MIDDLE SCHOOL WINTER WEIGHTLIFTING (7th and 8th Graders)

Date: January 4th - March 4th (Monday and Thursday)

**NOTE: Will meet on no-school days

Time: 7th/8th grade girls 6:15-7:00 PM

7th grade boys 7:00-7:45 PM

8th grade boys 7:45-8:45 PM

Location: Dowling Catholic High School Weight Room (enter through the south gym lobby) There will be instructions on how to enter campus due to construction.

Register: **Here**

Cost: $80

Description:

Dowling Catholic High School will again offer our weight training readiness program this winter. Our readiness program is designed to teach safety, spotting and appropriate lifting technique. We move slowly through the program in order to emphasize technique and safety. It is very important that future Dowling Catholic athletes learn our way of teaching and techniques. All students are required to graduate from our readiness program before they are allowed to participate in our regular training program that many of our high school athletes participate in.

NOTE - Weightlifting will still go on during no school days unless you are otherwise notified.

Questions: Contact Jason Brown - jason.b100@aol.com