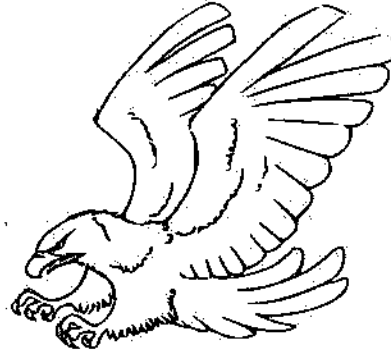
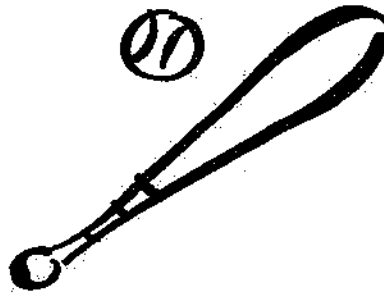


Red Lake Falls



2024 Summer Recreation



Red Lake Falls Summer Recreation

Mission: To provide young people the opportunity to participate, enjoy, and excel in a variety of different summer recreation programs.

I hope everyone has an enjoyable summer filled with many activities and good times. This year the program will offer several opportunities for young people to participate.

Summer Recreation Season: May 20-Jul 31

Registration: Forms will be available at the school and registration packets will be sent home with RLF students.

Registration Deadline: Thursday, May 23, 2024

Checks can be written out to:

ISD #630 Community Education.

and can be dropped off at the district office or mailed to:

Red Lake Falls School

Attn: Ben Hanson

PO Box 399

Red Lake Falls, MN 56750

Refunds: Refunds will be given for any scheduled event or activity that is cancelled. No refund will be given for missed activities or being dismissed for disciplinary reasons. All refund checks will be issued at the end of the season.

Weather Announcements: Practices and activities will run at their scheduled times. We will move events indoors if needed. The Instant Alert and group text messages will be used for changes and announcements.

Lunch and Water: Please bring water to practices and games. There is water at the field; however, it is still a good idea to bring a bottle to practice. It is also a good idea to bring some money to games. Most game sites will have concessions available, but it is not a guarantee.

Transportation: All buses will leave from the high school near the gym doors. Babe Ruth will leave from Arena.

Questions:

If you have any questions please feel free to call me at school 253-2163 ext. 112. or email: bhanson@rlfedu.org

Thank you,

Ben Hanson, Summer Recreation Director

Boys and Girls Tee Ball

Tee Ball:

Participants will be introduced to the game of baseball/softball. Fundamentals and basic skills will be stressed.

First Day: Tuesday, May 28

Practice Time: 10:30 A.M. – 11:30 A.M.

Practice Days: Tuesdays & Wednesdays

Practice Site: Softball Complex

No practice on July 2 or 3

Game Time: TBD Looking at doing 4 game days.

Cost: \$40.00

Coach: Mrs. Mandy Swendra, Jordan Wieland & Khloe Knaack

T-shirt is included in the price for Tee Ball.

Baseball

Boys Baseball Age Splits (As of June 1st)

1. 5-6 Tee ball (Boys & Girls)
2. 7-8 Mites
3. 9-10 Pee Wees (grades 3-4)
4. 11-12 Cal Ripken (grades 5-6)
5. 11-13 Cadets (grades 5-7)
6. 13-15 (as of March 31st) Babe Ruth (grades 7-9)

Baseball

Mites

Participants will be introduced to hitting balls that are pitched by the coach. Fundamentals and basic skills will be emphasized throughout the program.

First Day: Thursday, May 30

Practice Time: 10:30A.M.-11:30 A.M.

Practice Days: Tuesdays & Wednesdays
mostly

Practice Site: Softball Complex

No practice on July 2 or July 4

Game Days: 10:00 A.M. Mondays starting
June 10

Cost: \$40.00

Coach: Mr. Brian Remick

T-shirt is included in the price for Mites

Pee Wee:

Participants will be hitting balls pitched by kids their own age. Fundamentals will be stressed and more advanced techniques will be introduced.

First Day: Wednesday, May 22 3:30-5:30pm

Practice Time: 10:15-12:00 or 3:00-4:45

Practice Site: Softball Complex

Schedule: Monday-Thursday: Full Game and
Practice schedule will be online.

Games: Tuesdays at 10:00/11:30 and Thurs-
days at 5:00/6:30 mostly

Cost: \$50.00

Coach: Mrs. Carly Kleven & Mr. Chris Nelson

Baseball

Cadets/Cal Ripken

Participants will be hitting balls pitched by kids their own age. Fundamentals will be fine-tuned. This will be a high level of competition and players will learn game-like situations. The season ends with a World Series.

First Day: Wednesday May 22, 3:30-5:30pm

Practice Times: 10:15-12:00 or 3:00-4:45

Practice Site: Softball Complex

Schedule: Monday-Thursday Full Game and Practice Schedule will be online

Cost: \$50.00

Coach: Mr. Ben Cardinal & Mr. Chris Nelson

Babe Ruth

Participants will be playing regular baseball rules. Fundamentals will be fine-tuned. This will be a high level of competition and players will learn game-like situations.

