



# 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 Seth Swedorski and Coach Josh VanKempen will be teaching:

- How to build foundational strength, speed and athleticism
- How to safely use a weight room and perform strength movements

Questions can be emailed to Coach VanKempen:

[jvankempen@unitychristian.net](mailto:jvankempen@unitychristian.net)

This is great for anyone involved in sports and who plans on doing summer lifting at Unity, but it is open to anyone who wants to learn how to weight train.

DETAILS		
<b>Location:</b>	Unity Christian High School - Weight Room	
<b>Age:</b>	8th grade boys & girls (current school year 24-25)	
<b>Schedule:</b>	Monday, April 7 7-8pm	Thursday, April 10 7-8pm
	Monday, April 14 7-8pm	Thursday, April 24 7-8pm
	Monday, April 28 7-8pm	Thursday, May 1 7-8pm
	Monday, May 5 7-8pm	Thursday, May 8 7-8pm
	Monday, May 12 7-8pm	Tuesday, May 13 7-8pm
<b>Cost:</b>	\$40	

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