

Serving it up for Kearney! With a SNACK ATTACK! A FREE Youth Tennis Clinic and a great way to help our amazing community!



Grades: Any youth 4th-8th (grades will be separated on courts)

Date: September 22nd

Time: 6:00-7:30pm

Location: Kearney Tennis Courts

Cost: FREE! In place of money please bring a snack item and/or an item of food to be donated to the KSD Food Pantry. See backside of sheet for specific needs.

The Kearney High School Girls Tennis team will be hosting a FREE hour and a half evening tennis clinic September 22nd, 6-7:30 pm for students 4th-8th grade, who are interested in learning more about tennis. KHS Girls Tennis athletes will be helping to run the clinic. Participants will learn the fundamentals of tennis, the basic swings used in tennis, will learn new drills to improve their skill set/to practice on their own, and more! Come out and enjoy the fall weather, and get to play on the beautiful tennis courts with some of our KHS athletes!

Tennis balls will be provided at the camp, but participants are asked to bring their own water bottles, rackets (if available) and tennis shoes. Extra rackets will be available on site if needed.

Not only is this a **FREE** event, this is also a way for the KHS Tennis team to help support our community. In place of payment, we ask that all participants bring a snack item and/or an item of food to be donated to the Kearney Canteen, the Kearney School District food pantry. See list on the back of this sheet for items needed.



Please fill out the Google form using the above QR code OR given link <https://forms.gle/9WuYt6rD9TzB2Vcg8> prior to arriving at the clinic.

For Important updates, join the Youth Tennis Clinic 2022 Remind Group: <https://www.remind.com/join/6229eg>



Items the Kearney Canteen is in Need Of

Options For Food Donations

Breakfast Items

- Boxes of Cereal
 - Full and individual
- Pop Tarts
- Granola/Fruit bars
- Energy bars
- Cereal bars
- Instant Oatmeal packets
- Pancake Mix
- Syrup
- Breakfast Essential Drinks

Lunch and Dinner Items

- Microwave dinners/Noodle Meals
 - Pace Ready Meals
 - Velveeta Skillet Singles
- Mac N Cheese (boxes and individual servings)
- Helper meals - Tuna and Chicken
- Rice Mixes/pouches
 - Uncle Bens
 - Knorr
- Mashed potato pouches
- Spaghetti-O's and Raviolis - cans and individual servings
- Pasta
 - Spaghetti Noodles
- Spaghetti Sauce (canned or plastic jars)

- Tuna or Chicken
 - cracker packs
- Canned Soups/Stew
- Chili
- Pork and Beans
- Vienna Sausages
- Refried Beans
- Black Beans

GREATEST NEED

SNACK ITEMS

- Canned Fruit/Fruit Cups/Squeezes
- Applesauce
- Canned Vegetables
- Peanut Butter
- Jelly
- Hazelnut spread
- Peanut butter/Hazelnut dipping packs
- Pudding cups
- Jello cups
- Fruit juices
- Trail Mixes
- Raisins
- Peanuts
- Beef Jerky Sticks
- Crackers
- Chips (individual bags)
- Fruit snacks/Roll-ups