

BISMARCK HIGH SCHOOL SUMMER TRAINING 2026



Program Dates:

Monday – Thursday @ BHS Weightroom
(8 Weeks of Training)

8 weeks – June 1 – July 30

****No Training June 29th-July 2nd**

High School Sessions - \$175:

6:00 AM - 7:00 AM: All Ages

7:00 AM - 8:00 AM: Junior/Senior Athletes

8:00 AM - 9:00 AM: Freshman/Sophomore Athletes

9:00 AM - 10:00 AM: Freshman/Sophomore Athletes

10:00 AM – 11:00 PM: All Ages

**GROUPS ARE LIMITED TO 36 ATHLETES PER SESSION*

**More times are available at Sanford Sports. However, they are not limited to Bismarck High School Students.*

Choose one of the following to register:

- Call Sanford Sports - Bismarck
- Scan the QR Code
- Sign-up online

Contact Info:

- www.sanfordsports.com
- (701) 323-1125
- 3451 N 14th St Suite C, Bismarck, ND 58503

