



SANFORD SPORTS

Bemidji High School – Summer Sports Performance

Program Goals & Objectives

Maximize your performance with help from Sanford Sports Performance. During our summer program, you can improve your strength, conditioning, mobility, and overall athletic ability in sessions led by our coaches.

8 Week Training Program

High School Session #1 - 8:00-9:00am | High School Session #2 - 10:00-11:00am | High School Session #3 – 4:00-5:00pm

June 9-12	June 16-19	June 23-26	June 30- July 2	July 7-10	July 14-17	July 21-24	July 28-31
Week #1	Week #2	Week #3	Week #4	Week #5	Week #6	Week #7	Week #8
8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am
10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am	10:00-11:00am
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm

Week #4 June 30th – July 2nd will be at the Sanford Sports Facility within the Bemidji Community Arena

Staff

Cam Boen, CSCS, Sanford Sports Strength and Conditioning Coach
Anna Iburg, CSCS, Sanford Sports Strength and Conditioning Coach

Location

Bemidji High School Weight Room - 2000 Division Street W, Bemidji, Minnesota, 56601

Registration Fee

4-day Week Option - \$120
3-day Week Option - \$90
2-day Week Option - \$60



[Register Here](#)