

IMPORTANT! KEEP THIS ALL SEASON!



Special Olympics: Powerlifting

Powerlifting is a strength based sport consisting of three events: Squat, Bench Press, and Deadlift. **The goal of the program is to improve upon personal bests in all events.**

Program Leader	(Leader) TBD
Program Liason	Ben Berg benberg@fvsra.org
Location:	VAC
Date(s):	Tues/Thurs, Feb 21-Apr 26
No Program Dates	
Time:	3:30pm-5:00pm
Program Code:	312-3010-0-4

Location	Pick Up	Drop Off
SG	2:00pm	5:25pm
SCS	2:35pm	6:00pm
WP	2:45pm	6:10pm
TC (Pick Up Only)	3:15pm	N/A
If meeting at the Site,	3:30pm	5:00pm

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments, etc.)
- A Special Olympics Medical Application must be on file with FVSRA by Thursday, March 1.
- All athletes are automatically registered for competition in the Area 2 Spring Games held at North Central College on Sunday, April 29.

IMPORTANT! KEEP THIS ALL SEASON!