



- Are you looking to get in shape but don't know how?
- Are you looking for a place to learn how to stay in shape?
- Do you need a strength & conditioning professional to teach you the correct ways of getting the most out of your body when competing in a sport?

PCA Athletic Department is offering an opportunity to allow students in grades 7<sup>th</sup> to 12<sup>th</sup> to complete an online registration for access to join our new After School Strength & Conditioning Club located in our school weight room. Our Strength Coaches have over 30 years of experience teaching athletes training concepts which can benefit them their entire lives.

The Club will run three days a week Tues, Thurs, & Fri. The Club will begin on Tuesday, Dec 7<sup>th</sup> 3:15pm – 5:30pm. As of now the Club will end on Friday, June 3<sup>rd</sup>

- Registration Fee: **\$50** Here's the Registration Link:  
<https://forms.diamondmindinc.com/pacificchristianacademy/athleticparticipateandpayment?token=2069516214>
- NOTE: If you have already paid the Basketball Training Registration fee then you automatically have access to the Conditioning Club and do not need to pay the **\$50** fee.

