

HIGH SCHOOL COURSE DESCRIPTIONS

DRIVERS ED (Instructor: Mr. D. Nennig) (High School IMC)

Drivers Education Classroom Instruction is available through the School District of Howards Grove in June of 2017. The program runs from 9:40 am until noon, beginning Monday, June 12th, and running for 13 days, concluding on Wednesday, June 28th. This meets the requirement of 30 hours classroom instruction, required for Drivers licensing. (Students turning 15 on or before December 15th are eligible). There is no cost for classroom instruction if you reside in the School District of Howards Grove. Students have the opportunity to contract with Tiger Driving School to meet behind the wheel (b-t-w) instruction, required prior to obtaining Probationary License. Please contact Dale Nennig at dnennig@hgsd.k12.wi.us to obtain more information and sign-up.

SPEED KILLS TRAINING (Instructor: Mr. Z. Wettengel)

Grades 7 - 12

Maximum No Limit

(High School Track/Weight Room)

If you want to get faster and look good while doing it this is the class for you. Not only will you impress everyone as you fly past them with your sweet stride but you will do it without even breaking a sweat. This training will be focusing mainly on speed and agility with some running technique sprinkled in to top things off. "They can't stop what they can't catch."

This class meets in 45 minute sessions, 7:30-8:15 a.m. and 8:15-9:00 a.m., on Wednesdays and Fridays, June 14th – July 28th at the Howards Grove High School weight room. No classes on July 3rd & 4th.

SUMMER FITNESS (Instructor: Mr. D. Schmid, Mr. Z. Wettengel and Mr. M. Schroeder)

Grades 7 - 12

Maximum 24 per class

(High School Track/Weight Room)

Students will be instructed in proper techniques of static and dynamic warm-up, speed and agility training, plyometrics, conditioning and weight training in order to promote a healthy lifestyle. In addition, time will be allotted to work on the student's specific sport(s) of interest. The class is designed and workouts are customized to accommodate students of all fitness levels and interests, from the young beginner to the returning varsity athlete to the student who simply wants to get into shape, including girls and boys alike. Workouts will be tailored to the individual's needs. Make this the summer you are in the best shape of your life!

This class will meet in 45 minutes sessions on Mondays, Tuesdays and Thursdays, June 12th – July 27th at the Howards Grove High School gym, track and weight room. No classes on July 3rd & 4th. Students will need to provide their own transportation.

THE HOWARDS GROVE SCHOOL DISTRICT RESERVES THE RIGHT TO CANCEL ANY CLASS DUE TO INSUFFICIENT ENROLLMENT.