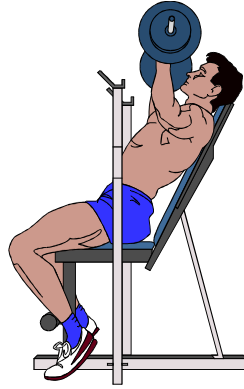


Junior High



Weightlifting

- WHAT:** A Weightlifting/Speed and Agility Training Program
- WHY:** This program is designed to teach proper weightlifting techniques, as well as speed and agility exercises, that will be beneficial to students participating in any sport.
- WHO:** Current 7th and 8th grade students (all 7th and 8th grade students are welcome)
- WHERE:** Prairie Ridge High School Weight Room
Please enter and exit at the back doors by the loading dock
- WHEN:** Monday, March 1st – Thursday, March 25th
Monday and Thursday nights from 6:00 – 7:30 PM
March: 1, 4, 8, 11, 15, 18, 22, 25
- COST:** \$50 per Student
Please mail check/money order to Prairie Ridge High School,
6000 Dvorak Drive, Crystal Lake, IL 60012.
Attention: Chris Schremp

This program is being run by Head Football Coach Chris Schremp and the Prairie Ridge High School coaching staff. Any questions, contact Chris Schremp at cschremp@d155.org

(Please complete the form, detach it, and mail it to the address above with appropriate payment)

Name(s) _____

Address _____

City _____ ZIP _____

Phone Number _____ Emergency Phone Number _____

Sport(s) You Plan on Participating In at PR _____

***Please make check payable to Prairie Ridge High School**