

**Middle School Weight Training
7th and 8th Graders (2009-2010 School Year)**

Dowling Catholic High School will again offer our weight training readiness program. Our readiness program is designed to teach safety, spotting, and appropriate lifting technique. We never put weight on anyone that can't handle their own body weight. The emphasis is on technique rather than strength. 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.

Cost: \$60

Lifting Days: Tuesday and Thursday

Times: 8:00AM-8th graders only
9:00AM-7th graders only

Dates: Begins Tuesday, June 9th
Ends Tuesday, July 23rd
7 Week Program

Please cut and send bottom portion to: Middle School Weight Training
Return by June 3rd Dowling Catholic High School
1400 Buffalo Road
West Des Moines, IA 50265

Name of student _____ Grade _____

My child has permission to participate in the DCHS Middle School Weight Training Program. I hereby release the DCHS Staff and DCHS from all claims due to injuries sustained by my child during camp.

Parent/Guardian Signature _____