

April 23, 2025

~Lunch Today~

Garlic Cheese Bread | Veggies | Hummus
Fruit | Milk

Gator Volleyball: Summer JO calendars have been emailed, so please double check you received them. There were several email addresses that were tough to read. Let me know if I need to change something. The Gator Volleyball website will be the best resource to find calendars, waivers, teams, etc... <https://sites.google.com/greenbush.k12.mn.us/gator-volleyball/gator-volleyball-jo-info?authuser=0>

Football players- any player who will be in 9th-12th grade next year is encouraged to join the 7-v-7 games this June. Practices will be June 10th, 17th and 24th, times TBD. Games will be June 12th, 19th and 26th, times TBD. More details to come. Check the BGMR Gator Football Facebook page for the most up to date info.

Parent Drivers Ed Meeting will be April 23rd @ 5:30pm in the Greenbush Band Room

POWERSPORTS - Level up @ LifeCare Medical Center / 8 week Program / Monday-Thursday | 32 sessions total / June 2nd-August 7th in Greenbush 7am / 9am / 11am / 12:30pm (Times could change) *off the week of June 20th and fair week* / 7th grade - 12th grade / \$560 individual or \$840 for family / Complete Details & Registration lifecaremedicalcenter.org/powersports-program/ any questions contact Jasmine Verbout: jverbout@lifecaremc.org

FRONTIER WRESTLING: All wrestlers welcome / \$55 per wrestler or \$150 family max / GMR Wrestling room 7-8:30pm / March 24th & 31st / April 7,14,21,28 / May 5th & 12th - TRF Sundays 6-7:30 & Tuesdays 7-8:30 Lincoln HS Wrestling Room March 11th - May 13th (No Additional cost)

Students in grades 9-11 who are interested in registering for Online College in the High School courses for next year, should contact Mr. Warne as soon as possible.

Scholarships: Many scholarships will be due soon - please be sure to check deadlines and get them turned in ASAP. If you aren't sure - see Mrs. Peterson. Check your senior Google Drive for information:

<https://sites.google.com/badger.k12.mn.us/senior/home>

GATORS 9th-12th - Now is your chance to order your official letterman's jacket. Fully customize your jacket to highlight all your achievements and activities! - ORDER DEADLINE: Wednesday, April 16 Here is how you order: Visit your school's site at Jostens.com and place your order: BGMR GATORS Letter Jacket Link - Sizing jackets are available in the office to try on if needed/desired. - Fully customize your jacket to highlight your student's achievements and activities. - Jackets will ship to your home as

soon as they are ready! / Please reach out to our Jostens representative if you have any questions or need help placing your order: Phone: 218-656-7523 / Email: pickle.office@jostens.com

High School Weight Room Supervised Times– All Are Welcome! (12 years old +)

Looking to get stronger, faster, or just feel better? Whether you're training for a sport or just want to build confidence and fitness, our supervised weight room sessions are for you!

- Open to ALL high school students – athletes and non-athletes
- Supervised room, basic circuit provided and assistance for getting started or questions as you progress
- Achieve your goals – strength, endurance, power, or general fitness
- All experience levels welcome – from beginners to experienced lifters

Come train in a supportive environment and build skills that benefit you in sports and life!

Where: Greenbush Weight Room

Questions? Contact: Dana Didrikson (218) 689-1480

Don't miss this chance to level up—bring a friend and get started today!

When:

Sun 4/27 130pm; Mon 4/28 7pm; Sun 5/4 130pm; Mon 5/5 7pm; Sun 5/11 130pm; Mon 5/12 7pm; Sun 5/18 1:30pm

College Visits:

Meetings:

Upcoming Dates:

Wednesday, April 23: 4th Quarter Midterm

Elem Wrestling: Awards night Thursday, April 24th GMR Cafeteria 6pm

Monday, April 28: Hearty Breakfast for Men 8-8:20am

Detention: Mrs. Dahlgren {4/23}

ACTIVITIES FOR WED. APR. 23:

- SB 3:30-5:45 GB
- BB 3:30-5:45 GB
- Golf 3:30-5:45 GB *pictures*
- Track @ Badger

ACTIVITIES FOR THUR. APR. 24:

- SB vs Northern Freeze V 5pm | JV 5pm | JH to follow JV
- BB vs Warroad V 4:30pm Borgen Field | JH 4:30pm GMR Field 3
- Golf Boys @ Greenbush 10AM | Girls @ Karlstad 10am Bus Leave Time:
- Track
 - JH @ TRF Bus Leave B @ 2pm GB 2:15 Dismiss @ 1:50
 - V @ LOW Bus Leave GB @ 1:30pm B 1:45 Dismiss @ 1:35

ACTIVITIES FOR FRI. APR. 25:

- SB vs RLF V 5pm | JV 5pm | JH 6pm

- BB 3:30-6 GB
- Golf Boys practice 3:30-6 GB | Girls @ Bemidji 9:30AM Bus Leave Time:
- Track
 - NO JH Practice
 - V @ TRF Bus Leave B 3pm GB 3:15 Dismiss @ 2:50

ACTIVITIES FOR SAT. APR. 26:

- JH Softball- GMR Tournament

ACTIVITIES FOR MON. APR. 28:

- SB 3:30-6 GB
- BB **DOUBLE HEADER IN GB**
 - vs KCC @ 3pm @ Borgen Field | JH 3pm @ GMR Field 3 Bus Leave Time: 1:30 Dismiss @ 1:20pm
 - Vs West Marshall 5:30pm @ Borgen Field | JH 5:30pm @ GMR Field 3
- Golf 3:30-6 GB
- Track JH @ WAO Bus Leave Time: B 1:15 Dismiss @ 1:05
 - V TBD- practice