

Roseville Raider Summer Speed and Strength

Summer 2026 Dates: June 15th - August 6th (7 Weeks), (July 6th - July 10th No Training)

High School Cost: \$200. Middle School Cost: \$150 (Contact Brandon prior to registration for a family discount for families with siblings or on free and reduced). All athletes will meet on the football field for warmups. Contact Brandon D'Andrea @ brandondandrea@traininghaus.com with questions or payment plans inquiries.

Weekly Schedule

High School Athletes

Monday: Turf/Weight Room

Tuesday: Turf/Weight Room

Wednesday: Turf/Weight Room

Thursday: Turf/Weight Room

Middle School Athletes

Monday: Turf/Weight Room

Tuesday: Turf/Weight Room

Wednesday: Turf/Weight Room

Sessions, times and details listed below

- **Session 1: 9th-12th Grade Football from 7:00-9:00am (Split Into 2 Groups)**
- **Session 2: All Girls Group from 9:00-10:00am**
- **Session 3: Hockey/Wrestling 10:00-11:00am**
- **Session 4: Basketball/All High School Sports- 11:00am-12:00pm**
- **Session 5: (Middle School Group) 12:00-12:45pm**

Session Information:

- *Location:* Roseville High School (Address: 1240 County Road B2 W, Roseville, MN 55113)
- The building Entrance will be the weight room doors (#12). Athletes will meet on FB turf
- Raider Summer Strength and Speed is open to all athletes who want to improve their overall athletic strength and fitness. Students will learn safe lifetime fitness activities through supervised strength coaching. Raider Speed & Strength develops programs that will teach, practice, develop proper strength training and speed agility in a safe and controlled manner.

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