

SCHOOL DISTRICT OF MCFARLAND

# MCFARLAND RECREATION, ACTIVITIES, & PLAY



## 2017 FALL RECREATION GUIDE

[www.MRAPNews.com](http://www.MRAPNews.com)

5101 Farwell Street • McFarland, Wisconsin 53558 • (608) 838-4666

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## GENERAL INFORMATION

### How to Register

McFarland Recreation, Activities, & Play (MRAP) offers a wide variety of safe and affordable summer sport and recreation programs for children in the McFarland area. To register for any of our programs, please visit [www.MRAPnews.com](http://www.MRAPnews.com)

**Reminder: Please register your participant for the grade level that he/she is currently enrolled in for the 2017-2018 school year. For example, if your child is currently a 2<sup>nd</sup> grader, you will register for programs offered for 2<sup>nd</sup> graders.**

### Contact Information

Title	Name	Phone	Email
Community Recreation Coordinator	Alisha Fix	(608) 838-4666	Fixa@mcfbsd.org mrap@mcfbsd.org

### Fees, Payments & Refunds

**Online registration will *require* online payment.** Once you are finished registering for your activities, you will be required to complete payment using a credit/debit card. If you do not pay online at that time, you will not be registered for your activities. **If you would prefer to use cash or check, you must register in-person** at McFarland High School during normal business hours (M-F 8:00am-3:00pm). In-person registration/payment options include cash, check, or credit card. **Participants will NOT be allowed to participate in an activity until payment and the online waiver have been completed.**

**Fee Assistance**—It is the belief of MRAP that no child in the McFarland School District shall be denied participation in any program for lack of ability to pay. If your family participates in the Free/Reduced Lunch Program, or if you would like to request financial assistance, please contact Alisha Fix at 838-4666. We can help, but it is your responsibility to make the request. Please contact us if you are in a position where you need financial assistance in paying for a program or activity.

**Refund Policy**—Refunds will be issued on a case-by-case basis and will need approval from the activity's coordinator/coach. Please contact Alisha Fix at 838-4666 for assistance with any refund requests.

**Passes/Memberships**—Seasonal passes/memberships may be available for a variety of our activities. Activity descriptions within this guide will note if the activity offers a seasonal pass. To purchase passes or memberships, log into your account at [www.MRAPNews.com](http://www.MRAPNews.com). Click on the "Register" tab at the top, then click on "Purchase or Renew a Membership". You will be directed to the next screen where you can select "Buy a New Membership". Select the pass/membership you wish to purchase, and click "Select This Membership". Follow the instructions to get you to your online cart to check-out.

## **1<sup>st</sup>/2<sup>nd</sup> Grade Co-ed Flag Football**

This is a recreational and instructional program for those children that are interested in learning more about the AWESOME game of football. The goal of this program is to teach the basic fundamentals of football through practices, drills, and football related games and activities. We will schedule practices, and skill development sessions on Tuesday evenings, 5:30-6:30PM at Waubesa Intermediate School, starting on September 5<sup>th</sup> through October 24<sup>th</sup>, 2017. Practices will concentrate on teaching the fundamentals of running, receiving, passing, blocking and playing defense. Players will be encouraged to try every position, and we will not have set positions for any player, as our intent is to teach them how to play all aspects of the game. There is a fee of \$40.00 to cover the costs of the t-shirts, mouth guards, and other equipment that we will provide your child. Parental involvement is a key in keeping this program going, so if any parents are interested in helping out at practices, please indicate while registering, we welcome your assistance in teaching this fun sport to the kids.

**Grades:** 1<sup>st</sup>-2<sup>nd</sup> Grade (2017-2018 school year)

**Dates:** Tuesdays, September 5<sup>th</sup>—October 24<sup>th</sup>, 2017

**Times:** 5:30-6:30PM

**Location:** Waubesa Intermediate School

**Fee:** \$40.00

**Registration deadline:** August 21<sup>st</sup>, 2017



## **3<sup>rd</sup>/4<sup>th</sup> Grade Co-ed Flag Football**

This is a fun and instructional program for those children that are interested in playing organized flag football. The goal of this program is to teach the basic fundamentals of football through practices, drills and flag football scrimmages. We will schedule practices on Tuesday evenings, 6:15-7:15PM at Waubesa Intermediate School, starting on August 22<sup>nd</sup> through October 24<sup>th</sup>, 2017 - with the first few practices being devoted to teaching the fundamentals of running, receiving, passing, blocking and playing defense. Scrimmages will be played on Sundays – opposite of the Packer's game (either 12:00PM or 3:00PM). Sunday scrimmages are played within our own community teams. Players will be encouraged to try every position, and we will not have set positions for any player, as our intent is to teach them how to play all aspects of the game. There is a fee of \$45.00 to cover the costs of the t-shirts, flags, balls, mouth guards, and other equipment that we will provide your child. Parental involvement is a key in keeping this program going, so if any parents are interested in helping out at practices, please indicate while registering, we welcome your assistance in teaching this fun sport to the kids.

