

BLUE VALLEY WEST

STRENGTH TRAINING TECHNIQUE CLINICS

WHO: **INCOMING 9TH GRADERS THAT ARE GOING TO USE WEIGHT ROOM THIS SUMMER.**

WHY: **TO LEARN PROPER WEIGHT LIFTING TECHNIQUE.**

WHERE: **BVW WEIGHT ROOM**

WHEN: **CHOOSE (1) CLINIC TO ATTEND.**

**May 4th – 5th -6th - 7th
4:30 to 6:00 P.M.**

OPEN

**May 11th – 12th – 13th – 14th
4:30 to 6:00 P.M.**

GIRLS ONLY

**May 18th – 19th – 20th – 21ST
4:30 to 6:00 P.M.**

FOOTBALL

May 26th – 27th – 28th – 29th

OPEN

INSTRUCTORS: **PAT FITZGERALD
BVW STRENGTH COORDINATOR**

**SCOTT WRIGHT
HEAD FOOTBALL COACH
WEIGHT TRAINING INSTRUCTOR**

COST: **\$40.00 Checks to Pat Fitzgerald**

CONTACT: **COACH FITZ 239-3765 FOR MORE INFO
OR TO RESERVE YOUR SPOT.**