



PHS Pride Ladies' Night

When: Tuesdays/Thursdays 4:30pm – All summer long

Where: PHS Gym/Weight Room

Who: All female PHS athletes

What: We will be focusing on ground based (feet on floor) activities that strengthen the core, hip and shoulder girdle, and the triple extension. We believe that our ladies need this in their off-season, pre-season, post-season and in-season. Becoming a good lifter will dramatically change their athleticism and competitiveness.

Goals: We want to make this a special type of session so that our lady athletes feel important, and that they understand that solid foundation of fitness is important to their success in obtaining team and personal goals.

