

CR One Team Middle School Conditioning Program



Who: Middle School Students currently in 6th, 7th, or 8th grade.

What: After school strength and conditioning sessions.

When: Tuesdays and Thursdays (3:30-5:00 pm) Jan 2nd-May 24th

Where: Coon Rapids Weight Room...basement of CRHS.

Why: To learn proper introductory lifting and efficient running techniques

***Things Needed: \$60.00 check made out to CRHS**

***Copy of recent physical (within last 3 years)**

***Health/Emergency Card**

Forms need to be turned into our Mrs. Cardinal our athletic secretary in the main office to be cleared to participate.