

MIDDLE SCHOOL HIGH SCHOOL

MAYO CLINIC SPORTS MEDICINE STRENGTH AND CONDITIONING CAMP



WHAT:

STRENGTH & CONDITIONING

Led by Mayo Clinic Sports Medicine Strength & Conditioning Coaches who are certified by the National Strength and Conditioning Association.

Off-season strength and conditioning to prepare for 2019-2020 sport seasons.

Improve speed, agility, strength, power, and endurance.

Reduce risk of injury.

COST:

STUDENT/ATHLETES (7TH-12TH)

9 weeks @ \$100.00

WHEN & WHERE:

WHEN:

June 3 – August 9, 2019 (9 weeks)

There will be a mandatory summer break (July 1-5)

WHERE:

Training to be conducted at individual high schools

REGISTRATION:

Use links to register online:

[CENTURY HIGH SCHOOL](#)

[JOHN MARSHALL HIGH SCHOOL](#)

[MAYO HIGH SCHOOL](#)

SCHEDULE:

STUDENT/ATHLETES (9TH-12TH)

Check each school's website to view sport specific training times:

[Century High School](#)

[JM High School](#)

[Mayo High School](#)

STUDENT/ATHLETES (7TH-8TH)

Parents of 7th – 8th grade student/athletes must contact the Strength & Conditioning Coach and school Sport Coach for registration approval.

CONTACT:

Century: Skaden.Bill@mayo.edu

JM: Heider.Brad@mayo.edu

Mayo: Logsdon.Ethan@mayo.edu

SPACE IS LIMITED! SIGN UP TODAY!
REGISTER ONLINE USING THE ABOVE LINKS.



**SPORTS
MEDICINE**

EXOS