



PIRATE FOOTBALL

8TH GRADE WEIGHTS



START: MONDAY, APRIL 29TH

TIME: 6:00PM - 7:15PM

WHO: INCOMING FRESHMEN (ZONED FOR PCHS)

WHEN: MONDAYS & WEDNESDAYS

FOCUS: DEVELOPING PROPER FUNDAMENTALS
IN THE WEIGHT ROOM

#EARNIT

*RUN BY COACH BUTCH OWEN AND OPERATOR OF APX
COACH BUTCH HISAFOU AND REVISION 1
AND NFL STRENGTH COACH

ALL SESSIONS WILL BE HELD IN THE WEIGHT ROOM