

# THE GRIND

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**BETTER** THAN YESTERDAY

## What's New –Club Atletico

We would like to welcome Club Atletico to The Grind! Club Atletico is a semi-pro soccer team based out of St. Louis and they have been training with us for a little over a month now! Our very own Josh Ward is the team captain and was recently named Player of the Match against the Little Rock Rangers! Come watch them in their final home game on **Saturday, July 6<sup>th</sup> at 7pm at SLUH Soccer Stadium** as they push for a playoff bid! Keep up the good work boys and good luck on the rest of your season! For more details, check out <https://www.gobluebirds.com/>

## What's Happening – Youth Sports Camp

Our Youth Sports Camp begins on July 1<sup>st</sup>! We are so excited to have these kids here! They are a great group and we are having a ton of fun!! We are hoping to do a sports camp every summer! There is still time to sign up for the two remaining weeks (July 29<sup>th</sup>-Aug 2<sup>nd</sup> & Aug 5<sup>th</sup>-9<sup>th</sup>)! Visit our website to register now [www.thegrindfs.com](http://www.thegrindfs.com)

## Summer Schedule - Small Group

Our small group class schedule has changed a little bit! During the summer there will not be any 6:00am sessions but all other times are still available! We hope to see everyone back in the sessions soon.. we miss you!

**Monday: 9am-10am**

**Tuesday: 6pm-7pm**

**Wednesday: 9am-10am & 5pm-6pm**

**Thursday: 9am-10am & 6pm-7pm**

**Saturday: 9am-10am**



## Upcoming Events

### July 1

First week of Summer Camp

### July 13

Charity Kickball Tournament

## Important Announcement

Theme week is July 1<sup>st</sup>-6<sup>th</sup> and our theme is Stars & Stripes in honor of the 4<sup>th</sup>! Please wear your gear! You will be entered into a drawing to win money! 😊




## Exciting News


Welcome to the world Adrianna Marie Orlando!!! This sweet little girl was born on Thursday, June 27<sup>th</sup> at 5:36pm! She weighs 7lbs 1 oz and is 21 inches long! We hear she already has her parents wrapped around her finger! Congratulations Lindsay and Chico on your little bundle of joy! We are so happy for you and your family!! We cannot wait to meet her!


## Kickin' It for Charity

The Grind will be hosting our 2<sup>nd</sup> Annual Charity Kickball Tournament! This year we are partnering with The Covering House and all proceeds go to human trafficking awareness. To register your team, please email your roster and team name to [gmg6112@gmail.com](mailto:gmg6112@gmail.com). Teams can be 10-15 people (must have at least 3 girls), and it's \$150 to participate! Come join us for a good cause! We will provide food, water and Gatorade, and we will have side games and raffle! You may bring your own drinks (soda/alcohol).

## Shout Outs

 Huge shout out to Jacob Hager on an amazing season! Jacob finished the season with 11 homeruns, 6 triples, and 41 RBIs! He also finished first team all conference, first team all metro & first team all state, as well as, being named Player of the Year! Great job!

 Congratulations to Brandon Hager for finishing first team all conference and second team all state! Also, to Vito Orlando for finishing first team all conference too! Hard work pays off and you guys are some of the hardest working athletes we know!

 Congratulations to Blake and The STL Force on finishing first in the GMB Bucket Bash this past weekend! Blake has been personal training with us for a while now! Way to go!

### *Recipe of The Month: Red, White & Blue Cheesecake Strawberries*

*Prep Time 5 mins Cool Time 15 mins Yields 20*

#### Ingredients:

1 (8-oz.) block cream cheese  
1/3 c. powdered sugar  
1/2 tsp. pure vanilla extract  
1 c. Cool Whip  
10 strawberries, halved  
30 blueberries

#### Instructions:

1. In a medium bowl using a hand mixer, beat cream cheese, powdered sugar, and
2. Transfer mixture to a piping bag and pipe over oat side of strawberry.
3. Top with blueberries and serve.



## *Birthdays*

Erin Skinner: 7/1

Brittney Krodinger: 7/8

Courtney Krodinger: 7/8

Jack Pronger: 7/11

Aubrey Cillo: 7/12

Kyle Ramsey: 7/15

Tyler Ludwig: 7/17

Nicole Krodinger: 7/18

Derek Stein: 7/20

Cade Hohl: 7/21

Allayne Weaver: 7/23

Michele Wright: 7/24

Brey Turner: 7/24

