

Good Afternoon Toro Nation,

As we are in the middle of our off season Strength and Conditioning program for our football athletes, we have suggested to the boys that they purchase a pair of Olympic weightlifting shoes and/or a jump rope. The Olympic weightlifting shoes are made with a hard flat surface with a raised heel and helps the boys' performance in completing our Olympic lifts (Clean & Jerk and the Snatch) and squat variations.

If you are interested, below are some websites to order weightlifting shoes from. They should have at least a 1/2 inch heel. Prices range from \$54-\$200. I believe that Dicks also sells them online. Jump ropes can be purchased from the same sites and would be exclusively for home use-they all can use the extra time.

**This is not mandatory and had some parents request info, so I wanted to send out the information to all of our families.**

Here is a list of websites to purchase Olympic weight lifting shoes from.

Rogue Fitness Weightlifting Shoes: <http://www.roguefitness.com/shoes/weightlifting-shoes>

Rogue Fitness CrossFit Shoes: <http://www.roguefitness.com/shoes/crossfit-shoes>

Muscle Driver Weightlifting Shoes: <http://www.muscledriverusa.com/weightlifting-shoes.html>

VS Athletics: <https://www.vsathletics.com/store/VS-Athletics-Weightlifting-Shoe.html>

Reebok CrossFit Shoes: <http://www.reebok.com/us/men-crossfit-shoes>

Amazon: [http://www.amazon.com/s/ref=nb\\_sb\\_ss\\_i\\_1\\_14?url=search-alias%3Daps&field-keywords=weightlifting+shoes&sprefix=weightlifting+%2Caps%2C292](http://www.amazon.com/s/ref=nb_sb_ss_i_1_14?url=search-alias%3Daps&field-keywords=weightlifting+shoes&sprefix=weightlifting+%2Caps%2C292)

Again Faster:

[https://www.againfaster.com/search/shop/?q=weightlifting%20shoe&product\\_page=1&entry\\_page=1#show-results-product](https://www.againfaster.com/search/shop/?q=weightlifting%20shoe&product_page=1&entry_page=1#show-results-product)