

TAKE YOUR BEST SHOT

JUNE 22, 2023
ABERDEEN GUN CLUB
4:30 PM REGISTRATION OPENS
5:00 PM SHOOTING BEGINS
REGISTER BY JUNE 15
LIMITED TO FIRST 20 TEAMS



5 PERSON TEAM \$550 - DINNER - SHELLS - GAMES - PRIZES

Sponsored by:



For questions, call 605-226-2100.
Email form to rick.kline@aberndeenroncalli.org
or mail it to: 1400 N. Dakota St., Aberdeen SD 57401

Registration Form

Team Name: _____

Contact Phone Number: _____

Contact Email: _____

Shooter 1: _____

Shooter 2: _____

Shooter 3: _____

Shooter 4: _____

Shooter 5: _____



Lumen Christi is a program of the Diocese of Sioux Falls that gathers college students and seminarians into teams of four and sends them out to parishes. These missionaries are excited to get to know you and give witness to the love of God in their lives.

Contact your parish office for more information.

Join Us!

Monday, June 12th - Thursday, June 15th

- Grades 1-6 (going into) : 8:30am - 12:00pm
- Grades 7-12: 7:00pm - 9:00pm

Location: **Sacred Heart Parish Hall: 411 3rd Ave SE**

Register online at sacredheartaberdeen.net/lumen-christi OR
stmarysabr.com/lumen-christi

OR in either parish office: Sacred Heart: 225-7065, St. Mary's 229-4422

Scan QR code
to register!



Catholic Diocese of Sioux Falls



Lumen Christi, meaning 'Light of Christ', is our Catholic Summer week-long program for children, middle school, and high schoolers!

Dates Grades 1-6: June 12 - June 15 (Monday – Thursday- every day) **8:30am—12:00pm***

Grades 7-12: June 12- June 15 (Monday – Thursday - every day) **7:00pm-9:00pm**

Place: Sacred Heart Parish Hall - 411 3rd Ave SE, Aberdeen

Cost: \$15.00 per child - payable to your parish

*Registration Deadline:
Monday, June 5th*

Send to/drop off: Thomas Eskro Sarah Barstad
Sacred Heart Church St. Mary's Church
502 2nd Ave SE 409 2nd Ave NE
Aberdeen Aberdeen

**Includes
T-Shirt!**

Child's Name	Age	Grade Next Fall	T-Shirt Size

☐ I have registered my kids before for Lumen Christi and there is no change to the below contact info

Mom Name _____ Dad Name _____

Address _____

Mom Cell _____ Dad Cell _____

Mom Email _____ Dad Email _____

Allergies or other medical conditions: _____

Emergency Contact Name _____ Phone Number _____

MEDICAL RELEASE / LIABILITY WAIVER

I give my permission for my son/daughter, _____, to participate in the 2023 Lumen Christi program. I also hereby authorize the delivery of any necessary emergency medical care by available medical personnel. Further, I assume that with any activity there are risks and I release the Sioux Falls Diocese, Sacred Heart Parish, St. Mary's Parish, the staff and team from any liability arising out of any injury or accident which may be sustained by the above named participants.

Signature of Parent/Guardian _____ Date: _____

Be sure to mark your calendar for the Corpus Christi Eucharistic Procession on Sunday, June 11th and the Feast of the Sacred Heart parish celebration on Friday, June 16th!

Volunteers needed – please contact Sarah or Thomas if you are willing to help out, thank you!

SACRED HEART RUMMAGE SALE

**FRIDAY, JUNE 2
7 AM-7 PM**

**1400 N. DAKOTA ST,
ABERDEEN
(RONCALLI HIGH SCHOOL)**

FREE WILL DONATION

**Proceeds benefit Sacred Heart - cash
donations accepted!**

**Donations for the sale can be dropped
off Wednesday, May 31 and
Thursday, June 1 from 4-7 pm.**

CAVALIERS

BASKETBALL

Dates: May 30, 31, June 1

Camp Times

Grades 3 and 4 11:00-1:00

Grades 5, 6, and 7 1:00-3:00

Coach Larson

derek.larson@abernonroncalli.org
229-4100 or 216-6770

Cost of Camp is \$50. Please make checks payable to Roncalli Basketball.

