651-324-0085 or Briant Fruth: 507-421-9235

Register Online @ [www.zmschools.us](http://www.zmschools.us).

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### Registration - Wrestling Summer Training

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992  
Make checks payable to ZM Schools. Register online @ [www.zmschools.us](http://www.zmschools.us)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Grade: \_\_\_\_\_ (23-24)

Email Address: \_\_\_\_\_

Address/City: \_\_\_\_\_

I hereby consent to let my child \_\_\_\_\_ participate in the 2024 summer wrestling training. 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 \_\_\_\_\_ Date \_\_\_\_\_



# ZM Jr. High Football Camp

## 2024



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. Helmet and Shoulder pads will be issued for this camp. This camp will be run by ZM coaches.

**Who:** For anyone going into grades 7 or 8 next year(6<sup>th</sup> and 7<sup>th</sup> this year)

**When:** July 15<sup>th</sup> – 18<sup>th</sup>

**Where:** Zumbrota-Mazeppa Football field

**Time:** 10:00a.m. – 11:30a.m.(10-Noon on Monday July 15th)

**Camp Fee:** \$60(includes a t-shirt) – checks payable to ZM Football

- If a 6<sup>th</sup> 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 21st

Contact info: Darin Raasch

[darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us)

Only partial refund if notified after June 21st

Detach and return the form below.

Keep the top portion as a reminder of the details

**Please Note:**

We have set up a REMIND. If you have the Remind App please add ZM HS Football <https://www.remind.com/join/zmhsf> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

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### JH Camp Form

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 2<sup>nd</sup> St.  
Zumbrota, MN 55992

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Grade '23-'24

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email

\_\_\_\_\_  
Daytime phone

\_\_\_\_\_  
email address(s)...CAN list more than one(May be used in case of weather or other emergency during camp)

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 2024



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 24th-26th. This camp will be run by ZM coaches.

**Who:** For anyone going into grades 9 through 12 next year(8<sup>th</sup> through 11<sup>th</sup> this year)

**When:** July 15<sup>th</sup> – 18<sup>th</sup> & 22nd & 23rd & 29th & 30th

**Where:** Zumbrota-Mazeppa Football field

**Time:** 7-9a.m. AND 6:30pm – 8:00p.m.

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

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

**Registration Deadline:** June 21st

### Please Note:

We have set up a REMIND. If you have the Remind App please add ZM HS Football <https://www.remind.com/join/zmhsf> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

**Contact info:** Darin Raasch

or

Coach Boraas

[darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us)

[joshb@zmsch.k12.mn.us](mailto:joshb@zmsch.k12.mn.us)

Only partial refund + T-shirt if notified after June 21st

Detach and return the form below.

Keep the top portion as a reminder of the details

### Varsity/JV Camp Form

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 2<sup>nd</sup> St.  
Zumbrota, MN 55992

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Grade next fall

\_\_\_\_\_  
Address

\_\_\_\_\_  
Daytime phone

\_\_\_\_\_  
email address(s)...CAN list more than one

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 2024



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 2024 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(9<sup>th</sup> through 11<sup>th</sup> 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 24– 26<sup>th</sup>

**Where:** Marshall, MN

**Departure Time on July 24th:** 7:00 a.m.

**Return Time on July 26<sup>th</sup>:** 4pm(estimated time of arrival)

**Camp Fee:** \$200 – You will pay SMSU(some scholarships available, see Coach Raasch for more info)

Contact Coach Raasch for more info: [darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us) or Coach Boraas at [joshb@zmsch.k12.mn.us](mailto:joshb@zmsch.k12.mn.us)

Detach and return the form below.

Keep the top portion as a reminder of the details

## SMSU TEAM CAMP FORM

TO REGISTER:

- 1) Go To: <https://www.smsufootballcamps.com/>

Example ONLY this is previous year information:

EVENT	DATES	GRADES	
Individual Camp I	06/29/2023	9th - 12th Grade as of Fall 2023	<a href="#">REGISTER &gt;</a>
Youth Camp	07/24/2023 - 07/25/2023	1st - 6th Grade as of Fall 2023	<a href="#">REGISTER &gt;</a>
Team Camp	07/26/2023 - 07/28/2023	9th - 12th Grade as of Fall 2023	<a href="#">REGISTER &gt;</a>
Individual Camp II	07/28/2023	9th - 12th Grade as of Fall 2023	<a href="#">REGISTER &gt;</a>

- 2) Select Register on TEAM CAMP

**Register for this event!**

Select a price option to continue.

