

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

06.17.24

06.24.24

07.01.24

07.08.24

07.15.24

07.22.24

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

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

[Register Here](#)

