

# SANFORD SPORTS

## LHS SUMMER TRAINING 2023



**6 AM - Male  
SR & JR**

**8 AM - Male  
SR & JR**

**June 5-August 4  
(M-F AT LHS)  
\*No Training  
Week of July 3-7**

**6 AM - Male FR &  
SOPH & ANY  
(Male or Female)  
Summer School  
Athlete**

**8 AM - Male  
FR & SOPH**

**Registration  
Opens April 3**

**7 AM - Female  
SR & JR**

**9 AM - Female  
SR & JR**

**7 AM - Female  
FR & SOPH**

**9 AM - Female  
FR & SOPH**

**10 AM - Overflow**

To register: call,  
scan QR code  
below, or visit our  
website and  
select 'Bismarck'  
scroll and click  
'Login'



**Spots are limited to 35 per  
session and will fill up fast**