

OTTAWA HILLS FOOTBALL LIFTING CLUB

FRESHMEN FRIDAYS

Join the Ottawa Hills Football coaches in off-season lifting. Learn basic lifting techniques, safety, and build strength to prepare for your season. Open to all current middle school scholars interested in playing for any Bengals athletics team. No previous lifting experience required. All are welcome.

When: Fridays, 4:00-5:30pm

Where: Ottawa Hills High School Weight Room

Enter through gym door "O" off Rosewood Ave



Contact Coach Kendall Jackson with questions:
jacksonke@grps.org