

Huskies Intensity Training (HIT) 2026

Formerly known as MIT

HIT is a summer strength and conditioning program for St. Anthony students entering grades 7 - 12.

The program will run from 8 - 10 AM on Mondays, Tuesdays, and Thursdays beginning on June 15 and ending on July 31. HIT does not run the week of July 6.

Each session consists of agility and endurance training on the turf field and a weightlifting session in the fitness center. Students should plan to meet on the turf field each morning.

Luke Tressel - SAVHS strength and conditioning coach - is the head coach of the program. If you have questions, please contact him at ltressel@isd282.org.

Cost is \$175. You can register by going to letsgohuskies.com and clicking the 'Registration' tab. Or click [here](#).

If you have questions about registration, please contact Mary-Clare Johnsen at mjohnsen@isd282.org.