



# MAYO CLINIC SPORTS MEDICINE HIGH SCHOOL SUMMER 2017 SPORTS PERFORMANCE TRAINING



**Who:** Available to all registered student-athletes (current gr 8-11)

**What:** Sports Performance Training,  
Strength Training, Speed, Agility,  
Quickness, Conditioning

This summer program physically prepares high school athletes to maximize their athletic potential. It also helps keep athletes safer by reducing injury risks through strength, endurance, and functional mobility training. Sessions will have a speed, agility and quickness component integrated with the weight room to maximize the training effect. Participation is appropriate for all athletes who desire to improve their athletic performance. Sport specific training sessions are available for athletes preparing for the fall sport season as well as winter and spring sports.

**When:** June 12<sup>th</sup>- August 11<sup>th</sup> (10 weeks)

**Where:** High School Weight Rooms

**Cost:** \$100

Services provided by Mayo Clinic Sports Performance Team. Any questions contact

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Everyone **must** register online, please go to your respective school's website

[www.centurypanthers.org](http://www.centurypanthers.org)

[www.johnmarshallrockets.org](http://www.johnmarshallrockets.org)

[www.mayospartans.org](http://www.mayospartans.org)



MAYO HIGH SCHOOL

