

NORTH ST PAUL HIGH SCHOOL SUMMER TRAINING

POWERED BY ETS PERFORMANCE

ETS MISSION

Our mission is to provide cutting edge strength, speed, power, deceleration and movement mastery training for athletes and individuals in a challenging yet positive environment that will enhance performance, build character and improve lifestyles.

SUMMER TRAINING DETAILS

WHAT	2024 Summer Training Program
WHEN	June 10 - August 1, 2024
WHERE	North St Paul High School Weight Room
WHO	Students in Grades 7 - 12* <i>*Participants must live in North attendance area</i>
COST	\$50

FREE BREAKFAST & LUNCH AVAILABLE

SUMMER TRAINING SCHEDULE

JUNE 10 - AUGUST 1, 2024

MONDAY | TUESDAY | THURSDAY

8AM- 9AM	GRADES 7 - 12
9AM- 10AM	GRADES 7 - 12
10AM-11AM	GRADES 7 - 12

*No training the week of June 29 - July 5

SCAN THE QR CODE TO REGISTER TODAY



SCAN ME

