



# **BENTON RANGER 8TH GRADE** **WEIGHTLIFTING CAMP 2024**



Starting **Monday, January 8th, 2024** the Benton High School Football Coaching Staff will be hosting a weightlifting camp for all athletes entering the 9th Grade at Benton Consolidated High School for the 2024-2025 school year. This camp will take place in the weight-room at BCHS. Campers will meet ***ON THE SCHEDULED DAYS BELOW from 5:00—6:30 pm.*** **If there is no school for some reason, (snow, ice, etc.) there will be no lifting that evening. We will release an updated schedule before the end of January for the remainder of the school year. Athletes are welcome to arrive 10 minutes early, entering through the front doors of the school, at the MAIN ENTRANCE. All athletes will meet in the High School Commons and be prepared to start at 5:30 sharp.** There will be a total of approximately 50 sessions. The schedule is subject to change and any announcements will be made on the Benton Ranger Football Facebook Page and at the Jr. High Schools. Athletes will be taught the fundamentals of weightlifting, conditioning, and the role that diet plays in our overall health and well-being. Athletes should arrive in shorts, t-shirts and gym shoes; water will be made available to the campers. Cost of the camp is \$50.00 and will include a camp T-Shirt.

**WHERE:** BCHS Weight-room in Rich Herrin Gym.

**WHEN:** January: 8, 10, 11, 17, 18, 22, 24, 25, 29 & 31 (Follow-up Schedule TBD)

**WHO:** Any athlete entering into 9th Grade at BCHS for the 2023-2024 School Year

**COST:** \$50.00

Please make checks payable to "Coach Groves Camps"



Justin Groves—Head Football Coach

BCHS, 511 E. Main St. Benton, IL 62812

E: [jgroves@bentonhighschool.org](mailto:jgroves@bentonhighschool.org)

## Registration Form for Benton Ranger 8th Grade Weightlifting Camp 2024

PLEASE PRINT

CAMP FEE: \$50.00 | First Day Registration is Preferred

Please include payment with Registration Form.

Name: \_\_\_\_\_ Guardian Name: \_\_\_\_\_

Current School Attending: Benton / Akin / Ewing Guardian Phone: \_\_\_\_\_

T-Shirt Size: (circle)    S   M   L   XL   2XL   3XL (Adult Sizes)

I \_\_\_\_\_ (Guardian) give permission for my child \_\_\_\_\_

to participate in the Benton Ranger 8th Grade Weightlifting Camp during the dates set forth on the application.

I hereby release Benton High School and all of its employees from any claims on account of injuries while participating in this camp.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

