

Middle School Weight Training



Open to all 7th and 8th grade students

Purpose: to learn basic lifting techniques

Begins January 8th –May 16th

Tuesday and Thursday mornings

6:30 am to 7:30 am at the High School

Enter through the parking lot doors

Breakfast at the High School is an option

Shuttle bus to the Middle School departs at 7:40am

Mr. Gordon, Mr. Knight & Mr. Lindsay
High School Coaches

