

# Summer Weightlifting

Summer weight training will begin this year in early June and run through the first week of August. This is a great opportunity for all Nickerson athletes to get in shape for the 2009 -2010 athletic year. Summer weights are open to all Nickerson students from 7<sup>th</sup> grade to 12<sup>th</sup> grade. We will be planning to hold two sessions. Session A will start at 6:30 am and end at 8:00 am, and session B will be from 8:00 am to 9:30 am. Athletes that attend are required to perform ALL parts of the session - this includes lifting along with running/conditioning.

**June: 1, 2, 3, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 29, 30**

**July: 1, 2, 6, 7, 8, 9, 10, 13, 14, 15, 16, 17, 20, 21, 22, 23, 24, 27, 28, 29, 30, 31**

**August: 3, 4, 5, 6, 7**

# 2009