

Wednesday, June 6, 2018

**HAPPY
LAST
DAY OF
SCHOOL**

The school will be sponsoring a summer weight lifting program for those currently in grades 8-11 starting June 18th - July. The program will start at 3:30 PM and last roughly an hour and a half. There will be a sign up sheet in the office for those who are interested.



VIKING VOUCHER WINNERS

There are conference track t-shirts for sale in the office. \$15/shirt. Stop in and purchase one today!

Fall Sports Practice Start Dates:

HS FB - July 31

MS VB - Aug 27th (Tentative)

HS VB - Aug 13

MS FB - Aug 6th (Tentative)

CC - Aug 13

Athletic code meetings will be held on July 10 at 6 PM and July 23 at 4 PM and 6 PM. Youth football (grades 4-6) does not need to fill out forms or attend a meeting.

Students: Are you looking to get stronger? I have a great opportunity for you, come in to the weight room this summer. It will be open Monday-Thursday, 7:00-9:00 AM. This will be for the months of June and July. If you are interested talk to Mr. Swanson. This is open to any middle or high school student.

We've got the beat that good, old *Viking Beat*! Make sure to get the scoop on what's going on at Rio High School and read the high school newspaper today! Find it [Here](#)!

Portfolio Work:

Grade 9 Students: Please check Google Classroom Class of 2021 for 2nd Quarter Portfolio Assignments with relevant links and tutorials. The [Rio High School Academic and Career Portfolio Resource Website](#) is now available and is being updated as your portfolio is being built.

Grades 10, 11, 12 Please see Google Classroom for updated information regarding your portfolio. The [Rio High School Academic and Career Portfolio](#) Website has a page updated with the necessary requirements for your portfolio.

The link for students who do not have cell phones, but would like to report something using the new STOPit app is: <https://appweb.stopitsolutions.com/> . Please use the same access code, rio411.

Is Athletic Training In Your Future?



Wanted: High School Students Interested in Caring for Sports Injuries or Other Health Care Careers

Caring for Sports Injuries

Lower Body Injuries

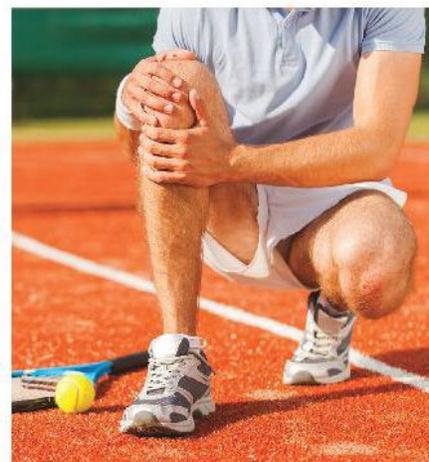
July 23 – July 26, 2018

Divine Savior Healthcare, Caf Classrooms A&B
9:30 a.m. – 4:00 p.m. • Cost \$130

To Register: Complete the registration form found online at www.dshealthcare.com/sports_medicine and mail to:

Matt Bekkedal
The Wellness Center at Divine Savior Healthcare
Suite 1
2815 New Pinery Road
Portage, WI 53901

You can also pick up a registration form at The Wellness Center – Suite 1.



For information call
Matt Bekkedal, LAT:

608-745-5966

or mbekkedal@dshealthcare.com

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