



# ELEVATE YOUR GAME

## HIGH SCHOOL STRENGTH & ATHLETICISM PROGRAM

### 2024 SPRING SESSION

#### 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 change-of-direction through dynamic drills and exercises
- **Enhance** their explosiveness and vertical jump through plyometric and ballistic training
- **Refine** their jumping and cutting techniques through reactive drills to improve their sports-specific skill set

[CLICK HERE](#) To View Examples of Training!



*"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:** April 1<sup>st</sup> – June 5<sup>th</sup>

\*No Session 5/27

**DAYS:** Mon. / Wed.

**COST:** \$380.00

**TIME:** 4:00 PM – 5:15 PM

#### TO REGISTER :

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

#### QUESTIONS:

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

#### VIEW HIGHLIGHTS:



## 2024 High School Strength and Athleticism Training: Spring Session

*Mondays and Wednesdays (4:00pm – 5:15pm)*

### 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 **4/1/24**
- On the date of Monday, April 1<sup>st</sup>, click on “**Sign Up Now**” for your desired time option for “**4PM\_HS\_Apr-June\_M-W\_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: Select the final date available at the bottom of the list (**6/5/24**)
  - Total # of Reservations should now read **19 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 “**4PM\_HS\_Apr-June\_M-W\_2024**” for **\$380.00**
- 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](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 session.

**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.