

Special Olympics Seminole County

2008 Powerlifting

Location: Golds Gym, 130 E. Altamonte Drive, Altamonte Springs Fl, 32701

Wear: Comfortable workout clothing with sneakers.

Bring: Water, Powerlifting Belt (optional), Gold's Gym Entrance Pass

Head Coach: Fran Carrozza, 321-297-8669, francarrozza56@hotmail.com

Assistant Coaches: Jeff, Shawn, Sal, Nin, Marie, Vicent, Justin and more! :)

Date	Event
Saturday, June 14, 2008	Practice from 1-3pm
Saturday, June 21, 2008	Practice from 1-3pm
Saturday, June 28, 2008	Practice from 1-3pm
<i>Saturday, July 05, 2008</i>	<i>NO PRACTICE- 4th of July Weekend</i>
Saturday, July 12, 2008	Practice from 1-3pm
Saturday, July 19, 2008	Practice from 1-3pm
Saturday, July 26, 2008	Practice from 1-3pm
Saturday, August 02, 2008	Practice from 1-3pm
Saturday, August 09, 2008	Practice from 1-3pm
Saturday, August 16, 2008	COUNTY GAMES from 1-3pm
<i>Saturday, August 23, 2008</i>	<i>NO PRACTICE- Annual Picnic & Fun Day</i>
<i>Saturday, August 30, 2008</i>	<i>NO PRACTICE- Labor Day Weekend</i>
Saturday, September 06, 2008	Practice from 1-3pm
Saturday, September 13, 2008	Practice from 1-3pm
Saturday, September 20, 2008	Practice from 1-3pm
Saturday, September 27, 2008	AREA GAMES from 1-3pm
Saturday, October 04, 2008	Practice from 1-3pm
Saturday, October 11, 2008	Practice from 1-3pm
Saturday, October 18, 2008	Practice from 1-3pm
Saturday, October 25, 2008	Practice from 1-3pm
Fri. Oct. 31- Sat. Nov. 1, 2008	STATE GAMES- Disney Wide World of Sports
Sat. Nov 8 or Sun. Nov 9	End of Season Party - TBA



Special Olympics

Florida

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