Each Camper will receive a camp t-shirt

Camp will be held at Roncalli High School



We would like to invite you to our 2023 girls' basketball camp. This year's camp will be held at Roncalli High School. The camp will be conducted by Roncalli coaches and athletes. Each camper will be given a camp shirt and evaluation. This year we are having camp for three consecutive days. Each day will consist of different drills, fundamentals, and team play.

PLEASE RETURN BY MAY 19th

Please print clearly using block letters.

PLAYER'S LAST NAME

FIRST NAME

BIRTH DATE

 - -

GRADE NEXT YEAR

SCHOOL

PARENT OR GUARDIAN'S LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP

HOME PHONE

 -

WORK PHONE

 -

CELL PHONE

 -

EMAIL ADDRESS (Optional)

Parent or Guardian Authorization and Liability Waiver: I hereby acknowledge that my child is ready for vigorous activity at the Roncalli Basketball Camp and authorize the director to secure any emergency treatment deemed necessary. I hereby release the director, coaches, officials, Roncalli High School, Aberdeen Catholic School System and any sponsors of the camp from all claims because of any injuries that may be sustained by my child while participating in the camp. I also understand that any medical bills incurred by my child while in attendance at the camp will be my responsibility or my family health insurance plan.

Signature of Parent/Guardian

Date

T-Shirt Size

Please circle one

Adult: S M L XL

Other _____

June 6, 13, 20,
27, and July 11

Roncalli High School - Aberdeen, SD

4-6th Grade: 5:30 & 7:00 pm • 7-8th Grade: 6:15 & 7:45 pm

The Hub City Girls Basketball Summer League is open to all girls' basketball players entering grades 4 through 8. The league will offer five nights of organized games (two games each night). Games will be 16-minute halves with a running clock. Players will be placed on teams by league officials. Every effort will be made to create team parity and competitive play. Team rosters will be posted at the gym. A tournament will be held on the last night.

\$50 Includes 10 games and a league t-shirt. Trophies will be awarded to the winners of the tournament.

*****Family Rates*****

2 players \$90 / 3 players \$110

Registration Deadline: May 26

For more information, call Derek Larson at 229-4100 or 216-6770

Make payment to Cavalier Basketball. Mail registration form to: Derek Larson, 1400 N. Dakota St., Aberdeen, SD 57401

Anticipated position: **Guard, Post (Please Circle One)** We will try to accommodate equally per team.

Please print clearly using block letters.

PLAYER'S LAST NAME

FIRST NAME

BIRTH DATE

GRADE NEXT YEAR

SCHOOL

PARENT OR GUARDIAN'S LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

CELL PHONE

EMAIL ADDRESS (Optional)

Parent or Guardian Authorization and Liability Waiver: I hereby acknowledge that my child is ready for vigorous activity at the Roncalli Basketball Summer League and authorize the director to secure any emergency treatment deemed necessary. I hereby release the director, coaches, officials, Roncalli High School, Aberdeen Catholic School System and any sponsors of the league from all claims because of any injuries that may be sustained by my child while playing in the league. I also understand that any medical bills incurred by my child while in attendance at the league will be my responsibility or my family health insurance plan.

T-Shirt Size

Please circle one

Adult: S M L XL

Other _____

Signature of Parent / Guardian

Date

HUB CITY BOYS SUMMER LEAGUE BASKETBALL

5TH/6TH GRADE: 5:30/7:00

7TH/8TH GRADE: 6:15/7:45

MONDAYS: JUNE 5-JULY 17
(NO GAMES ON JULY 3)

ALL GAMES @ RONCALLI HIGH SCHOOL



The Hub City Boys Basketball Summer League is open to ALL boys' basketball players in the Hub City and surrounding areas entering grades 5 through 8. The league will offer six nights of organized games (two games each MONDAY night). Games will be 16-minute halves with a running clock. Players will be placed on teams by league officials. Every effort will be made to create team parity and competitive play. Team rosters will be posted at the gym. A tournament will be held on the last night.

\$50 per Player

*****Family Rates*****

2 players \$90 / 3 players \$110

Registration Deadline: May 27

Contact Dan Gallagher for more information @ (605)-216-4763 or dan.gallagher@abernonroncalli.org

Player Information:

Name: _____ Grade Next School Year: _____

School: _____ DOB: _____ Height: _____ Shirt Size: _____

Parent's Name: _____ Phone: _____

Email: _____

Make payment to Cavalier Basketball. Mail registration to Dan Gallagher, 1400 N. Dakota St., Aberdeen, SD 57401

Parent or Guardian Authorization and Liability Waiver: I hereby acknowledge that my child is ready for vigorous activity at the Roncalli Basketball Summer League and authorize the director to secure any emergency treatment deemed necessary. I hereby release the director, coaches, officials, Roncalli High School, Aberdeen Catholic School System and any sponsors of the league from all claims because of any injuries that may be sustained by my child while playing in the league. I also understand that any medical bills incurred by my child while in attendance at the league will be my responsibility or my family health insurance plan.

