



Stillwater Area High School Activities Department

PONY STRENGTH TRAINING

Summer 2023

Stillwater Area High School Activities Office is partnering with ETS Performance to offer Pony Strength Training. ETS is a locally owned company that specializes in strength, conditioning and injury prevention services. They have been around since 2010 and have trained over 15,000 athletes, 350 Division I and II athletes and 100 professional athletes. ETS currently works with several other high schools in the metro area, as a result all of their programming in all sports has improved since bringing ETS on board.

This program is open to students who will be in Grades 6-8 at Stillwater Middle School or Oak Land Middle School for the 2023-2024 School Year.

Summer Training: Grades 6-8

June 12 – July 31, 2023 | No Training: July 3 & 4 | \$135.

Monday through Thursday

SAHS Pony Stadium Field & SAHS PAC Weight Room

Report to Pony Stadium Field at the start of your session

Session	Start	End	Area of Emphasis
SHS-S#7	10:40AM	11:55AM	Gr 6-8 CO-ED

- Students may register for any session, some training may be more specific to the area of emphasis.
- Maximum of 80 students per session.

Register on SmartSchoolK12:

A current Sports Qualifying Physical Exam on file in the SAHS Activities Office is required to be eligible to register.

- *SQPE Forms may be submitted to the SAHS Activities Office via email to delahuntj@stillwaterschools.org.*
- *SQPE's are good for three years from the date of the exam and may not expire during the session for which you are registering.*

For complete registration information:

<https://goponies.stillwaterschools.org/how-to-register-fees-and-financial-assistance>

Home of the Ponies 5701 Stillwater Boulevard, Stillwater, MN 55082 www.goponies.org