



# Sand Lake Extra Curricular Activities

## 5<sup>th</sup> & 6<sup>th</sup> Grade Basketball

**Grades:** 5<sup>th</sup> and 6<sup>th</sup> grade **boys and girls**

**Times:** 3:45 – 4:30

**Dates:** Week Practice November 27<sup>th</sup> – November 30<sup>th</sup>

Monday practices during the rest of the season

Friday games at Sand Lake and other Anchorage Schools

4:00-5:00

**Meeting Location:** Gym

**Cost:** Provide Snacks for home games

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

My child will be picked up \_\_\_\_\_ or go to Campfire \_\_\_\_\_ at 4:30 pm.

\_\_\_\_ I would be willing to help drive another child to the game from Sand Lake.

\_\_\_\_ I may need help getting my child to the away games.

\_\_\_\_ I give permission to share phone number with a parent/ student in need of a ride.

\*\*\*I have read and signed the Sand Lake Extra Curricular Actives Waiver \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Emergency Phone Number

Payment: Checks may be made out to the Sand Lake PTSA, or cash.

Payment is required at the time of registration. Please return forms to the office.

If you have any questions please contact:

Holly Bjerke at [bjerke\\_holly@asdk12.org](mailto:bjerke_holly@asdk12.org) or 243-2161

**Anchorage School District  
Parent Field Trip Permission Form and  
Authorization for Emergency Medical Treatment**

To: Sand Lake Elementary  
(Name of School)

I/we hereby give permission for our student \_\_\_\_\_  
(Student Name)

to attend the Basketball  
(Activity)

at/in Sand Lake and other Anchorage Schools on December 2017-February 2018  
(Location) (Activity Date)

I/we understand that he/she will be traveling to this function via Parent Vehicle  
(Type of Transportation)

Supervision and chaperoning will be provided by the Anchorage School District.

It is agreed that the student will abide by all rules and regulations of the School District authorities.

I/we consent to any emergency transportation, medical treatment, care or hospitalization deemed necessary for the welfare of my student by a medical professional or medical facility in the event of injury or illness while he/she is participating in the above stated activity. I/we understand that the district will assume no liability or costs for such emergency transportation and medical treatment. I/we also understand that insurance coverage is my responsibility.

**I understand that the District does not provide students with accident insurance, however, student accident insurance can be purchased separately for initial coverage or to supplement private coverage.**

\_\_\_\_\_  
Signature of Parent or Guardian

Date signed \_\_\_\_\_

\_\_\_\_\_  
Signature of Student

**Emergency Contacts during time of trip:**

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_ Relationship to Student: \_\_\_\_\_



# 5<sup>th</sup>/6<sup>th</sup> Grade Basketball



The Sand Lake Basketball Club is designed to help kids understand the basics of basketball. They will perform drills, both with and without basketballs. They will focus on core work, foot speed, agility, and flexibility. They'll also learn how to synergize and learn what it means to be a team member!

There is a solid week of practice November 27 -30. After that we'll only have practices on Mondays and games on Friday. We will play teams from different schools in our districts at Sand Lake and other Anchorage Schools.

Parents are responsible for picking their child up after practice at 4:30. It is also the parent's responsibility to get their child to the game on time. If you need help getting your child to a game or would be willing to help drive other players, please mark it on the basketball form! A list of parents willing to drive and players needing transportation will be handed out, if requested.

If you have any questions about Basket Club please contact:

Assistant Coach Holly Bjerke

243-2161

[Bjerke\\_holly@asdk12.org](mailto:Bjerke_holly@asdk12.org)

Coach Haruki Kamimura

243-2161

[Kamimura\\_haruki@asdk12.org](mailto:Kamimura_haruki@asdk12.org)



# Basketball Dates



## Practice Schedule

\*Students need to wait on the benches outside of the gym until 3:45. From 3:30-3:45 students are encourage to eat a healthy snack and change into appropriate basketball clothing (shorts, t-shirts, PE shoes).

### Nov/December

11/27  
11/28  
11/29  
11/30  
12/4  
12/11  
12/18

### January

1/8  
1/22  
1/29

### February

2/5

## Game Schedule

**12/1 @ Wonder Park**

12/8 - Bowman

**12/15 @ Polaris**

12/20 – Bayshore

**1/12 @ Muldoon**

1/19 – Willow Crest

1/26 – O’Malley

**2/2 @ Williwaw**

2/9 Sand Lake Staff versus Students

\*\*Please have your child at the required school by 3:50. Games start at 4:00!

## Tournament

There is a tournament on February 10 or 17, 2018.

This is a Saturday tournament and it is played at North Star Elementary.

It will start around 8 or 9. And depending on how well we do, can last till 3:00.

More information as the season progresses!