



FREE INTRODUCTORY SESSION OFFERED TO ALL ATHLETES PRIOR TO REGISTRATION

Acceleration North is offering a 2 month speed and agility membership to all North St. Paul youth athletes. Kids 8 years old and up will learn how to sprint correctly PLUS become a better athlete by completing different agility and balance drills. Speed and performance improvements are guaranteed over the 2 month period if you come consistently.

PROGRAM CONTENTS:

- Maximum of 3 training sessions per week (24 possible)
- All training sessions are with a qualified trainer
- Treadmill form and speed workouts
- Dry land agility and coordination sessions
- Proper warm-up prior to activity
- Pre and post testing on sprinting and jumping
- Protocol written for youth and adolescent athletes
- Acceleration North T-shirt

MEMBERSHIP DATES: Valid any 2 consecutive months and can be started anytime

May – June

June – July

July - August

COST: \$295 (only \$250 if you register and pay by April 23rd)

SCHEDULING: Appointments are made on the hour and based on availability

Name: _____

Age: _____

Address: _____

City: _____

Zip: _____

Phone number: _____

Email: _____

Appointment times:

Spring hours 2pm – 10pm

Summer hours 8am – 8pm

Saturdays 9am – 3pm

***14 participants allowed per time slot**

Check

Visa

MC

AmerExp

CC# _____

Exp. Date: _____

Please return stub with payment to:

Acceleration North
3808 Dunlap St N.
Arden Hills, MN 55112

Please call (651) 486-0020 with any questions. We look forward to working with you.

www.accelerationmn.com

