



UNION COUNTY
FAMILY YMCA

HIGH SCHOOL POWERLIFTING

UNION COUNTY
POWERLIFTING CLUB

STRENGTH • DISCIPLINE • CONFIDENCE



POWERLIFTING SEASON
OCTOBER TO MARCH

WHO CAN JOIN?



Boys and girls welcome
9th through 12th grades



Open to all surrounding
school districts



Open to those who
play other sports



**You do not have to
compete to participate**



Team will compete at high school
events throughout the state
through respective school divisions



**TEAM MEETING
WITH PARENTS
& ATHLETES**



MONDAY, SEPTEMBER 14TH, 2026



6:00PM



UNION COUNTY FAMILY YMCA

*Practice information, expectations, competition
schedule, and program details will be discussed.*

Union County Family YMCA

1150 Charles Lane, Marysville, Ohio 43040

937-303-9285 • www.unioncountyyymca.org



**YOU DO NOT
HAVE TO COMPETE
TO PARTICIPATE!**

PROGRAM DETAILS



**PRACTICE
1.5 HOURS
3X PER WEEK**

(Will go over this in the parent meeting)



COMPETITION

Team members who choose to
compete will participate in high school
meets throughout Ohio within their
respective school divisions.

PROGRAM FEES



PROGRAMMING

\$45

PER ATHLETE
PER MONTH



YOUTH MEMBERSHIP

\$30

PER MONTH
+ TAX



**YOUTH MEMBERSHIP IS
MANDATORY FOR PARTICIPATING.**

Contact Lori at

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for more info.