

# 8th Grade Strength Training

This spring we will have a strength training program for any current 8th grader that is interested. Two nights per week Coach Josh VanKempen will be teaching how to properly weight train and as well as help them build foundational strength, speed and athleticism. The focus will be on technique, form and safety. This is great for anyone involved in sports and who plans on doing the summer lifting at unity but it is open to anyone who wants to learn how to weight train.

## Details

**Time:** 7:00-8:00 PM

**Location:** Unity Christian High School

**Age:** 8th Grade Boys and Girls (current year)

**Date:** April 19-May 19

**Days of the Week:** Tuesday and Thursday

**Cost:** \$25

**How to Sign Up:** Complete the sign up form and send payment to Unity.

**Link to form:** <https://forms.gle/piTxEGLtuNdohEQM9>