



# Canton High School Sports Summer Training Program

## What:

An 8-week summer speed, strength and conditioning program for Canton High School and Middle School athletes. The program will be conducted 5 days per week by the Canton Coaching Staff in partnership with Sanford Power. Focus will be on improving overall sport specific strength, agility and explosiveness.

## Where and When:

### Monday – Friday

- Monday: Canton Coaching Staff conducts workout at high school
- Tuesday: Canton Coaching Staff conducts workout at high school
- Wednesday: Canton Coaching Staff conducts workout at high school
- Thursday: Canton Coaching staff conducts workouts at high school.
- Friday: Canton Coaching Staff conducts workouts at high school

**\*\*\*CHS Summer Weight Room hours are from 6:30 am – 10:30 am\*\*\***

This **program begins** Monday, June 4<sup>th</sup>  
**ends** Friday, August 3<sup>rd</sup>, 2018

## Cost:

\$50/student      \$90/family

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**Registration Form:** Turn this form with the payment into your Canton High School coach or drop the form off at the front office at Canton High School. Forms may also be mailed to:

Canton High School  
c/o Matt David  
800 N. Main  
Canton, SD 57013

Student's Name: \_\_\_\_\_

2018-19 School Year Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

**\*\*Program will be structured as 3 or 4 days/week. Students are responsible for getting their workouts in for each week.\*\***

**Forms must be returned by Friday, May 25<sup>th</sup>**