



SUMMER SPORTS OPPORTUNITIES 2024

Grand Rapids Christian High School



**In order to participate, you must be registered/enrolled for the 2024-25 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	Kurt Hoekstra *Contact Coach to get the full HS summer league and player development schedule	kurthoekstra@gmail.com	SUMMER WEIGHT ROOM <u>JUNE 2024</u> Girls Swim 8:00-9:00a T/TH FB/Wrest/XC Boys BB/Hockey 8:30-10:00a M-TH Boys Soccer & Tennis 10:00a-11:00p M-TH Volleyball, Girs BB, G Tennis 11:00-12:00p T/TH All other GRC athletes 12:00p-1:00p T/TH <u>JULY 2024</u> Girls Swim 8:00-9:00a T/TH FB/Wrest/XC Boys BB/Hockey 8:30-10:00a T-TH Boys Soccer & Tennis 10:00a-11:00p T-TH Volleyball, Girs BB, G Tennis 11:00-12:00p T/TH 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 etaylor@grcs.org June 5 - Lift 830-10a (M-TH), shoot 10-11a (M/W/F) - weekly	
BASKETBALL - Girls	Sam Grasmeyer T/TH - Shooting workouts - 10-11a in QC - lifting to follow from 11-12p (starts June 4) *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 Meijer/Callaway Junior Golf Tour kbroene@grcs.org sdavies@grcs.org - contact coach for days the girls team gathers in the summer	
CROSS COUNTRY	Dan Hoekstra *Contact Coach for info about summer running 8a-930a daily. Lifting is 930-10 T & TH. Additionally, there is a team overnight camp.	260-9812 dhoekstra@grcs.org	
BOYS & GIRLS			
FOOTBALL	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 JV and Varsity teams. Email the coaches to get a copy of this and to get connected.	540-7412 ksundberg@grcs.org	

SOCCER - Boys	Coach TBD		
	JV/Varsity	June 10, 17, 24 July 15, 22, 29	630-8p @ Eagle Stadium Also Wed nights in July 10, 17, 24, 31 8-10
SOCCER - Girls	Tim Terhaar	581-6756	tterhaar@grcs.org
	Contact Coach to get information about their HS gatherings this summer.		
VOLLEYBALL - Girls	Amy Huisken	799-4506	amyhgrcvb@gmail.com
	Open Gyms (July 9, 11, 23, 25 QC 12-130p) - email coach for more details		
	F/JV/V Boot Camp	July 15-18	11am-1pm - 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	rollsan12@gmail.com
	Contact Coach Rolls (girls) or Coach Peery (boys) for summer opportunities		
LACROSSE - Boys	Jeff Boyd	437-5456	GRCBoysLax@gmail.com
	5-12th grade - skill work	June 5, 12, 19, 26 July 10, 17, 24	6-8p - Eagles Stadium
LACROSSE - Girls	Julie Roossien	607-624-3133	joyfuljourney3@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 2024-25 seasons.			
HOCKEY	Shawn Zimmerman	583-2262	szimmy8@gmail.com
SKI	Chad Mencarelli	826-5409	mencarelli@lremi.com
SOFTBALL	Danae VanTimmeren	389-7144	danaevant@gmail.com
B SWIMMING	Jeremy Pyper	446-4757	jpyper@grcs.org
G SWIMMING	Elena Groenenboom	240-5863	grcswimming@gmail.com
VOLLEYBALL - Boys	Mitchell Feria	303-305-9132	coach.mitchellferia@gmail.com
TRACK	Dan Hoekstra	260-9812	dhoekstra@grcs.org
WRESTLING	Greg Dykema	862-4890	greg@dykemaexcavators.com



****Any athlete whose team does not fit in to one of the strength training categories above can self select in to any one of the weight room trainings they want to attend.**

