

WESTONKA PERFORMANCE PROGRAM

The mission of the Westonka Performance Program (WPP) is to capture the hearts and minds of our students through a rigorous and regimented physical preparation program. The Westonka Performance Program (WPP) will provide each student with an innovative, year - round athletic development program focused on improving speed, strength, power, agility, mobility, and endurance.

This Westonka Performance Program (WPP) is designed for the developing, competitive athlete. The focus will be on strength training fundamentals including: weightlifting movements, plyometrics, acceleration, deceleration, speed, agility, and energy system efficiency. All activities are age/skill appropriate, professionally designed, and constructed with athletic performance and injury resilience in mind.

The Westonka Performance Program (WPP) is led by Coach Zack Nauert. Coach Nauert is in his 4 year at the helm at WHS and has worked with hundreds of athletes ranging from 7 years old to professional athletes (NFL, MLB, MLS). He has worked with athletes that have gone on to earn NCAA D1, D2, D3 & NAIA scholarships along with athletes participating in the NFL Scouting Combine. Coach Nauert is a Certified Strength & Conditioning Specialist (CSCS) & Registered Strength & Conditioning Coach (RSCC) with the National Strength & Conditioning Association (NSCA). Coach Nauert is also a certified USA Weightlifting Level 1 Coach and certified in Reflex Performance Reset (RPR). Coach Nauert also serves as the Vice-President of the Minnesota Strength Coaches Association and is on the Minnesota Advisory Board for the National High School Strength Coaches Association (NHSSCA). Coach Nauert was selected as the NHSSCA Mid-America Region State Coach of the Year in 2025.

Coach Nauert is also a Health/PE Teacher at Westonka High School. All student-athletes entering grades 6-12 are welcome and encouraged to register for this summer program!

Westonka Performance Program Summer Coaching Staff:

- > Zack Nauert - Westonka Strength & Conditioning Coordinator
- > Nick David - Head Football Coach
- > Eric Rodelius - 7th Grade Football / Assistant Wrestling
- > Travis Swendseid - 8th Grade Football / 7-8 Grade Tennis
- > Brandon Brakstad - Assistant Football
- > Freya Klein - Assistant Volleyball
- > Jack Parker - Assistant Football / JV Baseball
- > Many Other Westonka High School Coaches!!

The Westonka Performance Program Provides:

- > Increased Speed & Strength
- > Increased Mobility & Flexibility
- > Improved Agility & Reaction
- > Injury Prevention
- > Build Confidence & Self-Esteem
- > Boost Sport Performance
- > Improved Balance & Coordination
- > Empowering Leadership

Monday, June 9 - Thursday, August 7, 2025 (Closed June 19 & June 30-July 4)

Thaler Ice Arena & Westonka High School Track

Boys Entering 6-8

Monday - Thursday

June 9 - August 7

**Session 1: 11:30am-
12:30pm**

**Session 2: 12:30pm-
1:30pm**

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Girls Entering 6-8

Monday - Thursday

June 9 - August 7

**Session 1: 11:30am-
12:30pm**

**Session 2: 12:30pm-
1:30pm**

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Boys Entering 9-12

Monday - Thursday

June 9 - August 7

**Session 1: 8:00am-
9:10am**

**Session 2: 9:10am -
10:20am**

\$118

Girls Entering 9-12

Monday - Thursday

June 9 - August 7

10:20am - 11:30am

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Westonka High School



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