



PACE HIGH SCHOOL GIRLS & BOYS WEIGHTLIFTING

2022-2023

OFF-SEASON PLAN

FEB. 14TH- MAY 20TH LIFT 5 DAYS PER WEEK IN CLASS!
APRIL 28TH LIFT A THON (FUND RAISER)
MAY 25TH EXAM DAY - MOCK MEET (BENCH, CLEAN & JERK)

21 SUMMER WORKOUTS

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

WEEKS OF:

MAY 26TH - JUNE 5TH 11 DAYS OFF (NO PRACTICES)

BERGINNER / ADVANCED

JUNE 6,7,9 M, T, TH (11:30-1) (1-2:30)

JUNE 13,14,16 M, T, TH (11:30-1) (1-2:30)

JUNE 20,21,23 M, T, TH (11:30-1) (1-2:30)

JUNE 27,28,30 M, T, TH (11:30-1) (1-2:30)

JULY 1ST - 10TH 10 DAYS OFF (NO PRACTICES)

BERGINNER / ADVANCED

JULY 11,12,14 M, T, TH (11:30-1) (1-2:30)

JULY 18,19,21 M, T, TH (11:30-1) (1-2:30)

JULY 25,26,28 M, T, TH (11:30-1) (1-2:30)

JULY 29TH - AUGUST 9TH 13 DAYS OFF (NO PRACTICES)

AUGUST 10TH STUDENTS RETURN TO SCHOOL (COMPLETE PAPERWORK)

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

MANDATORY!

- 1. LIFTERS MUST ATTEND A MINIMUM OF 15 SUMMER WORKOUTS**
- 2. NO CELL PHONES DURING WORKOUTS & NO SITTING DOWN WHILE WORKING OUT**
- 3. NO DRAMA INSIDE THE CONTINENTAL!!!**