

THE GRIND

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BETTER THAN YESTERDAY

Welcome –AJAX Amsterdam

The Grind would like to welcome the AJAX Amsterdam team from the Saint Louis AJAX Soccer Club! They started their team training sessions in Mid-July! Our coaches are excited for the opportunity to work with them in preparations for their next season and we are eager to see how the team improves over the next six weeks!!

What's Happening – Youth Sports Camp

It's the final weeks of our summer camp and boy, has it been fun!! Our interns and team have done an amazing job making sure this camp has been a blast from start to finish. We are so happy to have met so many wonderful kids and hope they will be back next year! There is still time to sign up for the last week (August 5th-Aug 9th)! Visit our website to register now www.the grindfs.com.

Team Training

Our sports performance training programs provide individualized training based on personal goals and sport-specific demands. Working within a group setting encourages young athletes to inspire others, and teaches them about leadership, teamwork and accountability. Training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Training also allows athletes to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body.

Last year, we trained over 45 teams from a variety of sports and we are expecting even more this year! Our fall team training sessions will begin in just a couple of weeks! Let us help build your team up and set them apart from the competition! With over 25 years of combined experience in fitness, sports performance, and sports medicine, we have the solutions to your team fitness needs! Contact us today to discuss availability and pricing.



Announcement

Theme Week will be August 18th-24th

and the theme is Throwback!! You

get to pick the decade!

Let's see what you got!



Kickin' It for Charity

Thank you to everyone who participated in our 2nd Annual Kickball Tournament! We appreciate all of you for coming out and supporting The Covering House Charity! We had 10 teams, over 150 people at this event and together we raised \$2,000! We cannot wait to do this again. Congratulations to Bonnie Orlando and his team on their victory! Thank you to Andy's Produce Too for the fruit and veggie trays and Nina Pashia for the amazing cake!



Grind Athlete Schedule Change

Back to school season is fast approaching and that means it's almost time for our Grind Athlete & Youth Grind Athlete Summer schedules to come to an end! Our last session of our summer schedule will be on Saturday, August 10th. The Fall schedule will start on Monday, August 12th. The new schedule will be announced shortly!

Shout Outs



Congratulations to Kate Todd for committing to Anderson University! We wish you the best of luck on your next adventure!



Huge shout out to Brittney Krodinger and The Saint Louis Saints for 18 straight wins! Their record is 21 & 2! They also won NSA Nationals for 23 and under. Great job ladies!



Congratulations to Nick Krodinger for being named impact player of the game against the Louisiana Knights! He went 2 for 3 with 2 base hits and an RBI.

Recipe of The Month: Good Morning Wrap

Prep Time 10 mins **Ready In** 10 mins

Ingredients:

- Two 10in. flour tortillas
- 1 cup cottage cheese
- 1 cup chopped fresh pineapple, divided
- ½ cup vanilla granola cereal, divided
- 2 tablespoons brown sugar, divided
- Two bananas, sliced lengthwise



Instructions:

1. Place the tortillas into a microwave oven, and heat on high until warmed and pliable, 10 to 15 seconds.
2. Spread each tortilla with cottage cheese and pineapple, sprinkle with granola cereal and brown sugar, and top with a sliced banana.
3. Fold the top and bottom of each tortilla down, enclosing the filling, and roll the wrap tightly into a compact cylinder. Slice each wrap in half across the middle to serve.

Birthdays

Joe Lasky: 8/1

Angie Figge & Mason
Oberle: 8/2

Chris Knickmeyer & Evan
Ozbun: 8/3

Parker Sanders: 8/7

Hannah Christ & Jack
Lawson: 8/8

Brian Wagner & Lilie
Candido: 8/9

Shane Jones & Ryan
Kirbey: 8/11

Jake Bollinger: 8/12

Kirbey Barron & Paige
Beffa: 8/13

Zach Whaley: 8/19

John Edwards: 8/20

Robyn Soetaert: 8/22

Jonnie Pashia: 8/24

Olivia Thurmond: 8/26

Amy Hulse: 8/27

Shea Luby: 8/29

Cheryl Orlando: 8/30