**Grades:** 3<sup>rd</sup>-4<sup>th</sup> Grades (2017-2018 school year)

**Dates:** Tuesdays, August 22<sup>nd</sup>—October 24<sup>th</sup>, 2017

**Times:** 6:15-7:15PM

**Location:** Waubesa Intermediate School

**Fee:** \$45.00

**Registration deadline:** August 7<sup>th</sup>, 2017



### **5<sup>th</sup> Grade Co-ed NFL Flag Football**

5<sup>th</sup> Grade NFL Flag Football is a traveling flag football league with area communities. The program will run August 15<sup>th</sup> through October 24<sup>th</sup>, 2017 - with a season ending tournament the last weekend in October (exact dates TBD). There will be 1 practice a week with weekend games starting in September. We will schedule practices on Tuesday evenings, 6:00-7:00PM at Waubesa Intermediate School. Games will be played on Saturdays - time and location is TBD. The cost of the program is \$65. This will cover the cost of NFL Flag Football jerseys (your child gets to keep this jersey at the end of the season!), mouth guards, belts and footballs for the participants. Parental involvement is a key in keeping this program going, so if any parents are interested in helping out at practices, please indicate while registering, we welcome your assistance in teaching this fun sport to the kids.

**\*IMPORTANT INFORMATION** - Once your child is registered through McFarland Recreation for 5<sup>th</sup> grade NFL Flag Football, you must also complete the NFL's online Player Participation Agreement. Please visit [www.nflflag.com/form/player](http://www.nflflag.com/form/player) to complete (you will have to copy/paste into your browser). Select 'McFarland Flag Football' from the league drop down list. Please keep in mind, your child will not be eligible to play until that form is complete.

**Grades:** 5<sup>th</sup> Grade (2017-2018 school year)

**Dates:** Tuesdays, August 15<sup>th</sup>—October 24<sup>th</sup>, 2017 w/ season ending tournament last weekend in October (exact dates/times TBD)

**Times:** 6:00-7:00PM

**Location:** Practices @ Waubesa Intermediate School – Game locations will vary (McFarland, Fitchburg, Cottage Grove, Stoughton, and Monona)

**Fee:** \$65.00

**Registration deadline:** August 3<sup>rd</sup>, 2017

### **1<sup>st</sup>-5<sup>th</sup> Grade Punt, Pass, & Kick**

The Punt, Pass, & Kick Competition will be held on Saturday, October 7<sup>th</sup>, 2017 at the McFarland High School football stadium at 3:00PM. The competition is open to all current 1<sup>st</sup>-5<sup>th</sup> graders.

**Grades:** 1<sup>st</sup>-5<sup>th</sup> Grades (2017-2018 school year)

**Date:** Saturday, October 7<sup>th</sup>, 2017

**Time:** 3:00PM

**Location:** McFarland High School football stadium

**Fee:** \$5.00

**Registration deadline:** October 5<sup>th</sup>, 2017



**Tennis Instruction** - ***NEW THIS YEAR!*** – MRAP will be offering fall tennis instruction at the following levels:

### **Parent & Tot Tennis Instruction (Adult + 4K—2<sup>nd</sup> Grade)**

Parents, join your little one on the courts for a fun tennis experience! Create connections with your child through exciting games which will develop movement skills, hand-eye coordination, and racquet skills. This course will also provide you with some fun games to take home and practice with your child. Returning again is Coach Ross Damon! Ross is a McFarland graduate and has 13 years of playing experience and six years of USTA coaching experience. He's been coaching tennis for MRAP for the last two years. All participants must provide their own racquet and should wear athletic clothing and tennis footwear. **When registering, please register the child participant – enter the first and last name of the adult participant when prompted during the registration process.**

