

**DOWLING CATHOLIC HIGH SCHOOL
JUNIOR HIGH WEIGHT TRAINING PROGRAM
JAN 25TH - APRIL 1ST, 2010**

Dowling Catholic's junior high weight program is open to all 7th & 8th 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. We are very happy that the Jim Williams Weight Room should be in full use by this time.

The speed and agility is an important feature of our weight program. Participants will be involved in drills to improve their speed, agility and quickness. Space for this is limited.

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

Questions:

Contact Tom Wilson twilson@dowling.pvt.k12.ia.us

or

Dowling's Athletic Office
222-1010

Program will begin Monday, Jan. 25th and runs through April 1st

Monday & Thursday

6:00-7:00PM-8th Graders

7:15-8:15PM-7th Graders

No weight program 2-18 & over spring break - (3-11,3-15,3-18)

Return this portion

Cost: \$60.00

Student's Name

Address

City

Zip

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

Parent/Guardian

Phone

Parent Email in case of weather concerns

School

Grade

