

White Bear Youth Speed & Athletic Development

Ages: 3rd, 4th, 5th & 6th grade athletes (2026-27 School Year)

Dates: July 7 - August 6, 2026 (10 Total Sessions)

Days: Tuesdays and Thursdays

Session:

- **Session Details** - 9:00am-10:30am (3rd-6th Grade Boys & Girls)

Location: Central Middle School - Gyms F & E & Track

Cap: 50 Athletes per Session

Rate: \$125 (10 total 90-minute sessions)

Camp Description:

“**White Bear Attack and Speed**” is a camp designed to enhance athletic coordination, speed, power, agility, and reaction time through fundamental training and small-sided, fun and competitive games. Each 50-minute session will work to strengthen your child’s athletic development and build their confidence to better prepare to have fun while being highly competitive in whatever sport or game they play in their future. Please bring proper athletic shoes and attire with a water bottle to each session.

Coach Randy Spring:

- Elementary Physical Education Teacher of 16 years
- 2023 SHAPE America National Elementary Physical Education Teacher of the Year
- High School Varsity Speed and Strength Coach of 13 years
- High School Assistant Varsity Football Coach of 13 years
- Family of 5 has been a resident of White Bear Lake for 13 years

Registration Options:

- **CLICK** this PDF Link → [White Bear Youth Speed & Athletic Development](#)
- Or, **SCAN** this QR code for access to registration.



Scan for details!