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2009 YMCA Montana Youth Legislature

SENATE BILL NO \_\_\_\_.

INTRODUCED BY: MARIA CRESS

AUTHORIZED BY: MARIA CRESS

DELEGATION: DARBY HIGH SCHOOL

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A BILL FOR AN ACT ENTITLED: "AN ACT REQUIRING ALL SCHOOLS IN THE STATE TO HAVE A LIFTING PROGRAM"

BE IT ENACTED BY THE YMCA MONTANA YOUTH LEGISLATURE

**Section 1. Any public school in the state of Montana shall be equipped with a weight room**

**Section 2. Every kid in grades 9-12 participating in a sport shall be required to lift 3 days a week**

**Section 3. Every school shall have a program that the kids may follow**

**Section 4. The program will be updated monthly based upon new findings in physical workouts**