




Summer Strength Training


Get FASTER. Get STRONGER. Get BETTER.


 **Who:** North High School students (grades 7–12)
○ 7th and 8th grade North High School attendance area


 **When:** June 8 – July 30 | Mondays–Thursdays

 **Where:** North High School weight room and athletic fields

 **Time:**
○ Session 1 | 8:00–9:00 AM
○ Session 2 | 9:00–10:00 AM
○ Session 3 | 10:00–11:00 AM


 **No Sessions:**
○ June 19 (Juneteenth)
○ July 4–10 (MSHSL non-contact period)

 **Why Join:**
○ Improve speed, strength, agility, and endurance
○ Enhance athletic performance in all sports
○ Reduce the risk of injury
○ Train with coaches in a positive environment

 **Cost:** \$20.00 per student (includes a t-shirt)

 **Instructor:** Mr. Hansen

 **Registration:** Sign-up online [HERE](#) or scan the QR Code

 **Questions?** Contact the North High School Activities Office



Don't miss this opportunity to take your game to the next level!

Go Polars!