



● CMA SUMMER DRYLAND TRAINING (2026)
Build Strength. Prevent Injuries. Swim Faster This Season

🏊 TRAIN LIKE A SWIMMER

Swimmer-specific dryland focused on what actually transfers to the pool:

- Shoulder strength & injury prevention
 - Core strength & body control
 - Power for starts & turns
 - Mobility to stay healthy
- 👉 No weight room experience needed 👉 Programs customized to each athlete

🕒 CMA PRIORITY GROUP

(All Workouts take place at Saint John's University Weight-room)

Mon • Wed • Thurs | 9:15 – 10:15 AM June 1st-August 7th (Week of July 6th Off) (Other options available also)

(May run slightly longer early or shorter during taper)

✓ Built around CMA swim schedule ✓ Pool → change → weight room transition

★ WHO CAN JOIN

- Grades 5–12
- CMA swimmers
- Siblings of CMA athletes

💻 REMOTE OPTION (LIMITED)

Train from anywhere this summer

- Customized program
 - Video demos + progressions
 - Direct coach access
- ⚠️ Separate pricing + basic equipment required (dumbbells, bands, open space)

💰 PRICING

CMA In-Person: \$475 Sibling (Non-CMA): \$500 Remote Program: \$250 🇺🇸 \$25 OFF cash (in-person only)

📄 REGISTER

Scan QR Code or use link:



📞 CONTACT

DayOneSportsPerformance@gmail.com 952-221-6810

🏆 DAY ONE DIFFERENCE

Justin Rost & Alex Larson (CSCS) • Certified Strength & Conditioning Specialists • Trusted by Central MN swimmers