



2019 GRCS Fall Recreation Programs

Fall Flag Football

Dates: August 27 – September 28
Ages: 4-5 years and 6-8 years
Games: Sept. 14, 21 & 28 at 2pm
Practices: Tuesdays at Gainey Athletic Fields after 5:30pm
Cost: \$45 (*Tshirt included*)
Register By: August 3

Volunteer Coaches needed

Fall Youth Football

Dates: August 19-Mid October (6 games)
Ages: 3rd-4th grade and 5th-6th grade
Games: Saturdays
Practices: Mon. 6-7:30, Tues. 4:30-6pm & Thurs. 6-7pm
Games: At Eagle’s Stadium and surrounding schools
Cost: \$165 to play and includes a new jersey and a 2 day Summer Camp
Register by: August 6

Volunteer coaches needed

7th & 8th Grade Football

Dates: August 19-Mid October
Games: Saturdays
Practices: 3 times a week, after 5pm
Games: At Eagle’s Stadium and surrounding schools
Cost: \$130, includes the use of helmet, jersey, pants
Register By: August 6
2018 Coach: Daimond Dixon, GRCS’s Sports Trainer

Players provide: mouth guard, pads, cup, socks, and cleats.

Girls Lacrosse

Fall Learn to Play and Skills and Drills

Come bring a friend and learn to play lacrosse. All skill levels welcome. If you are a current player, come work on your game.

Dates: Sept. 3-Oct. 8 (6 weeks)
Days: Tuesdays
Location: GRC Elem. School Field, Iroquois
Time: 3:30-5pm
Ages: K-8th, girls
Cost: \$45
Register By: August 3
Coach: Julie Roossien
Players must provide: mouth guard, stick and goggles.

Boys Basketball Clinic

GRCHS Varsity Basketball Coach, Eric Taylor would like to refine your son’s basketball skills. He is a firm believer that fundamentals are important to learn early so they can be practiced correctly repeatedly.

Dates: September 25 – October 19
Days: Wednesdays & Saturdays
Site: All City Gym at GRC High School
Time: 5th-6th Grade: 5:30-6:30pm (Wednesdays) & 1-2:30pm (Saturdays)
 7th-8th Grade: 6:45-7:45pm (Wednesdays) & 2:45-4:15pm (Saturdays)
Cost: \$70
Register By: September 13



Fall

Boys Tennis

Coach Bill is back to teach our boys tennis. Everyone loves Coach Bill! Class will meet immediately after school on the Iroquois Elementary School tennis courts. No traveling, all practices held at GRCES. This class fills fast, sign up now!

Dates: September 10-October 17 **Day:**
Days: Tuesdays OR Thursdays
Site: GRCES Tennis Courts
Who: Boys, 3rd-4th grade
Time: 3:20-4:50pm
Cost: \$60 (T-shirt included)
Register By: ASAP – it will fill

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Pitching/Hitting/Catching Softball Clinic

Looking to improve your softball skills? Now is the time. Join the GRC softball staff as they work with our youth preparing them for high school softball.

Where: All City Gym
Who: 5th-8th girls
When: Wednesdays, Oct 30 – Nov 20
Time: 6:30-8pm
Cost: \$40
Register by: Oct. 18

Youth Sports Performance Training 101

101 is geared towards helping athletes build a sports base for strength, speed, balance, and power. It also includes developing our young athletes' qualities for them to become better student-athletes. Varsity coaches will be invited as guest speakers for last 10 minutes of class.

Level I: 3rd - 5th Grade

Level II: 6th - 8th Grade

<u>Dates</u>	<u>Days</u>	<u>Level</u>	<u>Register by</u>	<u>Time</u>	<u>Cost</u>
Oct. 28 - Nov. 20	M & W	I & II	October 18	6-7:15pm	\$65
Jan. 13 - Feb. 5	M & W	I & II	December 20	6-7:15pm	\$65 (no class Jan. 20)

Girls Basketball Pre-Season Clinic

Crystal Strickland, GRCS Varsity Girls Basketball Coach, will be offering a clinic for middle School girls who are trying out for the MS basketball team. This clinic will end right before their season begins and will refresh their skills and prepare them.

Dates: Saturdays, Nov. 16 – December 14 (no class Nov. 30)
Site: Quest
Time: 5th-6th Grade: 12:30-2pm
 7th-8th Grade: 2:30-4pm
Cost: \$55
Register by: Nov. 8

Pureplay Fall Soccer

This is a joint effort between Ada Christian and Grand Rapids Christian Elementary. Practice one time a week at Ada Christian.

Game Dates: Sept. 7, 14, 21, 28, Oct 5, 12

Times: 9-11am

Cost: \$45 Young 5's – K and \$65 for 1st-4th

Register: open online only June 1-August 31 at

www.adachristian.org/pureplay

separate leagues for boys and girls

GRCS REGISTRATION INFORMATION (not applicable for PurePlay Soccer)

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? Yes No Name: _____ Cell Number: _____

Sport: _____ TShirt Size: AM AL AXL AXXL

Master Card/Visa Number: _____ Exp Date: _____ Sec. Code: _____ Amount: \$ _____

Name on Card: _____ Program Registering For: _____ Boys Tennis Day: _____ Tues or Thurs

Send form and payment to: GRCS at 2400 Plymouth St. SE GR 49506 Attn: Stacey Boender