

FLATHEAD FOOTBALL - 8TH GRADE LIFT

Where: FHS Weight Room

When: Every Tuesday Night

Starting Jan 31st - May 23rd

What Time: 6:00pm - 7:15pm

Come get a workout with us every Tuesday in the nicest High School weight room in the state. Get to know Flathead Football coaches and learn the core fundamentals of lifting. We will cover a different lift every week. Our goal is to teach you the proper technique and form for weight lifting and prepare you for High School.



For additional information please contact Coach Aland at: alandc@sd5.k12.mt.us