

NEWSLETTER



KALAMAZOO SCOTTISH FESTIVAL HIGHLAND GAMES PRACTICE GOING STRONG STRONG IN THE GRAND RAPIDS AREA.

As of July 2023, Jeff Spoelhof began holding Scottish Heavy events practice in Highland Park (not a coincidence!) on Friday nights from 7 PM until about 8:30 or 9:00 PM. He has set up a Facebook group called “GR Highlands” for communications and announcements. Jeff and other athletes share their records, pictures and videos on the Facebook page - helping new and experienced athletes improve their skills. Strength training videos are also available to motivate keeping strong in the off-season.

Caber Toss

This winter Jeff is making and gathering more sheafs and other athletic equipment so athletes at many levels have the implements they need to practice their game. He is also designing t-shirts for the Grand Rapids gang. Just one more great show of Highlander camaraderie!



Sheaf Toss

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A great selection of cabers!

Weather and ground permitting - practices will resume on **April 5, 2024**, at Highland Park

-523 Grand Avenue NE-

Message Jeff on Facebook through the group page with any questions or comments.

KSFA Highland athletics practices will also resume for those closer to the Kalamazoo and Holland areas when good spring weather arrives - TBA!!

CHILDREN'S GAMES - HIGHLIGHT FOR FAMILIES AT THE KALAMAZOO SCOTTISH FESTIVAL!

The Kalamazoo Scottish Festival and Highland Games has many focal points for festival goers, but a highlight for families attending is the Children's Games Area. Some of the children's games at the festival mimic the Scottish Athletic games that the adult athletes are contesting across the park - only on a smaller scale. Children of all ages can toss a caber or hurl a weight over bar. They may want to try a hammer throw or spin and throw a weight for distance.



There's fun for all ages!

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Children can use a catapult to launch a "boulder" at a castle window!



(CHILDREN'S GAMES, CONT...)

Children can also use a catapult to launch a "boulder" at a castle window! Or they can run a race using a wooden wheelbarrow carrying "peat" – an ancient source of construction and heat. They can also make their own "targes" – the famous Scottish shields. These and other activities teach about Celtic history and culture while having fun and winning prizes. No matter the skill level of the participants one of the many volunteers will adjust the game to make the experience a positive one!

Prizes and medallions can also be earned as children fill out their festival passports. This involves the children visiting different areas of the festival and getting stamps on their "passports" as they learn about Scottish clans, highland dancing, bagpipers, or other events going on around Kindleberger Park. In the midst of all that goes on at the festival, children want to return again and again to the children's game area!



Our festival is both a learning experience and a lot of fun!

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INTRODUCING... THE CABER CREW!

So excited for three forest owners who have indicated they would love us to harvest downed trees in their woods for new cabers! Special thanks to those who helped all last year, and who will help in 2024!

Calling all potential sponsors and volunteers!

To find out how you can be involved in supporting our festival and games, and learn about KSFA events, please CONTACT US on our website:

kalamazooscottishfest.org

