



Where: Bishop
Chatard High School
weight room

When: May 21st ,
23rd , 28th , 30th from
4:00-5:00 pm.

**This is a free class for all
middle school athletes
wanting to learn the
fundamentals of strength
and conditioning!**

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Learn to Lift Seminar

CALLING ALL MIDDLE SCHOOL ATHLETES!

During the last two weeks of May we will be hosting a learn to lift seminar for all middle school athletes. During these four sessions athletes will learn to perform the fundamental movement patterns that will become the basis for their athletic performance in high school. Athletes will learn how to squat, hinge, lunge, push, pull, and jump. These six movements will be incorporated in all high school weight rooms and our goal is to help the athletes master these movements with bodyweight, so they are prepared when they go into high school.

Coaches:

Graham Wilkerson: Owner at Genesis Sports Performance, MS in Athletic Coaching Education,
Certified Strength and Conditioning Specialist, Certified Physical Preparation Specialist I & II,
USAW Sport Performance Coach, FMS I, Certified Speed and Agility Coach.

Kyle Dietrick: Coach at Genesis Sports Performance, Certified Physical Preparation Specialist,
Youth Exercise Specialist.

Please register at <https://app.upperhand.io/customers/264-genesis-sports-performance-and-personal-training-llc/events/20690-learn-to-lift-seminar>

Any questions? Contact Graham Wilkerson-
graham@genesissportsperformance.com