

Davenport West Summer Weight Lifting



Current 8th graders going into High School & Grades 9th-11th

Summer lifting will run from June 2nd-July 24th, with a break July 1st-5th

Starting Tuesday June 2nd:

M-T-TH 3 days a week program

**Wednesdays will be make-up day*

***Session 1 8-9:30am** (Only Football)

***Session 2 9:30-11am** (All other sports)

Lets get stronger – together!



Team coaches are encouraged to attend for attendance, accountability, building culture, and the safety of the athletes.

Athletes must be dressed for training, with proper footwear and a water bottle.

Any athlete dismissed for conduct issues during a training session will not be allowed back until a collective meeting is held with their sport coach, strength coach, and parent/guardian.