

# Summer Activities Available at FWHS 2017

**\*Fitness Center Hours:** 9:00am – 5:00pm (Monday – Thursday) (Closed from 12pm – 1pm)  
Open to all Flowing Wells High School students and Incoming Freshmen

**\*Football:** See Separate Schedule and Calendar

**\*Freshmen Football:** Fitness Center 3:00pm – 4:00pm and 4:00-5:30 on the field.  
Every Monday – Thursday through July. Starting on June 5<sup>th</sup>.

**\*Cheer:** Every Tuesday from 4-6pm , Every Friday from 8-10 and Every Saturday from 11:30-1:00pm

## **\*Boys Basketball**

### **\*Summer Varsity League**

- May 30-June 29<sup>th</sup>
- All games on Tuesday at Flowing Wells High School
- For more information, please email [Sean.Spiece@fwusd.org](mailto:Sean.Spiece@fwusd.org)

### **\*Freshman and JV League**

- May 31-June 28
- All games on Monday's and Wednesday at Amphi High School
- For more information, please email [Sean.Spiece@fwusd.org](mailto:Sean.Spiece@fwusd.org)

### **\*Tournaments**

- Memorial Day Classic at Sporting Chance: JV and Varsity, May 26-28
- Aztec Cactus Classic at Pima Community College: Freshman, JV, Varsity, June 9-11
- TOCC Session 2 at Catalina Magnet School: JV and Varsity, June 23-25
- Southwest Showdown at Sporting Chance: Freshman: Freshman, June 23-25

### **\*Open Gym**

- All through June, Monday through Friday, at Flowing Wells High School. 1:30pm – 3:30pm

## **\*Girls Basketball**

**\* Jr. Cabs Camp:** May 30 – June 2 - 8:00 to 10:00 a.m. in the FWHS West Gym for girls entering 4th through 8th grade. Contact Coach Perkins at (520) 203-2502 with questions. Please register online <http://www.flowingwellsgirlsbasketball.com/summer-cabs-camp.html> .

**\*High School Camp:** May 30 - June 2 - 10:00 a.m. to 12:00 p.m in the FWHS West Gym For incoming freshmen girls, as well as new and returning Flowing Wells High School players. Contact Coach Perkins at (520) 203-2502, no registration required.

**\*Summer League and Practice:** Starts May 29 and continues every Monday and Wednesday through June. For incoming freshmen girls, as well as new and returning Flowing Wells High School players. Game times are at 3:00, 4:00, or 5:00 p.m. for Freshman and JV teams, 6:00, 7:00, or 8:00 for

Varsity teams. Regular practices will be on Tuesdays and Thursdays from 1:30-3:30 p.m. for all. Contact Coach Perkins at (520) 203-2502, waiver form required.

**\*Summer Skills Camp:** Starts July 17th through August 4th. Will run from 2:00-4:00 p.m., Monday through Friday in the Lady Cab Gym or the weight room. For serious Flowing Wells Ladies Basketball Players entering 5<sup>th</sup> grade or higher and must be willing to work hard . Contact Coach Perkins at (520) 203-2502 for a calendar and follow Lady Cabs Basketball on Twitter or Facebook for cancelations.

### **\*Pima County Swim Program cost \$20**

#### **\*Swim Team Practice**

Monday – Thursday, 10:30-11:30 a.m. and 4:00-5:00 p.m.

#### **\*Boys & Girls Volleyball**

**\*High School Camp** – June 2 (4-8pm) and June 3 (9am-1pm) in the FWHS West Gym Registration cost is \$20, which includes camp shirt. Contact Coach Danny Alderete at (520) 991-6857.

**\*Summer League** – Wednesdays in June and July at either Pueblo Magnet or Catalina Magnet high 6-9pm. No fee to participate. Players will need to contact Coach Danny Alderete via phone or text at (520) 991-6857 to sign up to participate.

**\*Open gyms at FWHS** – Thursdays in June from 4-6pm (except 22 June) in FWHS West Gym.

**\*Open gyms at FW Jr. High** – In June, every Tuesdays (except 20 June) in FW Jr. High Gym from 4-6pm. In July, every Tuesday and Thursday (except 4<sup>th</sup> of July week) in FW Jr. High Gym from 4-6pm.

**\*Dave Rubio Volleyball Camp** – July 14 (2-9pm), July 15 (9-430pm), and July 16 (9-4pm) at McKale Center at University of Arizona. Registration cost is \$140, which includes camp shirt. Team selection will be based on attendance at open gyms in June and can include incoming freshmen girls, new and returning volleyball players.

**\*Cross Country** : 1<sup>st</sup> session of summer training begins Tuesday, May 30<sup>th</sup> - Friday June 30<sup>th</sup> at 6:00am Monday -Friday. We meet in the Fitness Center at Flowing Wells High School.

**\*Cross Country** : 2<sup>nd</sup> session of summer training begins Wednesday, July 5<sup>th</sup> - Friday, July 28<sup>th</sup> at 6:00am Monday-Friday. If you have any question please contact Coach Ellen Mork @520-664-4924

**\*Tennis Lessons:** Tennis lessons at Tucson Omni Tuesday and Thursdays 5:30- 7:00 pm and Saturday 10:00-11:30 am with a tennis pro starting May 8. Scholarships available or if not 6 dollars a session. Contact number Tom Lepisto (520) 877-2311 or email [LepistoTennis@gmail.com](mailto:LepistoTennis@gmail.com) .

**\*Tennis League:** For USTA League times, call James Madruga 520-289-0667

Open Courts through the summer times to be determined later. Contact Coach Madruga by email or phone. ([james.madruga@fwusd.org](mailto:james.madruga@fwusd.org))

- \* = Updated for 2017