

The background of the poster is a black and white photograph. On the left, a group of middle school students are standing in a line on a paved surface, possibly a track or field. On the right, a large, close-up image of a barbell with weights is visible, partially obscuring the text.

MIDDLE SCHOOL **ATHLETIC** **DEVELOPMENT** PROGRAM

06.12.23

06.19.23

06.26.23

07.03.23

07.10.23

07.17.23

MONDAY'S ONLY | 8:45-9:45AM

EMAIL AMBER BURSON TO PRE-REGISTER

AMBER.BURSON@LEXSCHOOLS.ORG

OPEN TO ALL INCOMING 7TH & 8TH GRADE STUDENTS

HELD @ LEXINGTON HIGH SCHOOL WEIGHT ROOM
ENTER THE HIGH SCHOOL THROUGH DOOR #1

PURPOSE OF THE PROGRAM

TO INTRODUCE INCOMING 7TH AND 8TH GRADE
STUDENTS TO PROPER MOVEMENT PATTERNS,
SPEED & AGILITY TRAINING & TO PROPER WEIGHT
LIFTING TECHNIQUES