**Ages:** Child must be in 4K-2<sup>nd</sup> grade + 1 adult ages 18 y/o+ (there must be one adult per child – 1:1)

**Dates:** Sundays: September 17<sup>th</sup>, 24<sup>th</sup>, and October 1<sup>st</sup> & 8<sup>th</sup>

**Time:** 12:00-1:00PM

**Location:** McFarland Tennis Courts – behind Conrad Elvehjem School

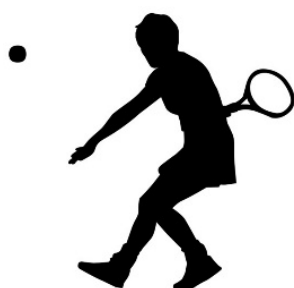
**Fee:** \$60.00

**Registration Opens:** August 2<sup>nd</sup>, 2017

**Registration Deadline:** September 14<sup>th</sup>, 2017

**Minimum Registrants:** 8 couples

**Max Registrants:** 15 couples



### **3<sup>rd</sup>-5<sup>th</sup> Grade Tennis Instruction**

Youth participants will learn the game of tennis through a variety of skills, drills, and fun games. This course will improve hand-eye coordination, racquet handling, and basic tennis strokes for beginner and intermediate participants. Some match play will be incorporated. Returning again is Coach Ross Damon! Ross is a McFarland graduate and has 13 years of playing experience and six years of USTA coaching experience. He's been coaching tennis for MRAP for the last two years. All participants must provide their own racquet and should wear athletic clothing and tennis footwear.

**Ages:** 3<sup>rd</sup>-5<sup>th</sup> Grades (2017-2018 school year)

**Dates:** Sundays: September 17<sup>th</sup>, 24<sup>th</sup>, and October 1<sup>st</sup> & 8<sup>th</sup>

**Time:** 1:00-2:00PM

**Location:** McFarland Tennis Courts – behind Conrad Elvehjem School

**Fee:** \$50.00

**Registration Opens:** August 2<sup>nd</sup>, 2017

**Registration Deadline:** September 14<sup>th</sup>, 2017

**Minimum Registrants:** 12

**Max Registrants:** 24

## **6<sup>th</sup>-8<sup>th</sup> Grade Tennis Instruction**

Middle school participants will learn the basics of tennis (if a beginner!) or will sharpen their skills with match play for intermediate players. Participants will use skills and games to refine stroke mechanics and work on improving the consistency and accuracy of groundstrokes, volleys, overheads, and rules of the game. Returning again is Coach Ross Damon! Ross is a McFarland graduate and has 13 years of playing experience and six years of USTA coaching experience. He's been coaching tennis for MRAP for the last two years. All participants must provide their own racquet and should wear athletic clothing and tennis footwear.

**Ages:** 6<sup>th</sup>-8<sup>th</sup> Grades (2017-2018 school year)

**Dates:** Sundays: September 17<sup>th</sup>, 24<sup>th</sup>, and October 1<sup>st</sup> & 8<sup>th</sup>

**Time:** 2:00-3:00PM

**Location:** McFarland Tennis Courts – behind Conrad Elvehjem School

**Fee:** \$50.00

**Registration Opens:** August 2<sup>nd</sup>, 2017

**Registration Deadline:** September 14<sup>th</sup>, 2017

**Minimum Registrants:** 12

**Max Registrants:** 24



## **9<sup>th</sup>-12<sup>th</sup> Grade Tennis Instruction**

High school tennis instruction is intended for not only current tennis players, but also for those that want to explore the game of tennis. Our instructor will gauge participants' ability level the first day and will design appropriate instruction for various skill levels. This instruction will prepare current high school tennis players for high school and tournament play by focusing on intermediate to advanced skills and strategy; This program will introduce the game of tennis and it's basics to those participants that are beginners. Returning again is Coach Ross Damon! Ross is a McFarland graduate and has 13 years of playing experience and six years of USTA coaching experience. He's been coaching tennis for MRAP for the last two years. All participants must provide their own racquet and should wear athletic clothing and tennis footwear.

