



## 8<sup>th</sup> Grade Bulldog Strength Training Begins March 6th, 2017

**Future BHS Freshmen players-**Batavia High School has an **Elite Fitness and Strength Training Facility** that you can use starting this March with the guidance of incredible trainers and coaches- for a great value!

**The program works like this:**

From 5:30 pm to 6:30 pm Monday through Thursday the weight room will be open and a structured beginning strength training program will be designed for you. Please be on time. We will **start promptly at 5:30 pm**. Wear a **Red shirt and Black Shorts**.

You will pick 2 of the 4 available days each week to workout. A twice a week program will be designed for you and your classmates, and you choose the best 2 days that fit your schedule. The program will be run by the Batavia High School strength and conditioning coaches and will be age and strength appropriate -- with emphasis on proper technique, form and safety.

**Location:** Batavia High School Fitness Center (Enter from Main Street side of BHS)  
Athletic Entrance and go down first hallway to the right.

**Instructor:** Batavia High School Football strength training and coaching staff

**This program is run through the Batavia Athletic Office:**

**Sign up at the following link:**

**<http://ezregister.com/events/19396/>**

*NO TRAINING OVER SPRING BREAK (3/27- 3/31) OR ANY DATE SCHOOL IS NOT IN SESSION*

GRADES	DAYS	DATES	TIME	FEE
8 <sup>th</sup>	M-TH	3/6- 5/15	5:30 PM-6:30 PM	\$65

**PROGRAM STARTS THE WEEK OF MARCH 6th & ENDS THE WEEK OF MAY 15<sup>th</sup>**

