



TESORO FOOTBALL PRESENTS...



2019 7TH/8TH GRADE WEIGHTLIFTING CAMP



Who's it for? – 7th & 8th grade student athletes.

Who's it Run By? The camp is led by Coach James Benedix who is Tesoro Football's Varsity Linebacker coach as well as Strength & Conditioning coach. James is a Certified Strength & Conditioning Specialist. Other Tesoro Football staff members will be involved as well.

What? – This camp is to give an introduction into weightlifting. The primary focus will be teaching young athletes proper form in the various lifts and how to gain strength properly.

Where? – Tesoro High School –Weight Room

When? – Mondays & Wednesdays from 7:00pm – 8:00pm

Dates are March 4, 6, 11, 13, 18, 20, 25, 27 / April 8, 10, 15, 17, 22, 24, 29 / May 1, 6, 8
(18 Sessions total, come when you can.)

Why? – Weightlifting is a huge part of a young athlete's development. There are many companies/trainers that would like to charge you an arm and a leg to train your son. We feel this is an affordable option (\$11/session) where your son will be taught weightlifting correctly.

Voluntary Donation/Registration - \$200. This Camp is run through the Tesoro Football Boosters organization so checks can be made payable to Tesoro Football Boosters. Visa/MC also accepted. You can bring the registration/donation to camp on the first day!

Registration and Sports Waiver & Release of Liability form are required for participation.

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity of class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.