First Day: Tuesday, May 28 10:00-12:00

Practice Times: 10:00-12:00

Schedule: Monday-Thursday and some Fridays. Full Game and Practice Schedule will be online

Site: L.E. Drechsel Field

Cost: \$75.00

Coach: Mr. Mike Gullingsrud & Mr. Chris Nelson

Softball

Girls Softball Age Splits (As of June 1st)

1. 5-6 Tee Ball (Boys & Girls)
2. 7-8 Midgets
3. 9-11 Bantams (grades 3-4)
4. 11-13 Ponies (grades 5-7)
5. 14 and under as of Sept. 1 (grades 8-9)
6. 18 and under as of Sept. 1

Midgets

Participants will be introduced to hitting balls that are pitched by the coach. Fundamentals and basic skills will be emphasized throughout the program.

First Day: Tuesday, May 28

Practice Time: 10:30 A.M.– 11:30 A.M.

Practice Days: Tuesdays & Wednesdays

Practice Site: Softball Complex

Game Times: 10:00 A.M. Mondays starting June 12.

Cost: \$40.00

Coach:

Softball

Bantams

This age level will be using a modified fastpitch format. Fundamentals will be stressed and more advanced techniques will be introduced. Eleven year olds can play either bantams or ponies. This will be determined by number of participants and skill level.

First 2 Practices: Monday, May 20 3:20-5:30PM

Wednesday, May 22 3:20-5:30PM

Practice Time: 10:15-12:00 or 2:30-4:15

Practice Site: Softball Complex

Schedule: Monday-Thursday A full schedule will be available online.

Cost: \$50.00

Coach: Gabby Casavan & Jayden Breiland

Ponies

This age level will be using the high school fastpitch format. Fundamentals will be fine tuned at this level. This will be a high level of competition and players will learn game-like situations.

First 2 Practices: Monday, May 20 3:20-5:30PM

Wednesday, May 22 3:20-5:30PM

Practice Time: 10:15-12:00 or 2:30-4:15

Practice Site: Softball Complex

Schedule: Monday-Thursday A full schedule will be available online.

Cost: \$50.00

Coach: Gabby Casavan & Jayden Breiland

Softball

14 and Under League

This age level will compete against other communities mainly on Thursday evenings. It will focus on all aspects of fastpitch softball.

First Day: Tuesday, May 28

Practice Time: 10:15 A.M.—12:00 A.M.

Practice Days: Mondays, Tuesday & Wednesdays

Practice Site: Softball Complex

Game Sites: Home & away Thursday evenings

Schedule: A full schedule will be available online.

Cost: \$50.00

Coach: Gabby Casavan & Jayden Breiland

16/18 and Under League

This age level will compete against other communities on Monday evenings. It will focus on all aspects of fastpitch softball.

Practice Time/Day: Fridays 9:00-11:15

Practice Site: Softball Complex

Game Sites: Home & Away mostly on Monday evenings

Cost: \$50.00

Coach: Mr. Ben Hanson

Sports

Basketball

Participants will learn the basic fundamentals of basketball. All aspects of the game will be covered using drills and competitions.

Days & Time: Mondays 1:00-2:15 PM: June 10, 17, 24. July 8, 15, 22, 29

Ages: Boys & Girls in Grades 1-5 of current 2023-24 School Year

Site: Hughes Elementary

Cost: \$10

Coaches: Mr. Gavin Ward, Mrs. Mandy Swendra

Sport Acceleration

Participants will work to increase strength, agility, and speed. Sessions will be divided between weight training and speed/agility.

Days & Time: Sundays 8:00PM-9:45PM,
Tuesdays & Thursdays 7:15AM-9:00AM

Duration: June 2– July 28 excluding July 4

Ages: Boys & Girls in Grades 6-11 of the current 2023-24 School Year

Site: High School

Cost: \$30

Coaches: Mrs. Kris Kennett and Friends

Golf

Participants will learn the basic techniques, rules, and etiquette of the game of golf. All aspects of the game will be covered using drills and competitions. Participants will provide their own clubs and balls.

Time: 9:00– 10:00 A.M.

Days: Mondays & Wednesdays May 29—July 24. No golf July 1 & 3

Ages: Boys & Girls in Grades 4-8 of current 2023-24 School Year

Site: Oak Knolls Golf Course

Cost: \$25

Coaches: Ms. Morgan Williams & Coby Knott

Drama

Come join us for a great theater experience. In this session you will be able to play drama games, learn how to act and sing, design a set, visit a costume shop and perform a musical for a live audience! Cost covers costume, set, music and script.

Ages: Grades 3-8 of 2023-24 school year

Gender: Boys and Girls

Tentative Schedule: July 8-July 25

Site: J.A. Hughes Elementary School

Performance: 7:00P.M. TBD

Directors: Mrs. Jennifer Wieland & Jordan Wieland

Cost: \$45.00

Turn In
Registration Forms No Later Than

Thursday,
May 23

Notes:

1. Check online for updated Schedules- Click on the link on the district website
www.redlakefalls.k12.mn.us
2. The uniform t-shirts will be similar to past years **purple** t-shirts for t-ball, mites & midg-ets.
3. Peewees, Ponies, Bantams, Ponies, Babe Ruth, 14 & 18U Softball will be issued uniforms to be returned at the end of the summer.
4. Participant may be dismissed from any activity due to disciplinary reasons.
5. Practice Time may change based on coach availability.