Signature of Parent / Guardian

Date

CAVALIER ELITE SHOOTING CHALLENGE



JOIN THE GOLD/ELITE SHOOTING CLUB



The Aberdeen Roncalli Basketball Programs are challenging all of their athletes - 2nd Grade through 12th Grade - to complete the Cavalier Elite Shooting Challenge, a challenge to shoot as many game-like shots as possible between the months of May and August. **Goal: 10,000 shots per athlete**

WHAT DOES THE CHALLENGE OFFER:

- A range of workouts for various levels of skill (Beginner, Intermediate, Varsity, Advanced)
- Game-like shot workouts at game speed
- Gym time for all participants (although not necessarily required)
- Partner accountability
- Shot Tracker for every day of each month from May through August

Participants in the Challenge will have the opportunity to earn a Dri-Fit T-shirt and entry into either our GOLD or ELITE CLUBS. Requirements for each club are as follows:

GOLD CLUB (10,000 Shots)	ELITE CLUB (15,000 Shots)
Shoot a total of 10,000 shots between May-Aug	Shoot a total of 15,000 shots (7th Grade or Older)
Workouts can be done in a gym, playground, driveway, etc. *We encourage 2nd-3rd grade to shoot on age-appropriate hoops to continue to develop proper form and shooting mechanics	For shots to count, all workouts must be done at Roncalli High School during designated times
Can complete any level of the designated workouts (All levels include multiple workouts)	Participants must complete the Varsity or Advanced workouts (both levels include three separate workouts)
Parent/Workout Partner verification signature upon each day's completion	Workouts must be completed with a partner and signed off by a Coach upon each day's completion

*Workouts must be completed in their entirety for the shots to count toward the total.

Workouts, the shot tracker, and weekly gym availability will be shared with the participants and their parents via Remind App upon registration.

At the end of each week, all participants will share their shooting progress with Coach Gallagher via the Remind App or through email at dan.gallagher@aberdeenroncalli.org. Progress reports will be posted at the beginning of each week in the RHS gymnasium. For more information, please reach out to Coach Gallagher.

COST: \$35 – Registrations are due by April 28th

ABERDEEN RONCALLI YOUTH STRENGTH & CONDITIONING PROGRAM

Who can attend?

This program is designed for any Aberdeen Roncalli students entering grades 6-8, boys and girls.

Location & Times

Roncalli High School 10:30-11:15

Dates

June 1st - August 2nd
(Tuesdays, Wednesdays, & Thursdays)

What to Expect

- Strength Training (Weight-Lifting Movements)
- Speed Training
- Acceleration Training
- Agility Training

*Workouts are led by Coach Dan Gallagher

Registration Fees

\$85 **Participants will be added to a Remind Group to stay up to date with changes and important information**



Please have registration forms returned to the Central Office or Coach Gallagher by May 27th.

Student's Name: _____ Grade for 2023/2024 school year: _____

DOB: _____ Phone: _____ Email: _____

Please list any medical conditions you would like the organizers to be made aware of.

By my signature below, I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks involved in my child participating in all activities associated with and available at Roncalli High School. Under certain circumstances, adopting an exercise program has some inherent risks. A medical examination is encouraged before starting an exercise program. By my signature below, I hereby waive any claim or cause of action against and release from liability the Aberdeen Catholic School System and employees for any liability for injuries to my person or property resulting from my participation in the activities above, and I consent to receive any medical treatment deemed advisable in the event of injury, accident or illness during these activities; I HAVE READ THIS ASSUMPTION OF RISK, WAIVER OF LIABILITY, AND RELEASE AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS. I FURTHERMORE UNDERSTAND I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS DOCUMENT, AND I HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME. I INTEND, AND I FULLY UNDERSTAND, THAT THE EXECUTION OF THIS AGREEMENT CONSTITUTES A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Parent's or Guardian's Signature: _____

Athlete's Signature: _____