

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

# **Intramurals**

## **Weight Training for All Athletes**

Huntington High School students entering grades 9-12 are invited to participate in an intramural weight training program for all athletes. These school sponsored sessions will include general conditioning and training.

**The program will run Monday through Thursday  
from 7:00-8:30 a.m. and 5:00-6:30 p.m.  
from July 1 through August 15**

Attendance at all sessions is not required. Participate when it is convenient. Explore weight training and conditioning 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 Ron Wilson at [rwilson@hufsd.edu](mailto:rwilson@hufsd.edu)**