**Ages:** 9<sup>th</sup>-12<sup>th</sup> Grades (2017-2018 school year)

**Dates:** Sundays: September 17<sup>th</sup>, 24<sup>th</sup>, and October 1<sup>st</sup> & 8<sup>th</sup>

**Time:** 3:00-4:00PM

**Location:** McFarland Tennis Courts – behind Conrad Elvehjem School

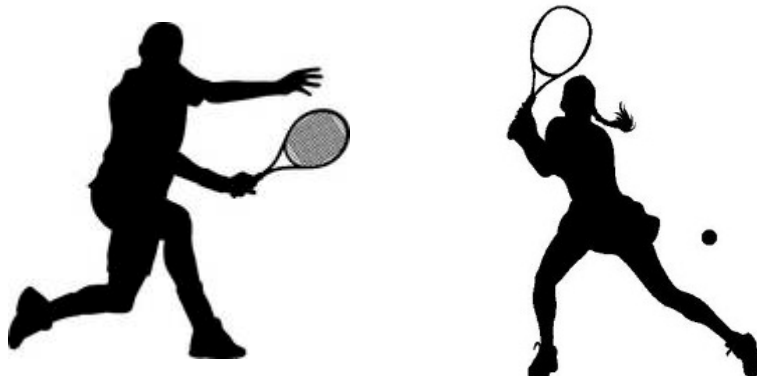
**Fee:** \$50.00

**Registration Opens:** August 2<sup>nd</sup>, 2017

**Registration Deadline:** September 14<sup>th</sup>, 2017

**Minimum Registrants:** 12

**Max Registrants:** 24



## **Adult Community Woodworking (18 y/o+)**

Adult Community Woodworking is for adults 18 years or older and introduces the learner to the operation of traditional woodworking equipment. Participants will perform numerous exercises to gain familiarity with portable power tools and industrial woodworking machinery while building their skills and familiarity with wood. Units include layout, sawing, surfacing, boring, sanding and assembly. Participants will be able to choose what project they will be working on during the course. Participants will need to provide their own safety glasses and materials for class. *Priority registration will always be offered first to past participants.*



**Ages:** Adults 18 years and older

**Dates:** Thursdays, September 28<sup>th</sup>—November 16<sup>th</sup>, 2017

**Time:** 6:00-9:00PM

**Location:** McFarland High School – Room 120 (Tech-Ed department)

**Fee:** \$135.00 (plus additional costs for materials – varies based on project, selected by participant)

**Registration Opens:** August 25<sup>th</sup>, 2017

**Registration Deadline:** September 21<sup>st</sup>, 2017

**Max Registrants:** 16

## **Adult Basketball Open Gym (18 y/o +)**

Adult Basketball Open Gym is a drop-in activity for resident adults 18 years or older and provides the participant the opportunity to use the high school gym facility specifically for basketball. Participants may choose to play pick-up games with other attendees or may choose to shoot around on their own. Participants are **required to be residents of McFarland – Photo ID is required for check-in**, residency will be verified prior to allowing entrance to the gym.

**Ages:** Adults 18 years and older

**Dates:** Wednesday evenings November 2017—March 2018. Please visit [www.MRAPNews.com](http://www.MRAPNews.com) for the 2017-2018 schedule (click on “Adult Programs” on left navigation bar). Dates are subject to change based on gym availability.

**Time:** 6:30-9:00PM

**Location:** McFarland High School

**Fee:** \$5.00/player each night (drop-in fee) or, if you plan to attend all or most of our Adult Basketball Open Gym nights, purchase an **Adult Basketball Open Gym Seasonal Pass** for \$75.00 and save almost 20% off the door price! No need to bring cash or worry about a membership card - just show a valid ID and your membership will be verified at the door! Season passes can be purchased online under the “Register” tab, click on “Purchase or Renew Membership”.

**No registration required unless season pass is desired**

**Max Registrants:** No limit





## **Adult Co-Ed Volleyball (18 y/o +)**

Adult co-ed volleyball is a drop-in activity for adults 18 years or older and provides the participant the opportunity to play in weekly recreational volleyball games without the commitment of a traditional volleyball league. Open courts will be available on Wednesday evenings from 6:30-9:00PM at Waubesa Intermediate School. Males and females of all skill levels are encouraged to participate and teams will be formed from the players in attendance each night.

**Ages:** Adults 18 years and older

**Dates:** Wednesday evenings September 2017—May 2018. Please visit [www.MRAPNews.com](http://www.MRAPNews.com) for the 2017-2018 schedule (click on “Adult Programs” on left navigation bar). Dates are subject to change based on gym availability.

**Time:** 6:30-9:00PM

**Location:** Waubesa Intermediate School gym

**Fee:** \$5.00/player each night (drop-in fee) or, if you plan to attend all or most of our Adult Co-ed Volleyball nights, purchase an **Adult Co-ed Volleyball Seasonal Pass** for \$145.00 and save almost 20% off the door price! No need to bring cash or worry about a membership card - just show a valid ID and your membership will be verified at the door! Season passes can be purchased online under the “Register” tab, click on “Purchase or Renew Membership”.

**No registration required unless season pass is desired**

**Max Registrants:** No limit

