




TCA TIGER TRACKS

Parent & Guardian Weekly Newsletter

Friday, June 10, 2022



Looking to stay fresh on your instrument this summer?
Or perhaps you're looking to try out a brand new hobby?



Sign up for summer lessons with TCA's Music Teacher, Melissa Choquette! She is available for band and orchestral instruments (no piano or guitar). \$25 for a 30 minute lesson.

You can email her at mchoquette@twincitiesacademy.org and sign up for a time slot [HERE](#)



Metro Transit Student Pass

Get a summer's worth of rides on buses and light rail with a Summer Student Pass!

Any current 9-12th grade student at participating schools can get unlimited rides on buses and trains up to a \$3.25* fare. Passes are valid from June 1 through Sept. 6, 2022.

How do I get one? Go to metrotransit.org/summer-pass to get more details about the pass and order one using a credit card.

All you need is your school student ID number.

UPCOMING EVENTS

Summer Break

June 20 - Justice Jam Enrichment Begins

June 20 - Credit Recovery Classes Begin

Free Produce Markets

ALL ARE WELCOME **FREE** **PRODUCE MARKETS** **BRING YOUR OWN BAG** **WALK-UP STYLE**

WILLOW LANE ELEMENTARY
3375 Willow Ave, White Bear Lake
1st Thursdays, 10:00 am - 12:00 pm
July 7, August 4 & September 1

COMMUNITY OF GRACE
4000 Linden Street, White Bear Lake
3rd Thursdays, 10:00 am - 12:00 pm
June 16, July 21, August 18 & Sept. 15

ST. ANDREW'S
900 Stillwater Road, Mahomed
2nd Thursdays, 3:30 - 5:30 pm
July 14, August 11 & September 8

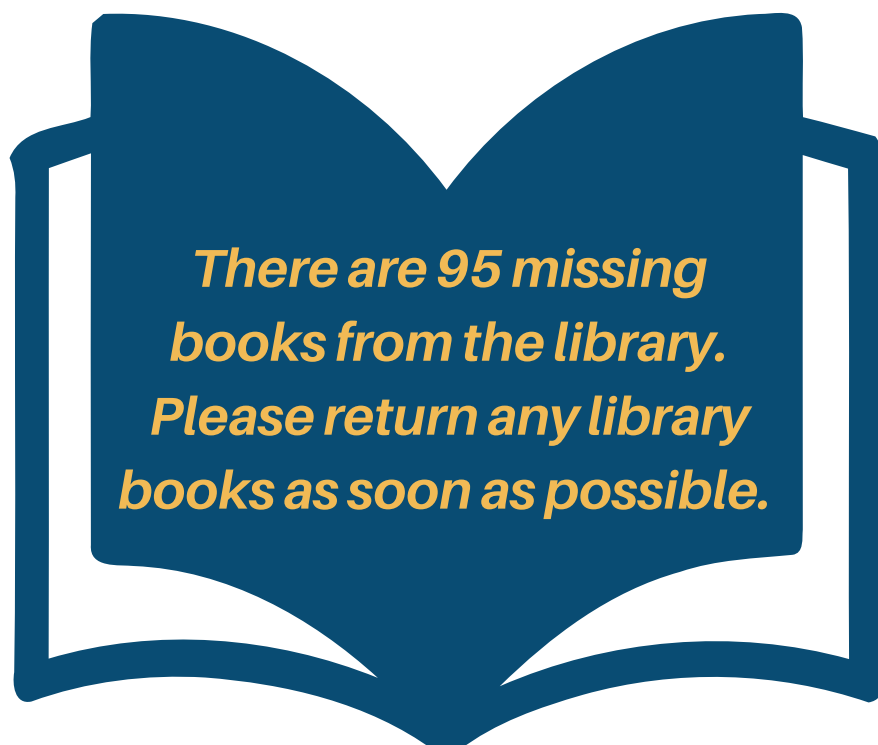
WHITE BEAR SENIOR CENTER
2484 County Road F East, White Bear Lake
4th Thursdays, 10:00 am - 12:00 pm
June 23, July 28, August 25 & Sept. 22

651.407.5310
www.whitebearfoodshelf.org

White Bear Area Food Shelf

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Library Books Reminder



Nurse's Nook

It's the end of the year. Please make plans to pick up your student's medication. Meds need to be picked up before 6/17/22 or they will be discarded. If you are unable to come in prior to that time, or need to make alternate arrangements, please call Ms Seashore at 651-313-6571 and we will work out a plan.

Covid and Athletics

If your student will be participating in sports over the summer, here are some Covid guidelines, taken from the MN State High School League, that you may wish to apply to your child should your athlete become ill.

Evaluate: How ill was your athlete?

