



# 2019 GRCS Winter and Spring Recreation Programs

## Middle School Softball Clinic

Would you like to improve your softball skills and prepare for tryouts? Varsity Coach, Danae VanTimmeren will be coaching the clinic.

**What:** Girls Softball Clinic  
**Where:** GRC High School All City Gym  
**Who:** 5th-8th girls in area  
**When:** Saturdays, February 2, 9, 16  
**Time:** 11:00 - 1:00pm  
**Cost:** \$25 includes a T-shirt.

## Winter Football Clinic

Three dates to play football in the Winter with Coach Fellows and his staff. Your boys will run hard and sleep well!

**Where:** Quest or Middle School – site TBD  
**When:** March 7, 14 and 21  
**Who:** Boys 2<sup>nd</sup>-7<sup>th</sup> grade  
**When:** 2<sup>nd</sup>/3<sup>rd</sup> – 5:30-6:30pm  
4<sup>th</sup>/5<sup>th</sup> – 6:30-7:30pm  
6<sup>th</sup>/7<sup>th</sup> – 7:30-8:30pm  
**Cost:** \$10  
**Register By:** February 28

## Stick Stringing Clinic

A favorite of all Lacrosse players! Come learn how to string your own stick. \$20 includes a new East Coast Hero Mesh with sidewall and shooting strings.

**Dates:** Saturday, Jan. 12 or 26  
**Where:** Garage at the High School  
**Who:** Boys 5<sup>th</sup>-12<sup>th</sup>  
**When:** 11-12:30pm  
**Signup:** NOW!

## Spring Boys Lacrosse

Come and learn the fastest growing sport! Players must supply their own equipment: shoulder pads, elbow pads, helmet, gloves, stick, cup and cleats. No experience necessary to play. Students from surrounding schools are welcome. Will combine with GRACEAC if we do not have enough participants.

**Practice:** March – May, 3-4 per week

**Games:** April - May

**Grades:** 3<sup>rd</sup>-8<sup>th</sup> (leagues 3/4<sup>th</sup>, 5/6<sup>th</sup>, 7/8<sup>th</sup>)

**Cost:** \$140 to play

**Uniform Cost:** \$15 for pennie

**Register By:** **Feb. 8** (In order to possibly combine with GRACEAC, registrations are due by Feb 8)

## Speed, Agility and Quickness Clinic

Daimond Dixon, GRCHS Strength and Fitness Director, will be conducting a SAQ training session designed to increase athletes' game speed, quickness and explosiveness using agility ladders, mini-hurdles and other equipment to maximize the training process applicable to all sports. Clinic is held at GRCHS Weight Room.

**Days:** Mon and Wed

**Ages:** Coed 5<sup>th</sup>-8<sup>th</sup>

**Time:** 6:15-7:15pm

**Site:** GRC High School Weight Room

**Dates:** Feb. 11-March 20 (no class 2/25)

**Cost:** \$60

## Spring Girls Lacrosse

For more information on our Girls Lacrosse, please contact Vicki Young at [nandyvyoung@aol.com](mailto:nandyvyoung@aol.com) or **516-7579**. **There will be a parent meeting held the beginning of March.** All players need mouth guards (not clear), stick, and face mask cleats recommended. Sticks and masks available to borrow for the season, upon request

**Dates:** March – May

**3/4<sup>th</sup> Cost:** \$75(*plus \$15 for pennie, if needed*)

**5/6<sup>th</sup> Cost:** \$140(*plus \$15 for pennie, if needed*)

**7/8<sup>th</sup> Cost:** \$140 Uniform included

**3<sup>rd</sup>/4<sup>th</sup> Games:** Total of 2 days of per week

**5<sup>th</sup>/6<sup>th</sup> Games:** Total of 3 -4 days per week

**7<sup>th</sup>/8<sup>th</sup> Games:** Total of 4 days per week

**Register By:** **Feb. 15 – preferably before**

## Winter Girls Lacrosse Refresher Clinic and Learn to Play

It's time to think Lacrosse. This is a mini session to refresh your stick skills or for those who would like to try. Girls will be divided according to skill level.

