

Turn In  
Registration Forms No Later Than

**Thursday,**  
**May 25**

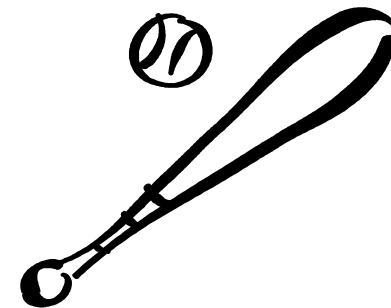
Notes:

1. Check online for updated Schedules- Click on the link on the district website [www.redlakefalls.k12.mn.us](http://www.redlakefalls.k12.mn.us)
2. The uniform t-shirts will be similar to past years **purple** t-shirts for t-ball, mites & midgets.
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.

# Red Lake Falls



## Summer Recreation 2023



## **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 22-Aug 5

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

**Registration Deadline:** Thursday, May 25, 2023

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

## **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 31— July 19. No golf July 4 & 6

**Ages:** Boys & Girls in Grades 4-8 of current 2022-23 School Year

**Site:** Oak Knolls Golf Course

**Cost:** \$25

**Coaches:** Ms. Morgan Williams, Chase Nelson & Paige Schafer

## **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 2022-23 school year

**Gender:** Boys and Girls

**Tentative Schedule:** Monday, May 22 3:00-5:30

May 30-June 2 8:00-10:30AM

June 5 & 7 3:30-6:00PM, June 9 8:00–11:00AM

June 12, 13, and 16 8:00-11:00AM

**Site:** J.A. Hughes Elementary School

**Performance:** 7:00P.M. TBD

**Directors:** Mrs. Jennifer Wieland

**Cost:** \$45.00

## 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 12, 19, 26. July 10, 17, 24

**Fridays** 9:15-10:30 AM: June 2, 9, 16, 26, 30. July 14, 21.

**Ages:** Boys & Girls in Grades 1-5 of current 2022-23 School Year

**Site:** Hughes Elementary

**Cost:** \$15

**Coaches:** Mr. Gavin Ward, Mrs. Mandy Swendra, Chase Nelson & Paige Schafer

### **Sport Acceleration**

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

**Days & Time for May/June:** Sundays 8:00PM-9:45PM, Wednesdays & Fridays 7:15AM-9:00AM

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

**Duration:** May 31– July 28 excluding July 4

**Ages:** Boys & Girls in Grades 6-11 of the current 2022-23 School Year

**Site:** High School

**Cost:** \$30

**Coaches:** Mrs. Kris Kennett, Mr. Chris Nelson, Mr. Brian Remick, Mrs. Nikki Gullingsrud, Mr. Marshall Mickleson, Mr. Seth Schmitz, Mr. Trevor Page, Mr. Steve Phillion, Mr. Peter Hagl, and Mr. Ben Hanson

**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](mailto: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 30**

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

**Practice Days:** Tuesdays & Wednesdays

**Practice Site:** Softball Complex

No practice on July 6 or 7

**Game Time:** TBD Looking at doing 4 game days.

**Cost:** \$40.00

**Coach:** Mrs. Jessie Forness, Chase Nelson & Khloe Knaack

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

## Baseball

### Boys Baseball Age Splits (As of June 1<sup>st</sup>)

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)

## 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 30**

**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:** Mr. Seth Schmitz & Sarah Wieland

### 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 9:15-11:15

**Practice Site:** Softball Complex

**Game Sites:** Home & Away mostly on Monday evenings

**Cost:** \$50.00

**Coach:** Mr. Ben Hanson & Sarah Wieland

## 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 22 5:30-7:00PM**

**Wednesday, May 24 3:15-5:30PM**

**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 22 5:30-7:00PM**

**Wednesday, May 24 3:15-5:30PM**

**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

## 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: Tuesday, May 30**

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

**Practice Days:** Tuesdays & Wednesdays mostly

**Practice Site:** Softball Complex

No practice on July 6 or 7

**Game Days:** 10:00 A.M. Mondays starting June 12

**Cost:** \$40.00

**Coach:** Mrs. Carly Kleven & 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 24 6:30-8:00pm**

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

**Practice Site:** Softball Complex

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

**Games:** Tuesdays at 10:00/11:30 and Thursdays at 5:00/6:30 mostly

**Cost:** \$50.00

**Coach:** Ben Cardinal (evenings), Jayden Breiland & Gabby Casavan

## 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 24, 6:30-8:00pm**

**Practice Times:** 10:15-12:00 or 2:30-4:15

**Practice Site:** Softball Complex

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

**Cost:** \$50.00

**Coach:** Jayden Breiland & Gabby Casavan

### 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 30**

**Practice Times:** 10:00-1:00 or 11:00-2:00

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

**Site:** L.E. Drechsel Field

**Cost:** \$75.00

**Coach:** Mr. Chris Nelson & Mr. Nick Cervantes

## Softball

### Girls Softball Age Splits (As of June 1<sup>st</sup>)

1. 5-6 Tee Ball (Boys & Girls)
2. 7-8 Midget
3. 9-11 Bantams (grades 3-4)
4. 11-13 Ponies (grades 5-6)
5. 14 and under as of Dec. 31 (grades 7-9)
6. 18 and under as of Dec. 31

### 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 30**

**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:** Emma Knott