

EDINA HS SUMMER SPORTS PERFORMANCE CAMP

Training HAUS sports performance training is the platform for athletic achievement. Our strength and conditioning team is committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

BENEFITS

Training HAUS sports performance programs are so much more than weightlifting. Using dynamic exercises and drills, we cultivate performance qualities beyond foundational strength. The result is a more complete athlete with distinct competitive advantages that apply to any sport.

- Explosive acceleration
- Controlled speed
- Mental endurance
- Reactive agility
- Efficient mobility
- Protective stability and injury prevention

SUMMER CAMP: 9 Weeks | Monday - Thursday | June 1 – August 6 (Off June 26 - July 6)

COST: \$285 for 9 Weeks (6/1 – 8/6) or \$335 – for Summer Camp & August Camp

Max Cap	Group	Tues & Thurs (Strength Days)	Mon & Wed (Speed Days)
80	Group 1: Girls & Boys HS	6:45 – 8 AM	
80	Group 2: Girls HS	7:45 – 9 AM	7 – 8 AM
9:00 – 9:30 AM BREAK			
100	Group 3: Football Focus	9:30 – 10:30 AM	9:30 – 10:30 AM
80	Group 4: Girls HS	10:15 – 11:30 AM	
80	Group 5: Boys HS	11:15 – 12:30 PM	8:00 - 9:00 AM
80	Group 6: Middle School (6 th – 8 th)	12:15 – 1:30 PM	10:30 – 11:30 AM

Middle School Options	Cost
Mon & Tues	\$190
Wed & Thurs	\$190
Mon – Thurs (4 Days)	\$285
2 Week August Camp	\$60
Full 4 Day, 9 Week Camp + 2 Week August Camp	\$335

*Middle School registration will be through Edina Community Ed
<https://edina.ce.eleyo.com/>

AUGUST CAMP: 2 Weeks | August 10 - 20th | Monday - Thursday

COST: \$60 Per Athlete (if not participating in full 9-week camp)

Max Cap	Group	Mon - Thurs
100	Group 1: All Middle School (6 th – 8 th)	8 – 9 AM
100	Group 2: Girls & Boys High School	9 – 10 AM

Strength & Power Focus Days (Tues & Thurs)			Speed/Agility Focus Days (Mon & Wed)		
	Time	Location		Time	Location
Warm-Up/Mobility	15 min	EHS Yoga Studio	Warm-Up/Mobility	15 min	Upper Turf Field & Field House
Strength/Power	50 min	EHS Weight Room	Speed/Agility	30 min	
Cool Down	10 min	EHS Yoga Studio	Competition/Education	20 min	

LOCATION

Edina High School Wellness Center
 6754 Valley View Road, Edina
 Enter Door 6

CONTACT

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Register at TrainingHAUS.com/Edina-Summer