

BHS – Summer Weight Room and Open Gym

The EE-KAH-KI-MAHT BHS & Middle School weight room and open gym is in full swing for all summer activities. BHS facilities open at 7:00 a.m. and close at 10:00 p.m. and the Middle School opens at 8:00 a.m. and closes at 10:00 p.m. Monday through Thursday. Students have been utilizing the weight room for the Bigger Faster Stronger program and using the gym for sport specific drills and skills. Open to all sports, with open communication to all coaches for sport specific training. This off- season is focused on fundamentals and skills development in their respective sports. Coaches are encouraging students to be multi-sport athletes and create a culture of excellence.

The EE-Kah-Ki-Maht Summer Weight Lifting Program at BHS and BMS is in full swing and enjoys a healthy daily attendance at both sites. The program is open to all students and is regularly utilized by athletes of all sports, including; Girls Basketball, Boys Basketball, Wrestling, Volleyball, Track, XC, and Football. Combined weekly attendance for both sites exceed 150 individual students, many coming 3 or 4 days a week, served through both weight room workouts and open gyms. Coaches are also diligently engaging the students by providing ample opportunity to participate in tournaments around the state and attend sport specific camps at colleges and universities including EWU, MSU and UofM as well as many of our other in state institutions.