



ELEVATE YOUR GAME

HIGH SCHOOL STRENGTH AND ATHLETICISM TRAINING

2024 Summer Program

Each Athlete Will...

- **Have** an individualized strength and power training program based on their current ability levels
- **Train** in our fully furnished weight room in a small-group setting while receiving consistent feedback to ensure safe lifting form
- **Improve** their acceleration and top-end sprint speed with the use of form-based drills and resisted running
- **Enhance** their explosiveness, quickness and vertical jump through plyometric and ballistic training

[CLICK HERE](#) To View The Highlight Video!



"I found the program beneficial for my son because it stressed sound techniques while developing strong practice and work habits!"

-Kevin Janicki, Parent of Participant

**Progressive
Upper & Lower Body
Strength Training**

**Speed & Acceleration
Development**

**Vertical Jump &
Reactivity Training**

**Athlete Education
on Maximizing Gains**

FITNESS FOCUS

688 Wildwood Road
Mahtomedi, MN 55115

DATES: June 10th – Aug. 7th
*No session on July 3rd

DAYS: Mon. / Wed.

COST: \$340.00

TIME: 11:00 AM – 12:15 PM

TO REGISTER :

Call (651) 429-9947 or see next page to register online

QUESTIONS:

Contact us (651) 429-9947 or studio@fitnessfocus.me

VIEW HIGHLIGHTS:



2024 Summer High School Strength & Athleticism Program

Mondays and Wednesdays (11:00AM – 12:15PM)

REGISTRATION INSTRUCTIONS:

Go to our website <https://www.fitnessfocus.me/home> and select “Appointments,” and then select “Schedule Your Appointment Online”:

- Select the “**SPORTS PERF**” tab in the upper middle portion of the page
- Use the calendar toward the top of the page, go to date **6/10/24**
- On the date of Monday, June 10th, click on “**Sign Up Now**” for your desired time option for “**11AM_HS_M-W_June-Aug_2024**”
- Log in if you have an account at Fitness Focus or create a user ID and PW
- Use the right-hand box (Recurring Options)
 - Select Days: Choose appropriate days (“Mon, Wed”)
 - **You must select both appropriate days to be registered for the entire program**
 - End Date: **8/7/23**
 - Total # of Reservations should now read **17 sessions** (if not, check to make sure you have selected all days and the last available class)
 - Select “Make a Recurring Reservation” on the right-hand side
- The following message will appear: “You do not have enough credits for this recurring reservation. Would you like to make a purchase?” - **Select “OK”**
 - Scroll to the bottom of the next screen and select “**11AM_HS_M-W_June-Aug_2024**” for **\$340.00**.
- Click on “**Check Out**” & enter your credit card data and click on “**Purchase**”

Sports Performance registration paperwork must be filled out by each athlete and turned into Fitness Focus prior to participation in our programs. The forms can either be picked up at Fitness Focus, can be found by [CLICKING HERE](#) and selecting Performance Program Form, or can be found on our website at www.fitnessfocus.me. On our website, click on **Forms** and choose the Performance Program Form. Please bring the registration paperwork to Fitness Focus on or before the first training day.

Questions or Problems with Registration? Please contact Fitness Focus at (651) 429-9947 or at studio@fitnessfocus.me.

Missed Training Days: We have taken into account with our pricing that athletes will not be able to attend every training period. Therefore, makeups and training credits are not allowed.

Weather Policy: Fitness Focus will not cancel programs due to seasonal, weather-related conditions. However, in the case of extreme weather (snowstorm, lightning, tornado, etc.), and for the safety of the participants, Fitness Focus reserves the right to cancel sessions at any time due to inclement weather with no makeup session or refund provided.

Refund Policy: Sports Performance Training programs are not refundable after purchase.