

Program Fees

"ALL SPORTS... ALL ATHLETES..."

Girls

Grade 6 -7.....\$95

Grade 8-12.....\$180

Boys

Grade 6-8\$95

Grade 9-12.....\$180

****REGISTRATION DEADLINE: June 1****

- Late Fee: +\$25 after June 2
- Refunds (minus \$25) through June 19
- No refunds after June 19

Make checks payable to:
Huskies Strength & Conditioning Club


RETURN FORM TO: Jerry Eggermont,
Owatonna High School, 1455 SE 18th St,
Owatonna, MN 55060



Important Reminders

- For all athletes in any sport entering grades 6-12
- Enter Door 27P (Activities Entrance)
- Required attire: t-shirt, shorts, tennis shoes
- Bring water bottle & towel
- Arrive 10 minutes early
- Movement sessions will be outdoors on turf. Molded cleats are optional. (Inclement weather - indoors)



 @owatonnastrength

 @OwatonnaSC

Website: owatonnastrengthandconditioning.weebly.com

KEY COMPONENTS OF ATHLETIC SUCCESS

Strength

Power

Speed

Agility

Effort

Consistency

Coachability

Perseverance



All Athletes Grades 6-12

2026

Huskies Summer
Strength and Conditioning

"Iron Sharpens Iron"

Head Coach: Jerry Eggermont
Asst. Coaches: Ryan Guenther, Brad Scharber, & Noah Kubicek

OUR MISSION:

Maximize athletic potential. Minimize injury risk.

Build explosiveness through multi-joint, ground-based movement.

We are committed to creating a positive, encouraging, and energetic training environment that supports the overall development of our student-athletes.

NO TRAINING JUNE 19 & JULY 4 - 10

Schedule by Group

Boys Grade 11-12

June 8: Pre-testing 7:00 AM
June 9: Summer Session begins

Summer Schedule from June 8 - August 7

M/W/F - Weight Room 6:30-7:45 AM
T/TH - Movement 7:00-8:15 AM

August 3: Post-testing 8:00 AM

Girls Grade 10-12

June 8: Pre-testing 1:00 PM
June 9: Summer Session begins

Summer Schedule from June 8 - August 7

M/W/F - Weight Room 8:00-9:15 AM
T/TH - Movement 7:00-8:15 AM

August 4: Post-testing 8:00 AM

Boys Grade 9-10

June 8: Pre-testing 10:30 AM
June 9: Summer Session begins

Summer Schedule from June 8 - August 7

M/W/F - Weight Room 9:30-10:45 AM
T/TH - Movement 8:15-9:30 AM

August 3: Post-testing 10:30 AM

Girls Grade 8-9

June 8: Pre-testing 3:00 PM
June 9: Summer Session begins

Summer Schedule from June 8 - August 7

M/W/F - Weight Room 10:45 AM -12:00 PM
T/TH - Movement 8:15-9:30 AM

August 4: Post-testing 10:30 AM

Boys Grade 6-8

June 9: Summer Session begins

Summer Schedule from June 9 - July 30

T/TH - Movement 9:30-10:30 AM
Weight Room 10:45-11:45 AM

July 30: Last session

Girls Grade 6-7

June 9: Summer Session begins

Summer Schedule from June 9- July 30

T/TH - Movement 10:30-11:30 AM
Weight Room 9:15-10:15 AM

July 30: Last session



Registration Form



Huskies Summer Strength and Conditioning

Athlete _____

Grade Entering _____ Gender M / F

Emergency Contact _____

Parent Email _____

Parent Cell Number _____

Address _____

City _____ Zip _____

Adult T-shirt size XS S M L XL XXL

Waiver and Release of Liability

In consideration of your accepting this registration, I, on behalf of myself and my child, hereby waive and release any and all claims for damages against the Huskies Strength and Conditioning Club, Owatonna Public Schools, and their representatives, successors, and assigns for any and all injuries that may occur to my child or myself as a participant or spectator in the activity listed above.

I understand and accept the risks associated with participation in strength and conditioning activities and acknowledge that appropriate measures will be taken to ensure a safe environment.

Parent/Guardian Signature _____

Date _____

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