

DMS MORNING STRENGTH INFORMATION



The DMS Morning Lifting group will be starting on Monday, September 16th. This group is open to all 6th - 8th Grade DMS Student/Athletes, both male and female.

The program is a technique driven program. Athletes will be taught basic movements/lifts that are used in our lifting program and in all athletics. The athletes will start in Phase Zero and will progress through Phases once they are physically ready. This is a great jumping off point for our Summer Lifting/JAQS program and moving forward to the High School.

Here is more information

Time	6:45 am Sharp Note: You are responsible for getting your athlete to school.
Days:	Monday, Tuesday and Thursday Starting Monday September 16 and finishing at the end of May.
Cost:	Free, the only thing I ask is you commit to coming everyday. Register by clicking on the link below.
Expectations:	<ol style="list-style-type: none">1. You will be there everyday. Even if you have a game that night, nothing we do will cause fatigue at 6:00 pm at night.2. You will be on time.3. Have a Growth Mindset4. Have your iPad. The lifting program is sent to athletes through the TrainHeroic app
Questions:	Contact Chad Olson (DMS PE Teacher) colson@isd192.org

The group will be limited to 36 Athletes and there are only 10 spots remaining!!!!

Registration:

[Click Here](#) to register for the group.