<input checked="" type="radio"/> Overnight Camper (Pay in Full)	\$195.00
<input type="radio"/> Overnight Camper (Deposit Only)	\$50.00
<input type="radio"/> Commuter Camper (Pay in Full)	\$145.00
<input type="radio"/> Commuter Camper (Deposit Only)	\$50.00

- 3) We will be an Overnight Camper
- 4) Follow the rest of the links to register.

## 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 2		
Day 1			TIME	EVENT	LOCATION
TIME	EVENT	LOCATION	7:00am	Breakfast	Cafeteria
11:00am	Check-In	Conference Center	9:00am	Team Prep	Stadium/Practice Fields
1:30pm	SMSU Coaches Practice	Stadium/Practice Fields	9:30am	11 on 11	Stadium/Practice Fields
3:00pm	Team Prep	Stadium/Practice Fields	11:00am	Lunch	Cafeteria
5:00pm	Dinner	Cafeteria	2:00pm	Team Prep	Stadium/Practice Fields
7:00pm	Team Practice/7on7/Big Man Challenge	Stadium/Practice Fields	3:30pm	7 on 7 / Big Man Challenge	Stadium/Practice Fields
7:30pm	11 on 11	Stadium/Practice Fields	5:00pm	Dinner	Cafeteria
9:00pm	Camp Store Opens (Pizza & T-shirts)	Campus	7:30pm	Stretch / King of the Hill	Stadium
11:00pm	Lights Out	Dorms	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

# 2024 Z-M Summer Volleyball Camp

Ran by 3C 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:

- Go over basics: Passing, serving, setting, attacking and defense with lots of breakdown and repetition.
- Team Talk: Team culture, coachability, mental toughness, resilience, and a growth mindset.
  - We put what we learned earlier into action. This includes lots of team play.

**July 29<sup>th</sup>- 31<sup>st</sup>**

**Z-M High School Gym**



**6<sup>th</sup> & 7<sup>th</sup> Graders** (2023-2024 School Year)

9:00-11:30     \$75 per camper

**8<sup>th</sup> -11<sup>th</sup> Graders** (2023-2024 School Year)

12:30-4:30     \$150 per camper

Camp t-shirt included!

**Camp Director:** Lisa Nelson, [lisan@zmsch.k12.mn.us](mailto:lisan@zmsch.k12.mn.us), 507-254-4031

**Camp Instructor:** 3C's Volleyball

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Cut off and make checks payable to **ZM Volleyball**. Send registration to the High School office or Mrs. Nelson  
2024 Z-M Summer Volleyball Camp

Name: \_\_\_\_\_ Grade(2023-24 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: \_\_\_\_\_





# 2024 Cougar Girls Basketball Camp



**Who:** Girls currently (2023-2024) in grades K-11<sup>th</sup>

**When:** Monday-Thursday June 10<sup>th</sup>-13<sup>th</sup>

**Where:** HS Gym (3<sup>rd</sup>-6<sup>th</sup> & 7<sup>th</sup>-11<sup>th</sup>), Primary Gym (K-2<sup>nd</sup>) in Zumbrota

**Cost:** K-2 session (\$55) , 3-6 & 7-11 sessions (\$60) (*cost includes a camp t-shirt*)

Session 1: Grades K-2      8:30-9:35am (Primary Gym)

Session 2: Grades 3-6      9:45-11:00am (HS Gym)

Session 3: Grades 7-11      11:00am-12:15pm (HS Gym)

Here's your chance to join your friends, have fun, and improve your basketball skills. 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 at camp.

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

Make checks payable to: **Darren Nelson**

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**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 or mail to Darren Nelson at home: 23037 County 10 Blvd, Mazeppa, MN 55956.

**Register by May 17<sup>th</sup>, 2024.** Late registrations may be accepted, but without a shirt guarantee.

Player's Name: \_\_\_\_\_ Grade Currently In (2023-24): \_\_\_\_\_

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 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 injuries that occur during the camp.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## BASKETBALL

It's time to take Z-M basketball to the next level! Come develop your skills, learn new ways to play with your team, and improve your game before the summer turns up!

