



OFF-SEASON HIGH SCHOOL HORIZONTAL JUMPS CAMP

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a well-rounded 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.

2022 Tonka Jumpers (T-Roos) Results (Top 8)

Long Jump:

- | | |
|--------------------------|-------------------|
| 1. 22' .75" – Jr (State) | 5. 19' 9.25" – Sr |
| 2. 21' 7.25" – Sr | 6. 19' 7.75" – So |
| 3. 20' 9.75" – So | 7. 19' 6.5" – Fr |
| 4. 20' .5" – Jr | 8. 19' 4.5" – Sr |

Triple Jump:

- | | |
|------------------|------------------|
| 1. 39' 11" – So | 5. 36' 9.5" – So |
| 2. 39' 4" – Sr | 6. 36' 6.5" – Fr |
| 3. 38' – Jr | 7. 36' 5" – So |
| 4. 37' 8.5" – Fr | 8. 36' 3.5" – Jr |

Long & Triple Jump Camps

These 5-week jumps camps will help an athlete build upon their spring season and elevate their potential to consistently jump further in 2023. Athletes will train through and learn a variety of progressive plyometric and jump specific drills aimed to enhance explosiveness and technical skill. Jumpers will walk away from this camp with a variety of tools to enhance their athleticism and optimize their performance on meet day.

Training Schedule: July 11 – August 12

- Long Jump: Tuesdays | 4:45 – 6:00 PM OR 6:15 – 7:30 PM
- Triple Jump: Thursdays | 4:45 – 6:00 PM OR 6:15 – 7:30 PM

Training Location: Minnetonka High School | 18301 MN-7, Minnetonka, MN 55345

Costs & Registration

To register, follow the links below to create an account and sign up for your desired camps. Create an account with the athlete's name. Download the Training HAUS app to sign up for camp sessions.

- **Long Jump:** \$75 (5 sessions) | Register at TrainingHAUS.com/Mtka-Long-Jump-Camp-22
- **Triple Jump:** \$75 (5 sessions) | Register at TrainingHAUS.com/Mtka-Triple-Jump-Camp-22
- **Both Jump Camps:** \$125 (10 sessions) | Register at TrainingHAUS.com/Mtka-Horizontal-Jumps-Camp-22

About Coach Montplaisir

Matthew Montplaisir is the Minnetonka Boys T&F horizontal jumps coach. He coaches with passion and energy and loves helping kids realize their potential. He earned a master's degree in sports and exercise science, and competed collegiately at Gustavus Adolphus College, where he was a 21' long jumper, 42' triple jumper, and an all-conference cornerback in football. When he isn't coaching track, Matthew trains athletes at Training HAUS – Waconia.



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