

2025 HUB POWER SESSIONS

There is NO COST to participate in the Summer Hub Power Program

High School Lifting dates:

Freshman, Sophomores, Juniors & Seniors - Monday, June 2 - Thursday, July 31

Monday, Tuesday & Thursday for High School lifters and Friday for Elite lifters

ELITE LIFTER = ANY HIGH SCHOOL ATHLETE WHO COMMITS TO THE OPPORTUNITY

Session Schedule

6:45am - 8:30am Sophomore - Senior Boys

8:00am - 8:55am Sophomore - Senior Girls

9:00am - 10:00am Incoming Freshman Girls

10:45am – Noon Incoming Freshman Boys

Friday ELITE & Make-up Times for all Athletes

8:00am – 9:00am All Boys

9:00am - 10:00am All Girls

No lifting June 30 - July 4

***24 Days of Attendance for IRON CLUB

***31 Days of Attendance for ELITE

***To make up a session, come to the 8am or 9am Friday session

Middle School Lifting Starts Tuesday, June 10 and ends Thursday, July 17
(No Lifting June 30 - July 4)

Middle School (Incoming 6th, 7th & 8th grades) Lifting Session

Tuesday and Thursday

Noon – 1:00pm