Class of 2016

Spring Football Training

Athletes will strength train on Monday and Thursday each week. They will do agility/conditioning and strength train from 3:35 to 4:50pm.

The program begins March 26th and runs through May 17th. The cost of the 8 weeks of Strength Training is $40.

Athletes also have the option of training with the X Speed program. X Speed is a speed enhancement program on our high speed treadmills. The program is very similar to Acceleration MN at a small fraction of the cost. We are in our 6th year of X Speed and have trained over 700 Andover athletes.

The cost of adding X Speed to your training is an additional $40. This is a reduced rate as an introduction to our new athletes.

Training for all programs will begin at 3:30 each day and wrap up by 4:30. There is no bussing provided by the school so athletes will have to set up their own transportation to Andover HS and home each day.

- The program will be staffed by our football coaches and senior football captains.

Please return the registration and fee no later than March 21st. All communication regarding schedules and training will be via email. Please contact Coach Wilkie with any questions.

----------clip and mail----------

Athlete_____ **Grade- 8**

Email _____

Emergency phone contact _____

- **Strength Training and conditioning $40** _____
- **X Speed Training $40**_____

Please make checks payable to: Andover Weight Room Boosters

Return registration to Coach Wilkie at Andover High School

2115 Andover Blvd, Andover, MN 55304