

OTTAWA HILLS FOOTBALL

OFF-SEASON

COME LEARN WITH US

Join the Ottawa Hills Football coaches in off-season lifting and player development. Learn basic lifting techniques, safety, and build strength to prepare for your season. Join us on Sundays for player development/skills training. Open to all current high school scholars interested in playing for the Bengals. No previous lifting experience required. All are welcome.



When: Monday-Thursday, 3-4pm or 4:30-5:30pm (choose one session)

Player Development Sessions: Sunday, 2-4pm

Where: Ottawa Hills High School Weight Room

Enter through gym door "O" off Rosewood Ave

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