Acceleration Northwest and Champlin Park Football are providing a Summer Speed Session. The session will include:

- Use of Acceleration Northwest's Super Treadmill **(At Champlin Park High School)**
- Sprinting Biomechanics Analysis
- Sprint and Speed Endurance Training
- Increased overall strength
- Increased overall power and explosiveness

The Summer Speed Program will be 6 weeks in duration, consisting of 2 Speed training sessions a week. **This program will be run at Champlin Park High School.**

If you happen to miss any of your scheduled sessions makeup up sessions need to be made up at the Acceleration Northwest facility, 2530 Xenium Lane N., Plymouth, MN 55441.

The cost of the summer speed program is $120 per athlete. (Normal Cost $315)

Each program will be tailored to the age and ability of the athlete!

Each Individual training session will be 45 min in length including a warm-up and cool-down with stretching.

Dates of Program:

June 11th – July 26th **(No sessions the week of July 4th)**

Training Times will be: 7:00, 7:45, 8:30, 9:15, 10:00, 10:45 (All times are AM)

*****please rate your preferred times on the registration form on a scale of 1-6*****

There will be two training groups: Monday/Wednesday, Tuesday/Thursday

If you want to make your football program the best it can be, complete the 6-week speed training program and let your performance speak for itself! Go Rebels!

Registration Form

Name: _____
Parent Name: _____
Street Address: _____
City, State, Zip: _____
Birth date: _____
Phone: _____
Email: _____

Payment Method: **$120 – Acceleration NW/CPHS Speed Program**
Check (Enclosed– **Payable to Acceleration Northwest**)

Name on Card: _____
CC #: _____
Exp: _____ CVV: _____

*****PLEASE MARK DESIRED GROUP*****

GROUP 1 (MON/WED): ___

GROUP 2 (TUE/THURS): ___

*****PLEASE MARK DESIRED TIMES WITH 1-6*****

7:00 am ___ 7:45 am ___ 8:15 am ___ 9:00 am ___ 9:45 am ___ 10:30 am ___

PLEASE SEND REGISTRATION FORM AND PAYMENT TO:
Acceleration Northwest
2530 Xenium Lane
Plymouth, MN 55441