



SANFORD SPORTS

Bemidji High School Summer Performance Training Program

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.

Schedule

10 Week Program – starts Monday June 8th and concludes Thursday August 13th

Date/Time	Monday	Tuesday	Wednesday	Thursday
8:00-9:00am	High School Group #1	High School Group #1	High School Group #1	High School Group #1
10:00-11:00am	7 th /8 th Grade Middle School Group	7 th /8 th Grade Middle School Group	7 th /8 th Grade Middle School Group	7 th /8 th Grade Middle School Group
11:00am-12:00pm	5 th /6 th Grade Middle School Group		5 th /6 th Grade Middle School Group	
5:00-6:00pm	High School Group #2	High School Group #2	High School Group #2	High School Group #2

Staff

Anna Iburg, CSCS, Sanford Sports Strength and Conditioning Coach
 Cale Newby, Sanford Sports Strength and Conditioning Coach
 Additional Staff

Location

Bemidji High School Weight Room – 2000 Division St W, Bemidji, MN, 56601
 Sanford Sports Bemidji – 3000 Division St W, Bemidji, MN, 56601 [Upstairs within the Bemidji Community Arena]

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[Sanford Sports Performance - Bemidji Summer Training Program](#)

