

2025 Summer Speed & Strength

Start Date: June 9 | Dead Week: First Week of July | End Date: August 1
Detroit Lakes High School 1301 Roosevelt Ave N Detroit Lakes, MN 56501

High School Training Sessions

Times: 6:00–7:15 AM | 7:15–8:30 AM | 8:30–9:45 AM | Days: Monday, Wednesday, Friday

Athletes will participate in full-body workout sessions designed to develop strength, power, and speed. Training will include fundamental barbell lifts, Olympic lifting techniques, sprint mechanics, plyometric exercises, and mobility work. Throughout the summer, athletes will be tested on key performance metrics, including vertical jump, broad jump, and various timed sprints to track progress and development. Athletes can be dropped off in the back of the HS in the weight room/wrestling parking lot (E11 Door) or Front Door of HS open as well.

Middle School Sessions

Times: 10:00 - 11:00 | Days: Monday, Wednesday

Athletes will learn proper weightlifting techniques while developing skills that directly translate to athletic performance. Each workout is carefully designed and implemented to inspire and support the continued pursuit of excellence across ALL LAKER ATHLETICS. Middle school athletes will meet daily in the DLHS Commons—please arrive 5–10 minutes early.

Cost is \$50 for HS & \$30 for MS. Payments will go through gofan: <https://gofan.co/app/school/MN16845>

Mission Statement

To inspire “**Champions in Life**” through providing opportunities for competitive athletes to develop attitude, work ethic, mental toughness, discipline, pride, on and off their field of play. Athletes will train consistently and sensibly over a designed period of time, in a safe, clean, and professional environment to prevent injuries and enhance performance. **DO THE WORK!**

