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WHO: Any Middle School Athlete, 6-8th grade enrolled at Schmucker, Grissom, or Discovery

WHAT: FUTURES Lifting Program (FREE to Penn Student Athletes)

WHEN: Mondays and Wednesdays Starting Monday September 15 at 7:30am-8:15am

**WHERE: Penn High School Weight Room
Enter Through Door G**

Contact mcates@phm.k12.in.us with any questions.

To All,

We will be operating a middle school lifting program next school year. All 6th-8th graders (must be an athlete) can train at the high school for free starting September 15, Monday and going every Monday and Wednesday for the school year during zero block before school from 7:30-8:15 am. (School recess, vacations, 2 hr delay, E Learning, or cancellations will result in NO training that school day if it falls on a Monday or Wednesday) Zero block before school is the best so that it does not interfere with games or practices.

THIS TRAINING IS SUPERVISED AND COACHED THROUGH PROGRESSIONS BY THE PENN STRENGTH STAFF. We will be teaching students proper technique and movement progressions each session.

We have two buses available every Monday and Wednesday for middle school athletes. One bus will transport students to Discovery and the other to Grissom, Schmucker will walk. Both buses will park at Door C and wait for the middle school athletes. This service will be available for the entire school year. (The Penn Strength staff will supervise and escort students to door C while they wait for bus service).

ONE PENN, ONE TEAM, ONE GOAL!!!

NHSSCA NATIONAL PROGRAM OF EXCELLENCE AWARD 2022-2025 & 2026-2029

NHSSCA NATIONAL HIGH SCHOOL STRENGTH COACH OF THE YEAR 2024

NHSSCA MIDWEST HIGH SCHOOL STRENGTH COACH OF THE YEAR 2023

NHSSCA NATIONAL HIGH SCHOOL FEMALE ATHLETE OF THE YEAR 2025

NHSSCA NATIONAL HIGH SCHOOL MALE ATHLETE OF THE YEAR 2024