



Middle School Weightlifting Camp



West Aurora High School Athletic Department will be offering a weightlifting camp to current 7th and 8th grade boys. Coach Bob Fowler, football and track coach at West High, will be teaching proper technique and form in weightlifting.

WHEN: Mondays and Thursdays
February 8th – April 28th
5:15 pm – 6:15 pm

*(Note: There are two times we will meet on Wednesday instead of Thursday —
March 17th and April 14th)*

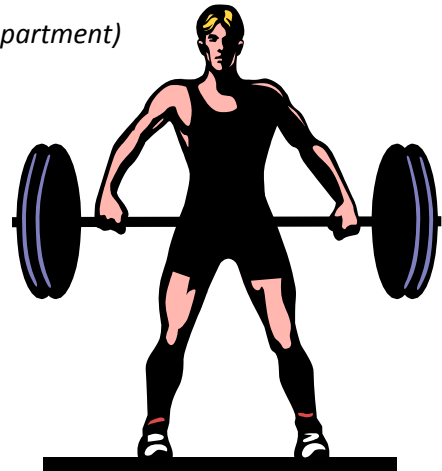
WHERE: West Aurora High School
1201 W. New York Street in Aurora
Weight Room *(Enter door #10 or blue field house door)*

COST: \$25.00 *(Checks made out to West Aurora Athletic Department)*

CONTACT: Bob Fowler
(630) 301-6572
Email: rfowler@sd129.org

RETURN TO: West Aurora High School
Attention: Bob Fowler
1201 W. New York Street
Aurora, Il. 60506

DEADLINE: February 5, 2010



MS WEIGHTLIFTING CAMP REGISTRATION FORM

Name: _____

Address: _____

Phone #: _____ Cell #: _____

Emergency Contact/Phone number: _____

School: _____ Grade: _____

Parent Permission/Signature: _____