



HANOVER TOWNSHIP STRENGTH & AGILITY PROGRAM

**Current 8th Grade Hanover Township
Female and Male Students**

Strength and conditioning plays a large role in an athlete's workout regimen and more importantly, success in their chosen sports. Even more so, it is a well-known fact that the success of an athlete relies heavily on the training that takes place when he/she are not in season. It is our goal to develop and facilitate a 10-week, once a week program designed for student-athletes to teach proper techniques and training habits. The program will be offered to all Hanover Township 8th grade students. Athletes in the program will focus on technique, *not weight* for the four core lifts performed at the high school level, along with agility exercises, leadership activities and proper stretching and muscle recovery exercises.

Program Starts March 6th 2018 7:30-9:00pm

Will run on the following dates at the same time as above

3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15

Fee per athlete \$40.00

(includes registration, T-shirt, Foam Roller)

Register in person at Hanover Township Community Center Community Center 15 N. Jefferson Road, Whippany, NJ 973-428-2463 Or online at:

<https://register.communitypass.net/HanoverTownship>

For more information please contact Don Morgenroth at 973 -214 -5312

**DO YOU WANT TO BE
THE BEST HIGH
SCHOOL ATHLETE YOU
CAN BE?**

**IF YOU DO THEN YOU
MUST BE READY TO
TRAIN LIKE ONE**

**COACHES WILL WORK
WITH YOU ON LEARNING
PROPER TECHNIQUES
IN STRENGTH AND
AGILITY TRAINING TO
PREPARE YOU FOR:**

**SOCCER, FOOTBALL,
BASKETBALL, HOCKEY,
LACROSSE, SOFTBALL,
WRESTLING, VOLLEYBALL,
TRACK, CROSS COUNTRY, FIELD
HOCKEY, CHEER LEADING AND
OVER FITNESS**

**PROGRAM WILL BE HELD
AT WPHS WEIGHT/FITNESS
ROOM FROM 7:30-9:00PM
STARTING ON TUESDAY
MARCH 6TH WILL RUN FOR
10 WEEKS**

**GET FIT , GET STRONG,
GET PREPARED, GET
READY TO BECOME A
BETTER ATHLETE**

