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Summer Weight Program Begins May 31st for Dexter Athletes

MAY 17TH 2016 BY DEE LOFLIN

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Dexter, Missouri - Attn: Bearcats! Coach Goltra wants to remind all football players that the Summer Weights Program begins Tuesday May 31st and runs until Thursday, July 21st. Any athlete at Dexter High School who wishes to participate in the summer weight lifting program may do so. Coach Goltra will be teaching weight lifting during the regular school year.

Lifting times are: Monday - Thursday 7:00 a.m. - 8:30 a.m., 8:30 a.m. - 10:00 a.m., and 11:00 a.m. - 12:30 p.m.. There will also be a weight lifting session on Thursday nights from 5:00 p.m. - 7:00 p.m.

All weight lifting sessions will take place at the Dexter Senior High School.

Middle school athletes are encouraged to attend the 11:00 a.m. - 12:30 p.m. sessions, but can attend others if personal schedules dictate. If you have any questions about the Weight Lifting Program or becoming a Bearcat Football athlete please contact Coach Goltra.

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