

**HUNTINGTON UNION FREE SCHOOL DISTRICT**  
**Department of Health, Physical Education and Athletics**  
James M. Hoops, District Director      jhoops@hufsd.edu

# **Intramurals**

## **Weight Training for Football**

Huntington High School students currently enrolled in grades 9-12 are invited to participate in an intramural weight training for football program. These school sponsored sessions will include general conditioning and training along with an opportunity to learn more about the sport of football.

**The program will run Monday, June 13, June 20 and June 27 from 4-6 p.m.**

Attendance at all sessions is not required. Participate when it is convenient. Explore offensive, defensive and special team skills as individual interest dictates.

In case of excessive heat and/or humidity,  
that day's session will be cancelled.

**For more information contact  
Coach Kevin Graham at (516) 639-6635**