



GREATNESS STARTS HERE



**Presentations
in Gym for the
past 2 years**

**This year
presentations
are in a
classroom for
each class, not
in gym with 5
classes!!!**



**3-4 CLASSES TRAIN
ON STADIUM FIELD**



WARRIOR NATION
LEAGUE CHAMPIONS 1984 2002 2009

HOME	VISITOR
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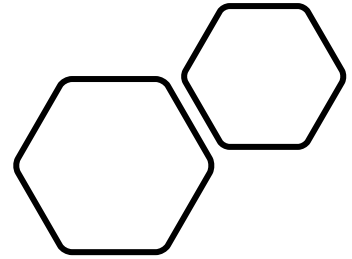
DOWN TO GO ON QTR

WARRIOR NATION

WARRIOR NATION



After School Fitness Program for Staff & Students



Riley Boyer Junior

Muscle mass start of
freshman year to end of
sophomore year

76.5 lbs. to 90.4 lbs.

% Body Fat start of freshman
year to end of sophomore
year

34.4% to 20.1%

Personal Records

Bench 175 lbs.

Squat 175 lbs.

Deadlift 365 lbs.

PE when in elementary and
junior high school

PE at Righetti High School

What I like about RHS PE and
how it has helped me

Stronger

Better athletic performance

Improved body composition

Sleep better

Feel better

Samantha Flores Freshman

I am Stronger

My Self Esteem is Better

Riding my bike is easier

Eating Better

Helps my Athletic Performance

I'm way Happier!!! PE is like Therapy

Jonathan Deleon Senior

Lifting weights in PE
helped with fat loss

257 to 173 (84 lbs. of fat loss)
47.5% to 23.7% (24% change)

Maintaining my muscle
mass and now adding
more muscle and getting
stronger

RHS PE has changed how
I feel about myself

I would not have made a
change if I was not in PE

I used to give up on
things all the time
Lifting weights has helped
me challenge myself and
not give up

My Life has improved and
is now just beginning!!!

Margaret Rucker

Righetti Mathematics Teacher



AFTER SCHOOL FITNESS
PROGRAM



ATTENDED EVERY SESSION
DURING THE FALL SEMESTER



TUESDAYS & THURSDAYS
4:00-4:45 PM



Outdoor Functional Training Facility

- PE Classes 1st – 7th periods
- Athletic training programs
- Staff fitness and wellness programs