



2018-2019

Club Name Weightlifting Club Sponsor Robert Miller

Club Goals: 1) Develop a clean and safe exercise environment. 2) Establish sound life fitness routines as
it relates to personal health. 3) Create a group of students that maintain the exercise facility.
4) Give students another after school activity. 5) Input from the club pertaining to future facility.
6) Work concessions to establish a fund for replacement equipment. DEVELOP CARDIO ROOM AND MIRROR

Proposed Meeting Dates: Meet one Thursday for each of the months that we are in school.

Summary of Proposed Club Activities: The weight lifting club will establish an after school exercise
program for those students interested in exercising. The club will also maintain the facility as well clean
and disinfect equipment. The club will utilize the Bigger Faster Stronger Program.

All sponsors must keep sign-in sheets for ALL meetings and sign-in sheets will include the date of the meeting and SIGNATURES of STUDENTS attending. These sign-in sheets will be turned in at the end of the year prior to receiving the stipend.