

# JR. LIONS FOOTBALL/LACROSSE/WRESTLING



## 6th - 8<sup>th</sup> Grade Strength Program

The North Hunterdon Football, Wrestling and Lacrosse programs would like to invite you to the 5<sup>th</sup> annual Jr. Lions youth strength training program. The NHHS Football, Lacrosse and Wrestling staffs continue to strive towards growing the connection between NHHS and its youth players as Junior Lions creates an experience as fun and productive as possible. The North Hunterdon brand of Football is based on competitiveness, and Lacrosse/Wrestling is based on hard work. Together we firmly believe in competing, and working hard in everything we do. Competition is about doing your best, striving to reach your potential, and being relentless in pursuit of a competitive edge in everything you do. Competing in the weight room at a younger age will give you a head start in your preparation for the upcoming season, and will help teach Jr. Lions how hard we work at the next level.

Our weight-training program is geared towards educating athletes in the weight room and in general fitness. You WILL NOT be lifting for POWER! Under the supervision of NHHS staff, Junior Lions Coaches, and NHHS players, you will learn to lift in a slow and controlled manner, always be in control of the weight and never let the weight control you. **Ultimately this program is about learning the correct form and the correct way to lift.**

### Benefits of Weight Training:

- Helps control blood pressure
- Reduces body fat
- Increases muscle strength
- Improves posture
- Increases bone density
- Help prevent injury from normal activities
- Increases muscular endurance
- Helps improved performance in athletic competition

**Location: North Hunterdon High School Weight Room**

**Time: 6:00PM – 7:00 PM**

**Dates: Date: 2/21 – 5/16**

**Cost: \$25.00**

**Mondays/Wednesdays:**

First	6 week Cycle:	2-21	2-26/2-28	3-5/3-7	3-12/3-14	3-19/3-21	3-26/3-28
Second	6 week Cycle:	4-9/4-11	4-16/4-18	4-23/4-25	4-30/5-2	5-7/5-9	5-14/5-16

**OFF 4/2 – 4/6**

### Contact Information:

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