



VISITATION SUMMER SPORTS PERFORMANCE

At Training HAUS, sports performance is the platform for athletic development. Our team of experts are 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.

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
- Injury prevention

PROGRAM DETAILS

Training Schedule: June 7 – August 8 (OFF July 4 – July 8)

- Weekly Schedule: Tuesday & Thursday
 - High School (Grades 8 – 12: 7:30 AM – 8:45 AM)
 - Middle School (Grades 5 – 7: 8:45 AM – 10:00 AM)
- Maximum capacity per session: 50 people

Training Location: Visitation High School | 2455 Visitation Dr, Mendota Heights, MN 55120

Training Reminder: Please bring training shoes, cleats, a water bottle, and a mask.

COST & REGISTRATION

- **Cost:** \$250
- **Registration Link:** TrainingHAUS.com/Vis-Summer-22
- For any registration/performance questions, reach out Kayla Russel via phone or email.

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