

NATHAN HALE HIGH SCHOOL

11601 W. LINCOLN AVE. • WEST ALLIS • WI • 53227 • 414-604-3200 • FAX 414-546-5734
THE SCHOOL DISTRICT OF WEST ALLIS - WEST MILWAUKEE, ET AL.

May 10, 2011

Dear Parent(s)/Guardian(s),

At Nathan Hale High School, we will be offering weight training and conditioning to next year's 6th, 7th, 8th, and 9th grade football players and any other interested students. Weight training and conditioning are beneficial to student athletes of all ability levels and athletes that participate in multiple sports. **Without weight training, few young student athletes can reach their athletic potential.**

Currently, the Huskies weight training program will be conducted Mondays, Tuesdays, Wednesdays, and Thursdays. Fridays will be a make-up lifting day in case you miss one of the workouts. Nathan Hale High School's weight room will be open from 3:00 p.m. to 4:30 p.m., Monday through Friday for the remainder of the school year.

Starting Monday June 13, our summer weightlifting program will begin. The summer weight room hours will be **Monday through Thursday 9-10:30 am and 5:30-7 pm.** You have your choice of which section you would like to attend. Student athletes will learn the basics of our weightlifting program where the emphasis will be on technique rather than weight. The following are the reasons why your student athlete should take advantage of this opportunity:

- **Your student athlete will be** involved in an activity that is good for his/her self-esteem, personal fitness, and will help him/her in becoming a successful multi-sport athlete.
- **Your student athlete will be** supervised in a controlled setting by trained coaches.
- **Your student athlete will be** around other student athletes that exhibit positive attitudes.
- **Your student athlete will be** less likely to have an injury because individuals that weight train and condition get injured less frequently and when injured, recover more quickly.
- **IT'S FREE!!!** No monthly fee.

The student athletes should enter at the south end of the school building using the weight room entrance. Each player should bring clothes and shoes to work out in.

Sincerely,

Sean Hegarty
Head Football Coach
Nathan Hale High School
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Email: hegase@wawm.k12.wi.us



Football Website: http://web.me.com/dbakk42/Huskie_Country/Welcome.html