SPRING SPEED TRAINING 2012

Every player needs improved speed, vertical jump and agility. **X Speed** athletes continue to show incredible results. Our 40 time improvement continues to be .15 and vertical jump improvements average just over 2 inches. These numbers are amazing for an 8 week program. **X Speed** is an excellent supplement to our strength and agility program. This program is not sport specific. We train male and female athletes in all sports, including Soccer, Football, Volleyball, Basketball, LAX, XC, and Track.

Your child will receive 16 training sessions. Sessions will run prior to strength training each day.
Treadmill training groups will begin at 2:35 and be completed prior to the strength training.

The cost of the X Speed is $80 and is a separate fee from the weight room fee. Checks to Weight Room Booster Club
*AccelerationMN and Velocity both charge over $400 for their programs.

Train at your own facility by Andover coaches in the best speed development program in MN!

- **Spring session begins March 26th. Deadline to be added to a group is March 23rd.**

You will receive all contact and training information via E-mail.

Registration Form

Athlete's Name_____ Grade _____ Gender M/F

Email:_____(please print clearly)

Emergency phone:_____(Parent Cell preferred)

*The training groups/sessions will be emailed by March 24th. Please email with questions.

***Sports you compete:** FB, Soccer, XC, VB, Bskball, Wrestling, Swim, Hcky, Track, FP, Baseball, LAX (Circle all that apply)

Make Checks Payable to Andover Weight Room Boosters. $80. This is a separate fee from Weights
Return registration to Coach Wilkie at Andover High School no later than March 23rd.
I hereby authorize the staff of the Andover Weights Staff to act for me according to their best judgment in any emergency requiring medical attention. I hereby release the staff from any and all liability for injuries incurred while in the program.

Parent's Signature_____ Date _____