

5/4/2009

Dear Parents of next year's 5th, 6th, 7th, or 8th graders,

This is just a quick note to let you know what the Owatonna Wrestling Summer Weight Lifting Schedule will be this summer.

But first I have to say how much fun it is to see the progress that the wrestlers are making with the Spring Lifting Program. A lot of wrestlers are really seeing and enjoying their experience of lifting and just plain working out! Their feelings of getting stronger and building more confidence in themselves, is second to none!

Summer lifting is a lifting program to enhance a JH Wrestler's total ability to participate and do well in the sport of wrestling. All the principles and theories are the same as the spring program.

Again this year there will be no fee to participate in the Summer Lifting Program!

The lifting time and location is 9:00am to 10:15am on Tuesdays, Wednesdays, and Thursdays at the OJHS Weight Room downstairs next to the boy's locker room.

The dates are as follows:

June 16, 17, 18, 23, 24, 25, 30

July 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29, 30

Again, thanks to the OWA, incentives will be offered this year.

If a wrestler attends 90% of the lifting dates (19 of 21), he will receive an official High School Varsity Hooded Sweatshirt and matching sweatpants.

I will get another pool party incentive going, too!

If you know of anyone that might like to give wrestling a try next year, have him contact me or have your son bring him along to lifting.

Remember our motto is LIFT RIGHT, LIFT LIGHT, and LIFT OFTEN!

We work on technique and repetition while lifting light weights. We are saving the max weight lifting for when the boys are at the High School.

If you have any questions, please call me at Home 451-8865 or my cell at 213-0226.

Thanks,

Coach Hovden
Owatonna JH Wrestling