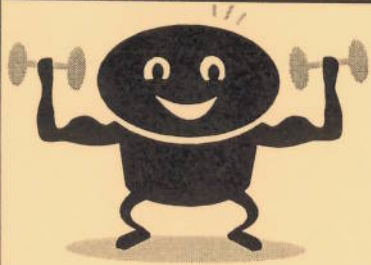


SARTELL JUNIOR HIGH SUMMER STRENGTH AND CONDITIONING



June 14 - July 30

Monday, Wednesday, Friday

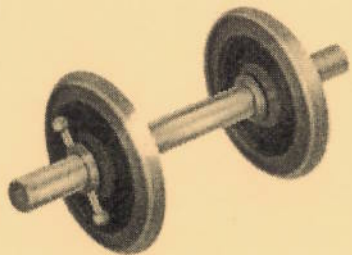
Sartell students in grades 7 and 8 are eligible to participate

Strength and Conditioning Training from 10:00 to 11:00

(programs designed/coordinated by Sartell HS Strength/Conditioning Coaches)

Supervised open gym at Sartell High School from 11:00 to 12:00

\$40.00 participation fee - - - register in the Activities Office at SHS



...Plyometrics
...Strength Training
...Speed Training
...Agility Training

