

BFS Clinic



WHEN- Sat, Dec- 5th 8am- 1pm

WHERE- Beavercreek High School Weight room
+ Aux gym

WHY- Learn or review proper lifting techniques, learn how to use weight room sheets, on a scale of 1-10, learn how to "Be an 11".

WHO- BFS clinician Bob Doyle will be here to present the program. Bob has won a division 3 state football championship in Ohio.

HOW MUCH- The program is FREE for all football players

All football players who are not involved with another sport are expected to be there for the clinic. Two sport athletes should check with their in - season coach to see if they can participate.

The first day of winter lifting will be Jan 4th at 6:30am