

# **STRENGTH & CONDITIONING TRAINING**

**LIMITED SPOTS AVAILABLE!**

**12 SPOTS FOR 6TH GRADERS**

**12 SPOTS FOR 7TH/8TH GRADERS**

**12 WEEK PROGRAM START DATE:**

**FEBRUARY 7TH**

**MONDAY, WEDNESDAY, FRIDAY**

**6TH GRADE: 5-6PM 7TH/8TH GRADE 4-5PM**

**LOCATION: PERFORMANCE CENTER**

**160 PARK ST. EUGENE, OR 97401**

**TO SECURE A SPOT CONTACT:**

**LAVASIERTUINEI22@GMAIL.COM**

**(541)-780-9932**

**This event is licensed by the Amateur Athletic Union of the U.S., Inc.**

**All participants must have a current AAU membership.**

**AAU membership may not be included as part of the entry fee to the event.**

**AAU Youth Athlete membership must be obtained before the competition begins.**

**BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.**

**Please allow at least 10 days for membership to be processed.**

**Participants are encouraged to visit the AAU website [www.ausports.org](http://www.ausports.org) to obtain their membership.**