



SUMMER SPORTS OPPORTUNITIES 2023

GR Christian High School



Always check www.grcssportscamps.org to see if there are opportunities there.

**In order to participate, you must be registered/enrolled for the 2023-24 school year.*

*****The following dates are not necessarily all the dates that a sport has this summer. To get complete schedules, sign up, get details, and ask questions, please contact your coach directly using the information below.***

BASEBALL	Brent Gates *Contact Coach to get the full HS summer league and player development schedule	304-3004	bgates@vtcins.com	SUMMER WEIGHT ROOM <u>JUNE 2023</u> FB/Wrest/ Boys BB/Hockey 8:30-10:00a M-TH Volleyball, Girs BB, G Tennis 11:00-12:00p T & TH Boys Soccer & Tennis 10:00a-11:00p M-TH Girls Swim, Golf & all other GRC athletes 12:00p-1:00p T & TH <u>JULY 2023</u> FB/Wrest/ Boys BB/Hockey 8:30-10:00a M-TH Volleyball, Girs BB, G Tennis 11:00-12:00p T & TH Boys Soccer & Tennis 10:00a-11:00p M-TH Girls Swim, Golf & all other GRC athletes 12:00p-1:00p T & TH
SOFTBALL	Danae VanTimmeren *Contact Coach to get the full HS summer league and player development schedule	389-7144	danaevant@gmail.com	
BASKETBALL - Boys	Eric Taylor First event - F/JV/VAR *This is the first event for boys basketball. Contact Coach Taylor for more details. There are many more events, tournaments, skill development opportunities, but you need to contact coach to get them. Football and Basketball will lift together and skills for basketball will not overlap with football workouts. You can do both sports without conflict.	889-7179 June 5 - Lift 830-10a (M-TH), shoot 10-11a (M/W only) - weekly	etaylor@grcs.org	
BASKETBALL - Girls	Sam Grasmeyer FR/JV/VAR - Program Meeting and Open Gym - June 6 - 6-8p in QC *These are the first events for girls basketball. Contact Coach Grasmeyer for more details. There are many more events, tournaments, skill development opportunities, but you need to contact coach to get them.	802-7668	samgrasmeyer@gmail.com	
GOLF	Kevin Broene - Boys Seth Davies - Girls West Michigan Junior Golf Tour	915-5189 295-5053	kbroene@grcs.org sdavies@grcs.org - contact coach for days the girls team gathers in the summer Meijer/Callaway Junior Golf Tour	
CROSS COUNTRY BOYS & GIRLS	Doug Jager *Contact Coach Jager for information about summer running and a Cross Country Team overnight camp.	723-6345	d_djager@yahoo.com	
FOOTBALL	Rueben Riley Kirk Sundberg * Football and Basketball will lift together and skills for basketball will not overlap with football workouts. You can do both sports without conflict. * Lift 830-10a (M-TH), skills 10-11a (T/TH) - weekly Coaches have full summer workout, lifting, and event schedule for FR and Varsity teams. Email the coaches to get a copy of this and to get connected.	734-7257 540-7412	eaglefootball@grcs.org	

SOCCER - Boys	Aric Dershem JV/Varsity	308-4094 June 12, 19, 26 July 10, 17, 24	coachdersh@gmail.com 630-8p @ Eagle Stadium Also Wed nights in July 13, 20, 27 8-10pm
SOCCER - Girls	Derek Dufendach Ryan Snyder	446-1095 304-2433	derek@michiganfutbolacademy.com rsnyder312@gmail.com Contact the Coaches ASAP to get information about their HS gatherings this summer.
VOLLEYBALL - Girls	Amy Huisken	799-4506 Open Gyms (June 19, 21 & AC gym) - other open gyms on the schedule email coach for details F/JV/V Boot Camp July 11-13	amyhgrcvb@gmail.com 9a-12pm - QC *These are NOT the first events for volleyball. Contact Coach Huisken for more details. There are many more events in June, but you need to contact coach to get them.
TENNIS - Boys	Gunnar Peery	313-629-1834	peery.gunnar@gmail.com
TENNIS - Girls	Andrew Rolls	517-285-4386	rollsan@mail.gvsu.edu Contact Coach Rolls for details of boys and girls summer opportunities
LACROSSE - Boys	Jeff Boyd	437-5456	GRCBoysLax@gmail.com 5-12th grade - skill work June 15, 22, 29 July 13,20, 27 7-830p - Eagles Stadium
LACROSSE - Girls	Julie Rooisen	607-624-3133	joyfujourney3@gmail.com Contact coach for details of HS GLAX opportunities
The following sports programs do not typically host a GRCHS practice schedule in the summer. However, please contact coach for suggestions on how to prepare for the 2023-24 seasons.			
HOCKEY	Shawn Zimmerman	583-2262	szimmy8@gmail.com
SOFTBALL	Danae VanTimmeren	389-7144	danaevant@gmail.com
B SWIMMING	Jeremy Pyper	446-4757	grchswimcoach@gmail.com
G SWIMMING	Elena Groenenboom	240-5863	elenagboom@gmail.com
VOLLEYBALL - Boys	Mitchell Feria	303-305-9132	coach.mitchellferia@gmail.com
TRACK	Doug Jager	723-6345	d_djager@yahoo.com
WRESTLING	Greg Dykema	862-4890	greg@dykemaexcavators.com



****Any athlete who does not fit in to one of the catagories above can self select in to any one of the weight room trainings they want to attend.**



TENNIS: Students who participated in the middle school tennis program should sign up for the green/yellow ball tennis camp on the GRC athletic camps website, which takes place from 6:30-7:30pm, M-Th, as this is the direct middle school tennis training camp. Any incoming freshmen or current high school students should sign up for the GRC high school tennis camp (contact Coach Rolls for info). If you are looking for other tennis training options in the West Michigan area, please contact Coach Rolls for more information and details.