Grade levels are determined by which grade the student was in during the 2023-24 school year.

Current 3<sup>rd</sup>-5<sup>th</sup> Graders- 1:00pm-2:00pm  
Current 6<sup>th</sup>- 8<sup>th</sup> Graders- 2:00pm-3:30pm  
Current 9<sup>th</sup>- 11<sup>th</sup> 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 10<sup>th</sup>**

**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-Mazeppa High School (Big Gym)**

### DATES AND COST

**June 3<sup>rd</sup>- June 6<sup>th</sup>**

**Cost- 3<sup>rd</sup>-5<sup>th</sup> = \$50 = 4 hours of camp**

**6<sup>th</sup>-8<sup>th</sup> = \$60 = 6 hours of camp**

**9<sup>th</sup>-11<sup>th</sup> = \$80 = 8 hours of camp**

**Sign-up for grades you were in the CURRENT (2023-24)  
school year (Place "X" on correct grade)**

3<sup>rd</sup>-5<sup>th</sup> Grade \_\_\_\_\_

6<sup>th</sup>-8<sup>th</sup> Grade \_\_\_\_\_

9<sup>th</sup>-11<sup>th</sup> 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: \_\_\_\_\_



# Sleeping Beauty

through Missoula Children's Theater

August 19th—24th in the ZM HS/MS Auditorium  
Kindergarten (2023-24) – Age 18

\$99



The Missoula Children's Theatre presents SLEEPING BEAUTY, an original adaptation of the classic fairy tale. A new princess is born, and from far and wide the people of the kingdom gather to celebrate. One simple mistake is made—an invitation is misplaced—and the wrath of the vicious Scarella falls upon the poor infant in the form of a spell. Sleeping Beauty is now destined to sleep for eternity if she should prick her finger on a spindle before she reaches her sixteenth birthday. Sleeping Beauty's Fairy Godmothers do their best to amend the spell, but Scarella, with the help of some nasty Trolls, tricks Sleeping Beauty into pricking her finger and the spell takes effect. Five hundred years pass and Sleeping Beauty wakes to find herself in a Rock 'n Roll dream! Also featured in this production are the King and the Queen, Spot, the Fairies, the Palace Attendants and the Caterpillars. SLEEPING BEAUTY—a Rock 'n Roll Fable for the ages. This is definitely no sleeper!

Auditions are open to anyone Grade K (2023-24) through 18. The audition process lasts up to two hours and all those auditioning are required to be in attendance for its entirety. No preparation or experience is necessary for the audition. The cast will be announced at the end of the two-hour audition; each cast member will receive a rehearsal schedule for the remainder of the week. A portion of the cast will be required to stay following auditions for a 2-hour rehearsal. Two professional actor/directors from the staff of Missoula Children's Theatre will direct the production.

Rehearsals will be held the remainder of the week. There will be two sessions, depending on your role you may be required to attend both sessions. A schedule will be given following auditions. Anyone who auditions should make sure their schedule is clear, as full attendance is mandatory! Performances are on Friday evening and Saturday morning in the ZMHS Auditorium.

<b>Auditions:</b>	Monday ZM HS/MS Auditorium	August 19 3:00 - 5:00 PM
	*A portion of the cast will be required to stay following auditions for a 2-hour rehearsal.	
<b>Rehearsals:</b>	Tuesday, Wednesday, Thursday ZM HS/MS Auditorium	August 20, 21, 22 Session 1: 3:00 – 5:00 PM Session 2: 5:15 - 7:15 PM
<b>Dress Rehearsal:</b>	Friday ZM HS/MS Auditorium	August 23 3:00 - 7:00 PM
<b>Evening Performance:</b>	Friday ZM HS/MS Auditorium	August 23 7:00 PM
<b>Matinee Performance:</b>	Saturday ZM HS/MS Auditorium	August 24 11:00 AM
<b>Workshops:</b>	Put Your Best Foot Forward – K-2nd Grade	Tues., Aug. 20 - 2:00-3:00 PM
(included in the registration fee)	Put Your Best Foot Forward – 3rd – 5th Grade	Wed., Aug. 21 – 2:00-3:00 PM
Please register for workshops on	Put Your Best Foot Forward – 6th Grade – Age 18	Thurs., Aug. 22 – 2:00-3:00 PM
Monday, Aug. 19 at auditions.		

