

ASAP (After School Activities Program) Spring 2016

Ultimate Frisbee

DAY: Monday

LOCATION: Oak Field

Join Mr. Viola and Mr. Bellemer to throw around a frisbee and play a few games of ultimate frisbee. All ranges of skills and ability are welcome. Come improve your throwing and catching or to improve your existing skills. Each week we will play a game of ultimate out on the fields, so come prepared to run, catch, throw and maybe even layout for a catch.

Disc Golf

DAY: Tuesday

LOCATION: Outside on the Disc Golf Course

Every Tuesday, you will have the opportunity to participate in disc golf activities after school. You will learn the sport of disc golf! The sport requires a player to throw a plastic flying disc at a metal basket in as few throws as possible. You will be taught the basics of the sport by utilizing the baskets/mini course set up around Sherwood Middle School and Oak Middle School. Techniques on how to drive and putt will be taught, as well as how to play safely and courteously. There is no competition in this; it is purely recreational and for fun.

Volleyball

DAY: Thursday

LOCATION: Oak Gymnasium

Learn to set, spike, serve, and have FUN! This will be an intermediate/beginner program. Students who participated in the winter can continue to improve their skills and help to teach the beginners all about the game. Come play the game with girls and boys from Oak Middle School.

Baseball/Softball Clinic

DAY: Wednesday

LOCATION: Oak Field

It's that time of year again. The snow is slowly melting and the warm weather is beginning to return. That means baseball season is right around the corner! Join us as we knock off the winter rust, get ready for the season, and work on a number of drills and skills to improve our game and get ready for one of America's favorite pastimes.
