



Girls Summer Strength Training

Who: Girls going into 7th – 12th grade for 2017-2018 school year!

When: Tuesday and Thursday at 10:45 am - Beginning May 30 – August 11 (Off the week of July 3rd – 7th)

**Depending on numbers, we may have 2 sessions!!

Where: Minneota weight room @ Minneota High School.

Why: To improve strength and flexibility along with help to reduce the risk of future injuries.

Cost: \$40.00 per athlete for the whole summer (make payable to Minneota Public Schools).

We will focus on improving **speed, power, acceleration, flexibility, technique, agility, quickness, explosiveness, and strength.**

Description: We will work with athletes at all different levels. Beginners will be introduced to the basics of lifting weights and taught the proper techniques. Athletes will slowly progress into heavier lifts as the summer goes on and they become more comfortable with the lifts/technique. Not only will we be doing strength/weight training, but we will also be working on speed/agility training. Once a week, we will work on running/sprints and other footwork drills.

Summer Goals:

- To provide a structured, supervised, and safe strength and conditioning program for Minneota female student athletes!
- To provide a "whole-body" strength and conditioning program focused on injury prevention and life-long health habits.
- To provide an exercise program to accelerate the athlete in their specific sport(s).
- To prepare athletes for competition and enhance athletic performance.
- To learn about and enjoy weight training and conditioning.

Supervisors: Kaley Buysse and Brad Gillingham

Contact: Email = kaley.buysse@minneotaschools.org

Cell = (701) 238-6828



Please fill out and return this sheet and payment to the Main Office at Minneota Public School by Friday, April 28.

Athlete's first/last name: _____

Parent's names: _____

Address: _____

Athlete's phone number (or email): _____

Parent's phone numbers (emergency contact): _____

Grade entering in fall 2017: _____

Number of years' experience with weight training: _____

Sports involved in at Minneota High School: _____