

THE GRIND

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BETTER THAN YESTERDAY

What's New – Football Sessions!

For those who don't know, we offer sessions for Defensive and Offensive Lineman sessions for high school kids! The D-line session is every Tuesday at 5pm, and the O-line sessions is every Thursday at 5pm. We have recently started Football sessions for kids 13 and under every Tuesday night at 6pm! Contact us for more details!

What's Happening – Camps

We have multiple camps starting this month! The Hillsboro Speed Camp at Hillsboro is May 14-16. Our Youth Sports Camp begins May 27th. Youth Football Camp at Festus is on June 1st! We will also be doing a Soccer camp this summer, more details to come! Please call or email for more information.

Youth Athlete & Grind Athlete Summer Schedule

Session schedule change starting the week of May 20th!

Grind Athlete

Monday-Friday: 11am

Monday-Thursday: 6pm

Saturday: 10am

Youth Grind Athlete

Monday, Wednesday & Friday: 11am

Monday, Wednesday & Friday: 6pm

Saturday: 10am



Upcoming Events

May 14

Hillsboro Speed Camp
(@ Hillsboro High School)

May 27

Youth Sports Camp
(Contact for more details)

June 1

Youth Football Camp
(@ Festus High School)

Important Announcement

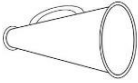
The deadline to register for our Youth Sports Camp is May 26th! Visit our website to sign up today! Only 5 weeks are still available!



More Important News

Theme week will be May 27th- June 1st! The theme is still to be announced. We had so much fun doing it in April, we wanted to try to make it a monthly thing. Everyone including the trainers are encouraged to participate! You will be entered into a drawing to win cash!

Shout Outs



Wendy Goff is down 46lbs! She works out multiple times a week, and gives it 100% each time. Awesome job! Keep up the good work!



Congrats to Allayne Weaver! Her daughter Lillian "Lilly" Eleanor was born April 9th, weighing in at 6lbs 14oz! She's perfect! We can't wait to meet her.



Recipe of the Month: Maple Salmon

Ingredients:

1/4 cup of maple syrup

1/4 teaspoon garlic salt

2 tablespoons soy sauce

1/3 teaspoon ground black pepper

1 clove garlic, minced

1 pound salmon

Prep: 10 mins

Cook: 20 mins

Ready in: 1 hour



Directions:

- 1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.*
- 2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.*
- 3. Preheat oven to 400 degrees F (200 degrees C).*
- 4. Place the baking dish in the preheated oven, and bake salmon uncovered*



Birthdays

Delaney Hart: 5/4

Kassahun Galbraith: 5/7

Prisha Nagim: 5/9

Griffin Ray: 5/14

Ruthie Roberts: 5/15

McKayla Nichols: 5/16

Wendy Goff: 5/17

Amelia Stone: 5/22

Ava Oberle: 5/24

Emma Lind: 5/26

Kim Neff: 5/27

Addison Brush: 5/28

Don Sanders: 5/28



5. *20 minutes, or until easily flaked with a fork.*