



Summer Schedule and Information

Week 1: June 6th - June 8th | **Off Week:** July 3rd - July 6th | **Final Week:** July 11th - July 14th

Time/Days: 5:00 – 6:30 PM Tuesday, Wednesday, Thursday

Who: Rising 9th, 10th, 11th, 12th grade students zoned or enrolled at
Beachside High School

Cost: \$155 for all athletes | Venmo: @ArgonautsSC Between now and June 8th

- Athletes will develop the skills needed to safely do Olympic Weightlifting. As well as train in a Strength & Conditioning program for all sports type.
- Athletes will need an [USA Weightlifting Membership](#)
 - Affiliate with the club by typing “**Argonauts SC**” or use the membership #: **68749**
- All Athletes must be cleared (Proof of an up-to-date athletic physical)
- Families with more than one athlete; Please contact Coach Wilson
- Direct any questions to coach.adwilson@gmail.com