



Edina Football Summer Training Program | 6th – 7th Grade

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

BENEFITS

Training HAUS sports performance programs are so much more than weightlifting. Using dynamic exercises and drills, we cultivate performance qualities beyond foundational strength. The result is a more complete athlete with distinct competitive advantages that apply to any sport.

- Explosive acceleration
- Controlled speed
- Mental endurance
- Reactive agility
- Efficient mobility
- Protective stability
- Injury prevention

PROGRAM DETAILS

TEAM TRAINING

Our Training HAUS team along with the Edina High School coaching staff have developed a program that will ensure that our up-and-coming 6th and 7th grade players develop a strength and movement foundation that will allow them to play at their best and be ready to play at the high school level when their time comes. Focus will be placed on overall strength while also incorporating speed & agility which will be programmed to increase athletic ability relating to acceleration, deceleration, top end speed, and change of direction.

Training Schedule:

- June 8rd – August 12th
- Tuesdays & Thursdays – 9:00am – 10:00am
- 18 sessions

Training Location: Edina High School Wellness Center | 6754 Valley View Road, Edina, MN 55439

Training Reminders:

- Please remember to bring tennis shoes, water bottle, and face mask

COST & REGISTRATION

Cost: \$270 per player

Registration: TrainingHAUS.com/Edina-MS-Summer-21

CONTACT

Nate Huot

320-226-1917

nathanielhuot@traininghaus.com