

# YOUTH WEIGHTLIFTING, SPEED & AGILITY WORKSHOP

FREE TO ALL 6TH, 7TH, & 8TH GRADERS  
ALL MULTI-SPORT ATHLETES ARE WELCOME

**TUESDAYS & THURSDAYS**  
**NOVEMBER 29- DECEMBER 15, 2022**  
**5:00-6:00 PM**  
**EL MODENA HIGH SCHOOL**  
**FOOTBALL WEIGHT ROOM (THE CAGE)**

**LEARN THE FUNDAMENTALS OF WEIGHTLIFTING AND  
BUILD A SOLID ATHLETIC FOUNDATION UNDER THE  
DIRECTION OF EL MODENA'S STRENGTH COACHES.**

**WHY ELMO?**  
ACCOUNTABILITY  
DEVELOPMENT  
COACHING STAFF  
STRONG ACADEMICS  
CULTURE



FOR MORE INFORMATION:  
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