



# ELEVATE YOUR GAME

## MIDDLE SCHOOL STRENGTH AND ATHLETICISM TRAINING

### 2024 Summer Program

#### Each Athlete Will...

- **Have** an individualized strength program based on their current age and ability level
- **Train** in our fully furnished weight room in a small-group setting while receiving consistent feedback to ensure safe form
- **Improve** their speed and sprinting technique with the use of form-based drills and resisted running
- **Enhance** their explosiveness and vertical jump through plyometric and ballistic training.
- **Develop** correct technique to limit the risk of injury.

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



*"I found the program beneficial for my child 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

**AGES:** Going into 5<sup>th</sup> - 8<sup>th</sup> grade

\*No session July 4<sup>th</sup>

**DATES:** June 11<sup>th</sup> – Aug. 8<sup>th</sup>

**DAYS:** Tues. / Thurs.

**TIME:** 2:00 PM - 3:00 PM

**COST:** \$272

#### **TO REGISTER:**

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

#### **QUESTIONS:**

Contact us at (651) 429-9947 or [studio@fitnessfocus.me](mailto:studio@fitnessfocus.me)

#### **VIEW HIGHLIGHTS:**



## 2024 Middle School Strength and Athleticism Training Program: Summer Program

Tuesdays and Thursdays

2:00 PM - 3:00 PM

### 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 **6/11/2024**
- On the date of Tuesday, June 11<sup>th</sup>, click on "**Sign Up Now**" for one of the following options:
  - **2PM\_Middle\_School\_Strength\_June-Aug\_2024**
- Log in if you have an account at Fitness Focus or create an user ID and PW
- Use the right hand box (Recurring Options)
  - Select Days: Choose "Tues, Thur"
  - **You must select Tues/Thur to be registered for the entire program**
  - End Date: Select 8/8/24
  - Total # of Reservations should now read: 17
  - 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 "**2PM\_Middle School\_Strength\_June-Aug\_2024**" for \$272.
- 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](http://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 date.

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