



SUMMER SPORTS OPPORTUNITIES 2025

Grand Rapids Christian High School



**In order to participate, you must be registered/enrolled for the 2025-26 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.***

				SUMMER WEIGHT ROOM
BASEBALL	Brent Gates *Contact Coach to get the full HS summer league and player development schedule	304-3004	bgatesbaseball@gmail.com	<u>JUNE 2025</u> Girls Swim 8:00-9:00a T/TH
SOFTBALL	Danae VanTimmeren *Contact Coach to get the full HS summer league and player development schedule	389-7144	danaevant@gmail.com	FB/WREST/Boys BB 8:00-9:30a M-TH
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 2 - Lift 8-930a (M-TH), shoot 930-1130a (M/W/F) - weekly	Boys Soccer & Girls Tennis 10:00a-11:00p M-TH
BASKETBALL - Girls	Lauren Romano T/TH - Shooting workouts - 930-11a in QC - lifting to follow from 11-12p (starts June 3) *These are the first events for girls basketball. Contact Coach for more details. There are many more events, tournaments, skill development opportunities, but you need to contact coach to get them.		laurengromano@gmail.com	Volleyball, Girls BB, G Tennis 11:00-12:00p T/TH
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	All other GRC athletes 12:00p-1:00p T/TH
CROSS COUNTRY Boys & Girls	Dan Hoekstra *Contact Coach Hoekstra for locations and additional info regarding summer running. We meet M-F from 8a-9:30a to run. Lifting is 9:30-10 T & TH. Additionally, there is an overnight team camp in July.	260-9812	dhoekstra@grcs.org	<u>JULY 2025</u> Girls Swim 8:00-9:00a T/TH
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 8-930a (M-TH), skills 930-1130a (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	FB/WREST/Boys BB 8:00-9:30a 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

SOCCER - Boys & Girls	Tim Terhaar JV/Varsity Training 630-8p @ ES June 9, 16, 23 & July 14, 21, 28	581-6756	tterhaar@grcs.org Additionally: Wed Night Lights @ ES July 9, 16, 23, 30 8-10pm Sign up for training nights here!
VOLLEYBALL - Girls	Amy Huisken Open Gyms (July 9, 11, 23, 25 QC 12-130p) - email coach for more details F/JV/V Boot Camp July 15-18 *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.	799-4506	amyhgrcvb@gmail.com 11am-1pm - QC
TENNIS - Boys	Gunnar Peery	313-629-1834	peery.gunnar@gmail.com
TENNIS - Girls	Vanessa Fernandez-Torres Contact Coach Vanessa (girls) or Coach Peery (boys) for summer opportunities	321-246-0833	vtorres@mvpatherleticclubs.com
LACROSSE - Boys	Noah Nedd 5-12th grade - skill work	258-4408	GRCBoysLax@gmail.com June 5, 12, 19, 26 July 10, 17, 24 6-8p - Eagles Stadium
LACROSSE - Girls	Kate DeYoung Contact coach for details of HS GLAX opportunities	607-624-3133	katydy37@gmail.com
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
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 Sara Knoester	260-9812 813-2263	dhoekstra@grcs.org sknoes@gmail.com
WRESTLING	Greg Dykema	862-4890	greg@dykemaexcavators.com



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

