

**DOWLING CATHOLIC HIGH SCHOOL  
JUNIOR HIGH WEIGHT TRAINING PROGRAM  
JAN 26TH - APRIL 2ND, 2009**

Dowling Catholic's junior high weight program is open to all 7<sup>th</sup> & 8<sup>th</sup> boys and girls. Come join us for our Readiness Weight Training Program. The Readiness Program is an important feature of our weight training program as the focus is on technique and safety. Due to construction, our space is much more limited than in past years.

The speed and agility is an important feature of our weight program although we are limited in space. Participants will be involved in drills to improve their speed, agility and quickness.

Instruction and supervision provided by Dowling Catholic athletic staff and HS helpers.

**Questions:**

Contact Tom Wilson [twilson@dowling.pvt.k12.ia.us](mailto:twilson@dowling.pvt.k12.ia.us)

or

Dowling's Athletic Office

222-1010

Program will begin Monday, Jan. 26th and runs through April 2nd

Monday & Thursday

6:00-7:00PM-8<sup>th</sup> Graders

7:15-8:15PM-7<sup>th</sup> Graders

**No weight program 2-19 & over spring break - (3-16,3-19 & 3-23)**

Return this portion

Cost: \$40.00

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Phone

\_\_\_\_\_  
School

\_\_\_\_\_  
Grade

**Make checks payable to**

DCHS JR HIGH WEIGHT PROGRAM

**Mail to:**

Dowling Catholic High School

Athletic Office

1400 Buffalo Rd

West Des Moines, IA 50265

