

Registration Form

- | | | |
|--------------------------------------|-------|-------|
| <input type="checkbox"/> Session I | 8:00 | 10:00 |
| <input type="checkbox"/> Session II | 9:00 | 11:00 |
| <input type="checkbox"/> Session III | 10:00 | 12:00 |
| <input type="checkbox"/> Session IV | 6:30 | 8:30 |

Name

E-mail

Phone

Method of Payment

- Cash Check

MAKE CHECKS PAYABLE TO:

ELK RIVER STRENGTH & SPEED

Waiver: In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I have against District #728 and/or it's representatives, successors and assigns for any and all injuries suffered by me or by my child while a participant or spectator at the activity indicated above.

Parent Signature

NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS (June 13th)

Questions
Call Mike Breyen at
Elk River High School
241-3400 ext 2155

Mike Breyen
900 School Street
Elk River, MN 55330
763-241-3400 ext. 2155
michael.breyen@elkriver.k12.mn.us



June 13th – August 4th
Monday – Thursday
Elk River High School

For Students Grades 6-12

Program Goals

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- ❖ To decrease the chance of injury for each participant
- ❖ To give each participant a greater chance to reach his/her potential
- ❖ To help increase each participant's self-confidence

Program Design

Each session is designed as follows:

- ❖ Warm-up/Flexibility
- ❖ Speed/Agility Work
- ❖ Core Strength/Abdominal work
- ❖ Strength Training

Each strength-training program is individualized and based on each individual's strength level.

Sessions

Session I – 8:00-10:00 Varsity/Alumni

Intense Speed/Agility Work
Advanced strength training regimen

Session II – 9:00–11:00 Varsity Fresh/Soph

Speed/Agility work
Beginning strength training
Intermediate strength training

Session III - 10:00–12:00 Middle School

Students will be introduced to:
Form Running & Speed Development
Front Squat, Power Clean and introduction
basic strength exercises.

Session IV – 6:30-8:30 9-12 grade.

SESSION NOT AS STRUCTURED AS
MORNING SESSIONS 9-12 grade.

Coaching Staff

Mike Breyen*	Steve Hamilton
Mark Leland	Rick Michalak
Brad Olson	Aaron Osterman

*USAW Certified Club Coach

Fee/Registration

Fee: \$90.00 includes a t-shirt

**Checks can be made out to:
Elk River Strength & Speed**

**Registration forms can be mailed or
dropped off with payment at:**

**Elk River High School
c/o Mike Breyen
900 School Street
Elk River, MN 55330**

*PURCHASE ADDITIONAL
ELK RIVER STRENGTH & SPEED
UNDER ARMOUR CLOTHING*

<http://metro.itemorder.com>

Enter Code: ERSS11



****Place your order by May 8th****

All items will be delivered to the coaches for distribution to players and parents approximately 4 weeks after the site deadline