



# 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	<b>Group 1:</b> Girls & Boys HS	6:45 – 8 AM	7 – 8 AM
80	<b>Group 2:</b> Girls HS	7:45 – 9 AM	
9:00 – 9:30 AM BREAK			
100	<b>Group 3:</b> Football Focus	9:30 – 10:30 AM	9:30 – 10:30 AM
80	<b>Group 4:</b> Girls HS	10:15 – 11:30 AM	8:00 - 9:00 AM
80	<b>Group 5:</b> Boys HS	11:15 – 12:30 PM	
80	<b>Group 6:</b> Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )	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 <a href="https://edina.ce.eleyo.com/">https://edina.ce.eleyo.com/</a>	

**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	<b>Group 1:</b> All Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )	8 – 9 AM
100	<b>Group 2:</b> 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](https://TrainingHAUS.com/Edina-Summer)**