

**MVHS BFS Summer Afternoon Lifting Program**

- When?** Tuesday, Wednesday, & Thursdays from 12:30pm to 1:30pm
- Where?** Meet in the upstairs weight room but note that we will also use the downstairs weight room
- Dates?** June 11th through July 25th  
(except UHSAA moratorium June 30th-July 6th)  
**\*\*\*18 total sessions\*\*\***
- Who?** All members of the MVHS community are invited as long as the individual is going into the 7th grade or older.
- Cost?** \$35 (included BFS booklet) which can be paid online at: [myschoolfees.com](http://myschoolfees.com)-->then click public fees-->summer BFS
- Clinician?** Chad Blevins (cblevins@alpinedistrict.org)  
Bachelor's and Master's Degrees in Exercise Science  
Instructor for Bigger Faster Stronger  
Strength training coach & Assistant Athletic Director @ MVHS