

SPRING

Track & Field (Indoors)
Saturday Morning
10:30 AM – 12:30 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Wheelchair Basketball (Indoors)
Saturday Morning
1:00 PM – 3:00 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Strength & Conditioning (Indoors)
Saturday Morning
0:30 AM – 12:30 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Personal Coaching (Indoors/
Outdoors)
(Please connect with your Program
Head Coach and or Region Head
Coach)

SUMMER

Track & Field (Outdoors)
Wednesday Evening
5:30 PM – 8:30 PM
Southwest High School
3414 W 47th St
Minneapolis, MN 55410
United States

Saturday Morning
10:30 AM – 12:30 PM

Coon Rapids High School
2340 Northdale Blvd NW
Minneapolis, MN 55433
United States

Swimming (Indoors/ Outdoors)
Sunday Evening
5:30 PM – 8:30 PM
Location: TBD

Personal Coaching (Indoors/
Outdoors)
(Please connect with your Program
Head Coach and or Region Head
Coach)

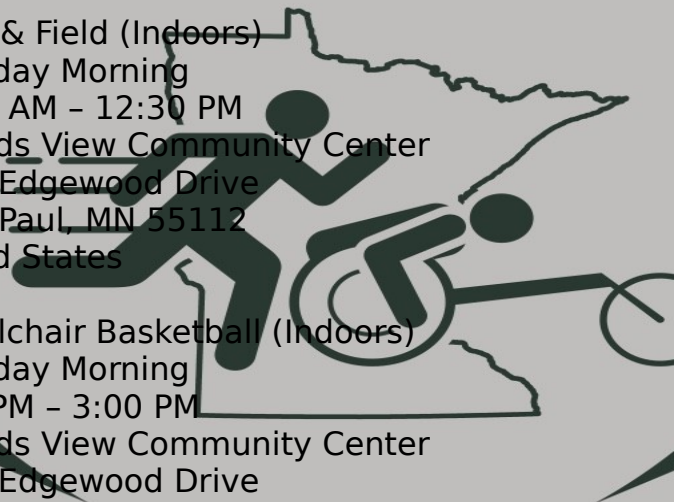
AUTUMN

Track & Field (Indoors)
Saturday Morning
10:30 AM – 12:30 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Wheelchair Basketball (Indoors)
Saturday Morning
1:00 PM – 3:00 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Strength & Conditioning (Indoors)
Saturday Morning
10:30 AM – 12:30 PM
Mounds View Community Center
5394 Edgewood Drive
Saint Paul, MN 55112
United States

Swimming (Indoors/ Outdoors)
Sunday Evening
5:30 PM – 8:30 PM



Location: TBD

WINTER

Track & Field (Indoors)

Saturday Morning

10:30 AM – 12:30 PM

Mounds View Community Center

5394 Edgewood Drive

Saint Paul, MN 55112

United States

Wheelchair Basketball (Indoors)

Saturday Morning

1:00 PM – 3:00 PM

Mounds View Community Center

5394 Edgewood Drive

Saint Paul, MN 55112

United States

Strength & Conditioning (Indoors)

Saturday Morning

10:30 AM – 12:30 PM

Mounds View Community Center

5394 Edgewood Drive

Saint Paul, MN 55112

United States

Swimming (Indoors/ Outdoors)

Sunday Evening

5:30 PM – 8:30 PM

Location: TBD

Personal Coaching (Indoors/ Outdoors)

(Please connect with your Program Head
Coach and/or Region Head Coach)



ROLLING THUNDER

TRACK & FIELD

