

DECEMBER WEIGHTLIFTING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
December 4 6 th Grade Girls Weightlifting	December 5 <u>No weightlifting for 6th grade boys – home basketball games</u>	December 6 6 th Grade Girls Weightlifting	December 7 6 th Grade Boys Weightlifting	December 8 No weightlifting
December 11 <u>No weightlifting for 6th grade girls – home basketball game</u>	December 12 <u>No 6th grade boys weightlifting – Roughrider Tournament</u>	December 13 6 th Grade Girls Weightlifting	December 14 <u>No 6th Grade Boys weightlifting – Roughrider Tournament</u>	December 15 No weightlifting
December 18 <u>6th Grade Girls Weightlifting</u>	December 19 6 th Grade Boys Weightlifting	December 20 6 th Grade Girls Weightlifting	December 21 <u>Last day of school – No weightlifting</u>	December 22 Christmas break
Weightlifting resumes after Christmas break...Girls begin January 3rd, boys begin January 4th				