**Dates:** March 2

**Site:** All City Gym

**Grades:** 2<sup>nd</sup> – 8<sup>th</sup>

**Time:** 8-2pm

**Register by:** Feb. 9

**Cost:** \$65 includes lunch

## Online Registration

[grcs.org/youthsports](http://grcs.org/youthsports) Use your email address for your username and password.

## Mailer Form

GRCS 2400 Plymouth St SE GR 49506. Attn: Stacey Boender.

# 2019 GRCS Winter and Spring Recreation Programs

## Winter Boys Basketball Skills and Drills

Basketball season is over, but Coach Taylor wants to keep training our athletes. Personalized individual attention will be given to each player regarding techniques in dribbling and shooting. Site TBD: Quest or Iroquois.

**Dates:** March 11-27  
**Days:** Mondays and Wednesdays  
**Site:** GRC Elementary School Gym  
**Times:** 3<sup>rd</sup>-6<sup>th</sup> 6:30-7:30pm  
 7<sup>th</sup>-8<sup>th</sup> 7:45-9:00pm  
**Register By:** March 2  
**Cost:** \$55

## Spring Girls Tennis

This is a "learn to play" tennis clinic for girls. Class will meet immediately after school on the Elementary School tennis courts. No traveling, all practices held at GRCS. Girls must bring a racquet. This class fills up fast, sign up now. 12 Girls per session

**Dates:** April 15-May 22 (6 weeks)  
**Day:** Mondays OR Wednesdays, 3:20-4:50pm  
**Site:** GRCS tennis courts  
**Who:** Girls, 3<sup>rd</sup>-4<sup>th</sup> grade  
**Cost:** \$60 T-shirt included

## Winter Boys Lacrosse

### Refresher Clinic and Learn to Play

It's time to think Lacrosse. We are registering for Spring Season now, which starts right after Spring Break. Join us to refresh or learn how to play lax just in time for spring.

**Dates:** Feb 5, Feb. 12, Feb 19  
**Site:** All City Gym  
**Grades:** 3<sup>rd</sup>-8<sup>th</sup>  
**Times:** 6:30-8pm  
**Register By:** Jan. 29  
**Cost:** \$35

### Boys Lacrosse Open Gym

Varsity Players and Varisty Coaches will be opening the gym for anyone interested in getting a head start to the Spring season.

**Dates:** Fridays, Jan. 11, 18, 25 & Feb. 1, 8, 15  
**Site:** All City Gym at GRCS High School  
**Grades:** 3<sup>rd</sup>-12<sup>th</sup>  
**Times:** 5:30-7pm

## Coed Tball

This is a beginner level program for both boys and girls in preschool through first grade. Games are played on the GRC Elementary field on Wednesday evenings and Saturday mornings. One rain date, May 16 is built into the program. Each player will receive a team shirt.

Players must supply their own glove.

**Dates:** Wed. & Sat. April 17-May 11  
**Site:** GRC Elementary School  
**When:** 4&5yrs - Wed. 5:15-6:15pm &  
 Saturdays 8:30-9:30am  
 6&7yrs - Wed. 6:30-7:30pm &  
 Saturdays 9:45-10:45am  
**Cost:** \$35

**Register By:** March 23

**Business Sponsorship** - \$150 for your logo added to the back of the t-shirts. Email [sboender@grcs.org](mailto:sboender@grcs.org)

## Spring Pureplay Boys and Girls Soccer

**Dates:** Mid April – May,  
**Days:** Saturday games at Ada Christian.  
**Practices:** one time per week  
**Ages:** Boys and Girls Young 5's-4<sup>th</sup>

Signup at: [www.adachristian.org/pureplay](http://www.adachristian.org/pureplay)

### GRCS REGISTRATION INFORMATION

Players Name: \_\_\_\_\_ School: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_  
 Gender: M or F Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_ Cell Number: \_\_\_\_\_ Email: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_ Cell Number: \_\_\_\_\_  
 TShirt Size: YS YM YL YXL AS AM AL AXL  
 Interested in Coaching Tball? Yes No Name: \_\_\_\_\_ Cell Number: \_\_\_\_\_  
 Sport: \_\_\_\_\_ Coaches TShirt Size: AM AL AXL AXXL

### PAYMENT INFORMATION

Master Card/Visa Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ Sec. Code: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Program Registering For: \_\_\_\_\_