

IMPORTANT! KEEP THIS ALL SEASON!



Special Olympics: Powerlifting

Powerlifting is a strength based sport consisting of three events: squat, bench press, and deadlift. Athletes will train each week on these events to compete at the District Tournament. **The goal of the program is to improve upon personal bests in all events.**

Program Leader	Ryan Fleck 630.779.0074
Program Liaison	Kacie Jankowski KacieJ@fvsra.org 630.433.1924
Location:	Vaughan Athletic Center 2121 W Indian Trail, Aurora
Date(s):	Tues/Thurs, 2/7-4/20
No Program Dates	
Time:	3:30pm-5:00pm
Program Code:	317-3010-0-4

Location	Pick Up	Drop Off
WP	2:50pm	5:40pm
If meeting at site	3:30pm	5:00pm

Notes

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