

# THE GRIND

9711 GREEN PARK INDUSTRIAL DRIVE  
SAINT LOUIS, MO 63123  
THEGRINDFS.COM 314-393-1345

**BETTER** THAN YESTERDAY

## What's New – Summer Interns

We would like to introduce the newest members of the Grind family! Say hello to Will, Sean, Gian and Claire! Will and Gian started mid-May, and Claire and Sean started the last week of May. All of them will be with us until August!! They are all excited to be here and eager to learn!

## What's Happening –

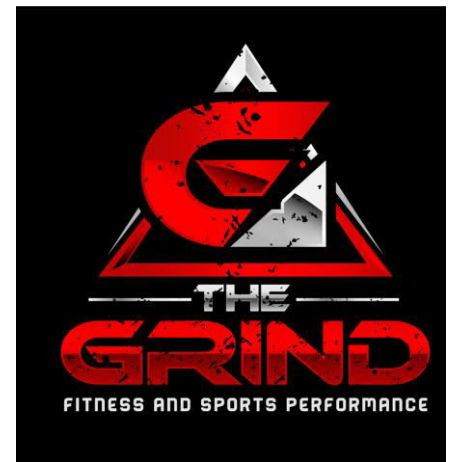
Soccer sessions are now available every Wednesday at 12pm! These sessions are designed to sharpen footwork and technical abilities with the ball, which will enhance your game out on the pitch!! Boys and girls 14 and up are encouraged to join! Punch cards are available and are 10 sessions for \$100!!

## Football Camps –

Both camps are in the books and were a huge success! We hope everyone learned a lot from it and had a great experience! Thank you AP, Hillsboro High School and Festus High School for inviting us out to host the camps! We cannot wait to do it again!



**\*Best of luck on your games to all the teams that trained with us last winter and**



## Upcoming Events

### June 30

Theme week will be June 30<sup>th</sup>- July 6<sup>th</sup>!! The theme is America in honor of Independence Day!

### July 13

Annual Charity Kickball Tournament

## Important Announcement

We have extended our registration deadline for our Youth Sports Camp! Please visit our website to sign up today! We still have 3 weeks available!

fall!! We hope you guys are killing it!

## More Important News



Joe will continue D-line and O-line sessions for high schoolers every Tuesday and Thursday at 12pm, and Youth Football Skills sessions will still be every Tuesday at 6pm. Each session is only \$10 per person!



We have decided to make theme week the week of Game 7! Everyone is encouraged to wear your Blues gear and show your support!!! LET'S GO BLUESSSSSSSSSS!!

## Shout Outs



Way to go Macy Schelp for dominating at the state track meet this past weekend! Macy finished 3<sup>rd</sup> in the 1600, 3<sup>rd</sup> in the 3200, and 4<sup>th</sup> in the 800! Awesome job! If you didn't know, Macy is only a sophomore! Keep up the hard work!



Congratulations to Lutheran South, Vianney and Hillsboro baseball teams! All three are district champions! Nice job boys!



Huge shout out to Nina Pashia! She has been working out with us four days a week, eating healthy and being more active every day! She has lost 74 pounds! You are doing such an amazing job, keep it up!



Congratulations to Ellie Burger on making all conference! Ellie is only a junior! Way to go!!

### *Recipe of The Month: Buffalo Turkey Meatballs*

*Prep Time 5 mins Cook Time 20 mins*

#### Ingredients:

- 1 lb of lean ground turkey (note: lean turkey results in meatballs that are a bit more dry, but with less fat. If you use 94% fat ground turkey, it's more juicy)
- 1/2 cup almond flour
- 1/3- 1/2 cup hot sauce (Frank's RedHot Original hot sauce is all natural and Paleo!) (original recipe used 1/3 cup, but if you want more hot sauce flavor, use 1/2 cup)
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1/4 tsp onion powder
- 1/4 tsp chili powder
- 1 egg



#### Instructions:

1. Preheat the oven to 400 degrees. Cover a cookie sheet in aluminum paper.
2. Put all of the ingredients into a large bowl and mix with a fork until everything is completely mixed.
3. Roll the meatballs into tablespoon-golf ball sized balls. Depending on size, you'll end up with 20-24 meatballs.
4. Cook for 20-25 minutes. I like to cook them for 20, then broil them for a few for added crisp.
5. Brush off some of the excess liquid/fat off the bottom of the meatballs with paper



## *Birthdays*

George Schwartz: 6/3

Henry Bollinger: 6/4

Lareina Hembrook: 6/4

Grady Arnold: 6/5

Madison Rhyne: 6/10

Meredith Wernig: 6/10

Reis Neff: 6/11

Carson King: 6/13

Lareina Hembrook: 6/14

Brandon Christ: 6/17

Chelsey Halton: 6/19

Lance Woolbright: 6/20

Kyle Ozburn: 6/25

Kasey Hartmann: 6/29

STABLE SUMMER SCHEDULE	
<b>Grind Athlete (14 &amp; older)</b>	<b>Session Times</b>
Monday: Functional/Olympic Lift	Monday-Thursday 11am and 6pm
Tuesday: Lower Push/Upper Pull	Friday: 11am
Wednesday: Upper Push/Lower Pull	Saturday: 10am
Thursday: Speed/Agility	
Friday: Core/Recovery	
Saturday: GUN SHOW - Speed/Agility	
<b>Youth Grind Athlete</b>	<b>Session Times</b>
Monday: CNS	Monday: 11am and 6pm
Wednesday: Full Body Strength/Acceleration	Wednesday: 11am and 6pm
Friday: Full Body Strength/Agility	Friday: 6pm
Saturday: Functional/Speed/Agility	Saturday: 10am

*twelve.*