

Middle School Weight Training

January 7th – March 7th , 2019

Dowling Catholic High School will again offer our weight training readiness program. We have changed some of the format to entice more female athlete participation. The females will work separately from the boys, although they are listed at the same time. 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.

Lifting days - Monday & Thursday

Times

6:15 - 7:15 PM - 8th grade boys/All 7/8 girls

7:15 - 8:15 PM - 7th grade boys

Dates

Begins Monday, January 7th, 2019

Ends Thursday - March 7th, 2019

Please visit www.dowlingcatholic.org

Click on Student Life/Athletics/Camps and clinics

Cost: \$80

Questions: Contact Adam Jack - ajack@dowlingcatholic.org

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