

DCHS Middle School Winter Weight Lifting (Current 7th + 8th Graders)

Dowling Catholic High School will again offer our weight training readiness program this winter. Our readiness program is designed to teach safety, spotting and appropriate lifting technique. We move slowly through the program in order to emphasize technique and safety. It is very important that future Dowling Catholic athletes learn our way of teaching and techniques. 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.

Registration Link:

<https://www.gobound.com/ia/schools/dowling/camps>

Dates:

Monday + Thursdays from January 8th to March 7th (Note - there will be lifting even on no school days)

Times (Please note that flexibility is offered with what session you attend if you have scheduling conflicts)

6:15 - 7:00 PM - 7th and 8th Grade Girls

7:00 - 7:45 PM - 7th Grade Boys

7:45 to 8:45 PM 8th grade boys

Location:

Dowling Catholic High School Weight Room (enter through the south gym lobby)

Cost:

\$80

Questions: Contact Adam Jack - ajack@dowlingcatholic.org