

2022 HUB POWER SESSIONS

There is NO COST to participate in the Summer Hub Power Program

High School Lifting dates:

Freshman, Sophomores, Juniors & Seniors - Monday, June 6 - Thursday, July 28

Monday, Tuesday & Thursday for High School lifters

Monday, Tuesday, Thursday **and Friday for Elite lifters** (Elite lifters finish Friday, July 29)

ELITE LIFTER = ANY HIGH SCHOOL ATHLETE WHO COMMITS TO THE OPPORTUNITY

Session Schedule

6:45am – 8:30am Sophomore, Junior & Senior Boys

8:00am - 9:30am Girls Session (Incoming Freshman – Seniors)

10:45am – Noon Incoming Freshman Boys

Friday Make-up Times for all Athletes

8:00 am – 9:00 am All Boys

9:00 am – 10:00 am All Girls

No lifting Week of July 4 - July 8

*****21 Days of Attendance for IRON CLUB**

*****27 Days of Attendance for ELITE**

*****To make up a session, come to the 8am Friday session**

**Middle School Lifting Starts Tuesday, June 14 and ends Thursday, July 14
(No Lifting Week of July 4 - July 8)**

Middle School (6th, 7th & 8th grades) Lifting Session

Tuesday and Thursday

Noon – 1:00pm