- Positive test with No symptoms
- Mild symptoms
- Moderate symptoms (fever >72 hours, shortness of breath, exercise intolerance, chest tightness , dizziness, fainting, palpitations, or total symptom duration > 10 days (Except loss of taste & smell)
- Severe symptoms (high fever, fainting, on medical oxygen, hospitalized)

It is highly recommended that students see a physician prior to returning to sports after any Covid infection but should definitely be seen post severe infection for fitness to return to strenuous activity.

Participation may begin at least 10 days post positive test/onset of symptoms with no symptoms or fever (without fever reducing medications for at least 24 hours)

- Loss of taste/smell may take longer to subside, and should not limit activity
- Chest pain/tightness at rest
- Chest pain/tightness with daily activity
- Chest pain/tightness with exertion
- Unexplained passing out, or nearly passing out
- Skipped heart beats or racing heart with activity
- Significant ongoing fatigue
- Persistent or recurrent fevers/chills
- Shortness of breath
- Dizziness with physical activity
- Persistent or recurrent vomiting

Any yes response should be cause for physicians to evaluate for medical eligibility. If all responses are no, follow the 7 day Graduated Return to Sport Protocol. Stop and contact your student's physician if any of the above symptoms occur during the return to sport 7 day protocol. The full document can be found below:

<https://www.mshsl.org/sites/default/files/2020-10/mshsl-covid-19-graduated-return-to-sport.pdf>

Justice Jam Summer Enrichment Program

School may be out for the summer, but Twin Cities Academy is offering enrichment classes through it's Justice Jam program. Justice Jam is an enrichment camp offering classes in poetry, music, dance, and art, all through a lens of racial and social justice. Click below to read more and sign up!

<https://forms.gle/HZENWcrFKhALfR1u9>

Family Survey

We wish to thank you for your continued support throughout the school year. Our commitment to you and your children is very important to us. We at TCA value your feedback, and look forward to hearing what is going well in addition to what we can do to improve your student(s) and your family experience at TCA. Please be candid in your responses, and remember we are here for your questions as well. Thank you!

Family Survey
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Sahanka Qoyska

P.E./Gym Requests

We have a big request list for equipment and games for next year. Can you help with donations? 😊

Cornhole/Bags Set-The boards and the bean bags, Volleyball/Badminton sets, Frisbee, Yoga ball, yoga blocks, Foam rollers, Yoga Blocks, jump ropes, mini trampolines, sport rebounder, spikeball/roundnet, crossnet, wiffle ball supplies
Giant game set of Jenga or connect four or Yahtzee, Bocce sets, Croquet Set, Ladder games, Kan Jam, Kubb, Yard Pong, Bowling Pins, pickleball-racket/ball/net,

Target games / Lawn darts/ ring toss, ALL Juggling supplies/ Yoyo, Rubber chicken/ stress ball/ weird fidgets Carnival Games - think field day Equipment storage /racks/ bins/ wide wire shelves/xl buckets, Family Fun Games!

Academy Force Football 2022 Summer Camps for 7th-12th Grades



Runs from June 13th and through July 28th, all camps will be held at St Croix Prep (4260 Stagecoach Trail North, Stillwater, MN 55082). Week of July 4th is a non-contact week for the entire state (July 3-9).

To sign up for each camp go to the link below or click on the summer camps button on the St Croix Prep homepage.

<https://www.stcroixprep.org/summer-camps/>

3 Different Offerings for this Summer:

Strength and Speed (7:00 am – 8:45 am) on Mondays, Tuesdays, and Thursdays \$125 – Weight room strength training designed to improve players overall strength and speed. Will be working primarily on lifts that improve football specific muscle groups and use a combination of running and plyometric training for improving overall player speed.

Passing Camp (9:00 am – 10:30 am) on Mondays and Thursdays \$50 – Will work on all things passing – both Offensively and Defensively. Route running, catching, route combinations, pass coverages, pass defenses and positioning, etc. This is ideally for skill position players (WRs, RBs, TEs, QBs, LBs and DBs).

Lineman Camp (9:00 am – 10:00 am) on Wednesdays \$40 – Will work on both Offensive and Defensive line skills and drills to improve our lineman position groups on both sides of the ball. This is ideally for OL and DL position players, but also could be beneficial for TEs and LBs.

***7 on 7 Passing Scrimmages (TBD)** – More information to follow, will need to have attended at least 3 Passing Camp or 2 Lineman Camp days, will be competing against other schools from the area in a 7 on 7 scrimmage. Typically held on Sunday evenings, but times and dates have not been finalized as of yet.

If you have any questions on camp details contact Academy Force Football Head Coach Ryan Wood at wood0840@umn.edu

*You will see an offering on the website for a Team Camp and a Youth Camp, as of this moment we will not be holding those as we are unable to staff those with the transition from the old coaching staff to the current one. As of now we will extend Passing Camp one week into the week of July 25th and run that 3 days that week on Monday, Tuesday, and Thursday.

Attention students in grades 7-12, interested in football for next fall? Come meet our new Head Coach, Tuesday at noon in the gym for more information!