

**PACE HIGH SCHOOL GIRLS & BOYS WEIGHTLIFTING**

**2021-2022**

**OFF-SEASON PLAN**

**FEB. 15TH- JUNE 7TH LIFT 5 DAYS PER WEEK IN CLASS!**

**APRIL 29TH LIFT A THON (FUND RAISER)**

**JUNE 10TH EXAM DAY - MOCK MEET (BENCH, CLEAN & JERK)**

**SUMMER WORKOUTS**

**SUMMER FEE: $50.00 (PAID TO COMMUNITY SCHOOL)**

**WEEKS OF:**

**JUNE 14,15,17 M, T, TH (1-2:30)**

**JUNE 21,22,24M, T, TH (1-2:30)**

 **JUNE 28,29 M, T (1-2:30)**

**JULY 3TH – 11TH 9 DAYS OFF (NO PRACTICES)**

**JULY 12,13,15M, T, TH (1-2:30)**

**JULY 19,20,22M, T, TH (1-2:30)**

**JULY 26,27 M, T (1-2:30)**

**JULY 31- AUGUST 9TH 10 DAYS OFF (NO PRACTICES)**

**AUGUST 10TH STUDENTS RETURN TO SCHOOL**

**AUGUST 11TH LIFT 5 DAYS PER WEEK IN CLASS THE ENTIRE SCHOOL YEAR!**

**MANDATORY!**

1. **LIFTERS MUST ATTEND SUMMER WORKOUTS**
2. **NO CELL PHONES IN HAND WHILE LIFTING**
3. **NO SITTING DOWN WHILE WORKING OUT**
4. **NO DRAMA INSIDE THE CONTINENTAL!!!**