***Tickets for each performance will be \$5 for adults and \$3 for students.***

## Registration Form – Missoula Children's Theater

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

Make checks payable to ZM Schools. Register online @ [www.zmschools.us](http://www.zmschools.us).

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Cell phone \_\_\_\_\_ Emergency Contact/Number \_\_\_\_\_

E-mail (for registration confirmation) \_\_\_\_\_

Free! **SUMMER MEALS**

## For All Kids Ages 18 & Under

## Zumbrota-Mazeppa Public Schools

## Food &amp; Nutrition Department

**Breakfast: 7:30 a.m.-8:30 a.m.**

**Lunch: 11:00 a.m. - 12:00 p.m.**

**Weekdays, starting June 3rd-Aug.**

Questions - P: (507) 732-1419 or Email: [brentl@zmsch.k12.mn.us](mailto:brentl@zmsch.k12.mn.us)

*Menu subject to change due to product availability.*

## Week 1

June 3rd - 7th

June 17th - 21st

Julv 1st-5th

July 15th - 17th

July 29th - Aug. 2nd

Aug. 12th - 16th

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Mini French Toast OR Assorted Cereal Fruit Selection Milk	Breakfast Round OR Assorted Cereal Fruit Selection Milk	Cinnamon Roll OR Assorted Cereal Fruit Selection Milk	Breakfast Pizza OR Assorted Cereal Fruit Selection Milk	Muffin OR Assorted Cereal Fruit Selection Milk
Bosco Sticks w/Marinara Green Beans Fruit Selection Milk	Popcorn Chicken Mashed Potatoes Yellow Corn Fruit Selection Milk	Walking Taco Refried Beans Shredded Lettuce Diced Tomatoes Fruit Selection Milk	Deli Sub (Ham, Turkey, and Cheese) Dorito's Vegetable Selection Fruit Selection Milk	Corn Dog Crispy Tater Tots Baked Beans Fruit Selection Milk
Banana Bread OR Assorted Cereal Fruit Selection Milk	Maple Turkey Corn Dog OR Assorted Cereal Fruit Selection Milk	Breakfast Round OR Assorted Cereal Fruit Selection Milk	Mini Waffle OR Assorted Cereal Fruit Selection Milk	Mini Cinni OR Assorted Cereal Fruit Selection Milk
Spaghetti w/Meat Sauce Fresh Salad Fruit Selection Milk	Cheeseburger on Bun Baked Wedge Fries Fruit Selection Milk	Chicken Tenders Sweet Potato Fries Vegetable Selection Fruit Selection Milk	French Toast Sticks Sausage Links Crispy Smiley Fries Fruit Selection Milk	Cheese Pizza OR Pepperoni Pizza Fresh Salad Fruit Selection Milk

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## Week 2

June 10th - 14th

June 24th - 28th

July 8th - 12

July 22nd - 26th

Aug. 5th - 9th

Aug. 19th - 23rd

## Breakfast

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**No Meal Service on June 19th, July 4th and 5th. Last day for summer meals is Aug. 23rd.**

***This institution is an equal opportunity provider***

Menu's available online at <https://zmschools.nutrislice.com/menu>

**ADVENTURE**  
— BEGINS AT —  
**YOUR LIBRARY.™**



# **SUMMER READING PROGRAM**

**2024: JUNE 1 - AUGUST 10**

**Join us for a summer filled with adventure!**

**Reading Challenges (ages birth-18):** Read books and complete literacy activities to earn prizes! You can track your progress online at [zumbrota.beanstack.org](http://zumbrota.beanstack.org) or with our paper packets.

**Programs & Events:** Join us for some awesome performers, presenters, artists, and more! These programs are free and open to all though please note that some require registration and most will include a recommended age range.

**MORE INFORMATION WILL BE AVAILABLE SOON ON  
THE LIBRARY'S WEBSITE: [WWW.ZUMBROTA.INFO](http://WWW.ZUMBROTA.INFO)**

Zumbrota Public Library | 100 West Ave | 507-732-5211 | [znl@selen.info](mailto:znl@selen.info)