

Pioneers Gearing Up For 2014

Written by Ryan Habich
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Our 2014 first annual Lift A Thon will be March 24-28. Football players, athletes, and students who have been participating in phase 1 of the strength and conditioning program will max out in the bench, incline, power Cleans, squats, vertical jump, and broad jump starting March 24th.

Our athletes are working to win to get an opportunity to be successful. Our goal is to be the strongest team in the Northwestern 4A/3A conference.

Phase 2 of the Strength and Conditioning program will start March 31 and run through May 23.

Results and videos of the strength and conditioning program can be found on www.wataugafootball.com