



# Middle School



# Speed & Strength Training

**WHO:**

All 7<sup>th</sup> & 8<sup>th</sup> Grade Students (Boys & Girls)

**WHERE:**

De Pere High School Weight Room

**WHEN:**

Mondays/Tuesdays/Thursdays *(No Training on Early Release Dates)*

Now – May 31<sup>st</sup>

**TIME:**

3:15 – 4:15 PM *(Come right after school – No Cost \$\$)*

**IF INTERESTED:**

Meet in the HS Weight Room starting any time

**See you there!**

