

Pomona Non-Football Specific Summer Weightlifting

Dates and Times:

June 10th through July 31st - Monday from 10:45am to 12:00pm and Wednesday from 10:00am to 11:15am.

Trainer:

Andrea Newcomb - certified personal trainer

Cost:

\$75 - make checks out to Panther Fast (A typical personal trainer in a group setting usually charges around \$25 per session per person. \$75 for 16 session averages less than \$5 per session. I don't think you will find a better deal.) Bring cash or check on June 10th to the Pomona weight room at 10:15.

Philosophy:

Andrea's goal is to improve the explosive power for every individual involved. These workouts are not designed to "bulk up" athletes. These workouts are designed to push kids to their physical limits and improve their core strength, athleticism, flexibility and overall speed and power.

Additional Opportunities:

Any athlete that would like to contract Andrea for a Friday session or other personal session can do so by discussing this with Andrea.

Feel free to contact **Coach Donnel** at 720-320-7058 or jdonnel@jeffco.k12.co.us with any questions. Look forward to seeing you there!