2012 Andover Football Summer Strength and Conditioning

Weight Training Times

Monday and Thursday
Session 1: 11th and 12th Gr. : 6:30-8:00 am
Session 2: 9th and 10th Gr. : 7:30-9:00 am

START DATE: JUNE 11th

END DATE: AUGUST 2nd

IMPORTANT: We will be doing 20-30 minutes of conditioning as a part of our warm-up at the beginning of the session. We will do our strength training the remainder of the time. Make sure that football athletes sign up according to grade levels above. Sessions will be posted on the high school weight room website.

Cost : $50

Checks Payable to:
Andover High School

NO Refunds After June 18th
Deadline to register: June 8th
No exception to June 8th deadline this year.

Mail Check and Form to:
Eric Johnson
Andover High School
2115 Andover Blvd NW
Andover, MN 55304

If you have any questions email
Coach Eric Johnson at
eric.johnson@anoka.k12.mn.

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This is available for students that will be in 7th or 8th grade in the Fall of 2012.

Summer Staff

Eric Johnson
Head Boys Strength Coach
Assistant Varsity Football Coach

Adam Dehnicke
Assistant Varsity Football Coach
Assistant Varsity Baseball Coach

Jeff Thompson
Head Wrestling Coach

John Kyvig
Assistant Varsity Football Coach
JV Boys Golf Coach

Mike Bobbe
Assistant Varsity Football Coach
Head Boys Track & Field Coach

Rich Wilkie
Head Football Coach
X Speed Treadmill Coach

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Registration Form

Student's Name _____ Grade (Fall of 2012)_____

Parents Name _____ Parent Email _____

Emergency Contact and #_____

Session 1:_____ Session 2:_____

Parent Signature_____ Date:_____

I understand that I am giving permission for my son/daughter to participate in the Andover Strength Program at his/her risk and there is no insurance provided in the weight room. I understand that this form must be returned before any training may begin.
If your child uses an inhaler or needs other medication during training, please make sure that your child has their medication each day.