

Strength and Performance

Dates: June 1 - July 30
Monday, Tuesday, Wednesday, Thursday
No class July 6-10



Sessions

Based on grade for 2026-2027 school year.

Session 1: Grade 9-12, Male/Female	6:30-7:30 AM
Session 2: Grades 9-12, Female only	7:30-8:30 AM (meets on Monday & Wednesday)
Session 3: Grades 6-8, Male/Female	7:30-8:30 AM (meets on Tuesday & Thursday)
Session 4: Grades 9-12, Male/Female	8:30-9:30 AM
Session 5: Grades 9-12, Male/Female	5:30-6:30 PM
Session 6: Grades 9-12, Male/Female	6:30-7:30 PM

Location: Pillager Weight Room

Course Cost: 4 day a week program, \$155 for 8 weeks (sessions 1, 4, 5, 6)
2 day a week program, \$80 for 8 weeks (session 2, 3)

-Fill out this survey to get \$50 scholarship from the Pillager Booster Club

<https://docs.google.com/forms/d/1amU1MPWLNEXTcmUFho705z7QSHeFL3iu7d0VM31h9z8/preview>

Instructor: Morning sessions: Peyton Landowski, Training Haus Instructor
Afternoon sessions: Coach Clark and Varsity Coaches

Unleash your full potential this summer through a comprehensive 8-week program built on the pillars of speed, endurance, and explosive strength. Our curriculum prioritizes injury prevention and total athlete development to ensure you are as durable as you are athletic. You do not need to be a varsity level athlete to join but please bring a driven mindset and a willingness to push your personal limits. Champions are born in-season; they are forged in the off-season.

Every athlete registered will receive a Training Haus T-shirt. Shirt sizes will be requested on a later date.

ONLINE REGISTRATION AVAILABLE

Go to the school website at www.isd116.org and click on Community Ed

Strength and Performance Summer 2026

register by May 29

Name	Grade 2026-2027
Parent Name	Parent Phone Number
Email	<input type="checkbox"/> Session 1 <input type="checkbox"/> Session 2 <input type="checkbox"/> Session 3 <input type="checkbox"/> Session 4 <input type="checkbox"/> Session 5 <input type="checkbox"/> Session 6

I understand the Strength and Performance Camp director and instructors will not be held responsible for injuries or loss of property while the above student is attending the camp. I do hereby release the State of Minnesota, Pillager School District, and the Strength and Performance director and instructors from all liability, including claims and suits in law or equity for any injury, fatal or otherwise. The signature below absolves the Strength and Performance Camp staff of all responsibility for loss of personal property. Furthermore, I realize the risks involved to the student. I will pay, or cover through my insurance, any medical or hospital expenses, doctor bills, or other expenses which could be incurred as result of treatment given to the above named student for illness or injury while attending or subsequent to attending the Strength and Performance Camp. I hereby authorize the staff of the Strength and Performance Camp to act for me according to their best judgment in any emergency requiring medical attention.

Signature of Parent or Guardian: _____ Date: _____