



# VISITATION SPORTS PERFORMANCE

At Training HAUS, sports performance training is the platform for athletic achievement. Our strength and conditioning team is 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.

## SCHEDULE

### FREE Intro to Sports Performance for Visitation students at Visitation School

- 3-week program, the weeks of March 2, March 9 and March 23
- Tu/Th 6:15-7:30am and 3:15-4:30pm

### Spring Sports Performance at Visitation: April 14 – June 5

- 8-week program, Tu/Th 6:15-7:30am and 3:15-4:30pm, \$275

### Summer Sports Performance at Visitation: June 8 – August 7 (week of July 4 off)

- 8-week program, morning times TBD, \$275
- 3-week August Program, Aug 10<sup>th</sup> – 28<sup>th</sup> (for non-fall sport athletes) - \$100

**REGISTER at [TrainingHAUS.com/Visitation](https://TrainingHAUS.com/Visitation)**

## 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 and injury prevention

## TEAM TRAINING

Visitation workouts are customized for each team with modifications made for athletes returning from injury and/or identified imbalances through testing. Our Training HAUS team works with your coach when developing programming to ensure that each athlete will be physically and mentally prepared for athletic competition, while also building on relationships with one another throughout their time at Visitation.

## COACHING BACKGROUND

Our Training HAUS team has over 30 years of combined sports performance experience. From NFL, NBA, MLB, and other professional sports through youth development, our staff has trained them all.

## LOCATION

Training HAUS | Viking Lakes  
2645 Vikings Circle, Suite 200 | Eagan, MN 55121

## CONTACT

952-456-7650  
[Info@TrainingHAUS.com](mailto:Info@TrainingHAUS.com)

**TrainingHAUS.com**