



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 21,22,24	M, T, TH	(1-2:30)
JUNE 28,29	M, T	(1-2:30)
JULY 3 TH - 11 TH	9 DAYS OFF (NO PRACTICES)	
JULY 12,13,15	M, T, TH	(1-2:30)
JULY 19,20,22	M, T, TH	(1-2:30)
JULY 26,27	M, T	(1-2:30)
JULY 31- AUGUST 9 TH	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!!!