

## Registration Form

- |                                      |       |       |
|--------------------------------------|-------|-------|
| <input type="checkbox"/> Session I   | 8:00  | 10:00 |
| <input type="checkbox"/> Session II  | 9:00  | 11:00 |
| <input type="checkbox"/> Session III | 10:00 | 12:00 |
| <input type="checkbox"/> Session IV  | 6:30  | 8:30  |

\_\_\_\_\_  
Name

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Phone

### Method of Payment

- Cash       Check

**MAKE CHECKS PAYABLE TO:**

**ELK RIVER STRENGTH & SPEED**

Waiver: In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I have against District #728 and/or it's representatives, successors and assigns for any and all injuries suffered by me or by my child while a participant or spectator at the activity indicated above.

\_\_\_\_\_  
Parent Signature

**NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS (June 9<sup>th</sup>)**

Questions  
Call Mike Breyen at  
VandenBerge Middle School  
241-3450 ext 2654

Mike Breyen  
948 Proctor Avenue  
Elk River, MN 55330  
763-241-3450 ext. 2654  
michael.breyen@elkriver.k12.mn.us



**Summer  
Strength & Speed**

June 9th – August 6th  
Monday – Thursday  
Elk River High School

For Students Grades 6-12

## Program Goals

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- ❖ To decrease the chance of injury for each participant
- ❖ To give each participant a greater chance to reach his/her potential
- ❖ To help increase each participant's self-confidence

## Program Design

Each session is designed as follows:

- ❖ Warm-up/Flexibility
- ❖ Speed/Agility Work
- ❖ Core Strength/Abdominal work
- ❖ Strength Training

Each strength-training program is individualized and based on each individual's strength level.

## Sessions

### Session I – 8:00-10:00 Varsity/Alumni

Intense Speed/Agility Work  
Advanced strength training regimen

### Session II – 9:00–11:00 Varsity Fresh/Soph

Speed/Agility work  
Beginning strength training  
Intermediate strength training

### Session III - 10:00–12:00 Middle School

Students will be introduced to:  
Form Running & Speed Development  
Front Squat, Power Clean and introduction  
basic strength exercises.

### Session IV – 6:30-8:30 9-12 grade.

SESSION NOT AS STRUCTURED AS  
MORNING SESSIONS 9-12 grade.

## Coaching Staff

- Mike Breyen -\* USAWL Club Coach
- Mike Cross
- Mark Leland
- Brad Olson
- Aaron Osterman

## Fee/Registration

Fee: \$90.00 includes a t-shirt

**Checks can be made out to:  
Elk River Strength & Speed**

**Registration forms can be mailed or  
dropped off with payment at:**

**VandenBerge Middle School  
c/o Mike Breyen  
948 Proctor Avenue  
Elk River, MN 55330**

## Online Store

To purchase additional Strength & Speed Gear  
Under Armour Shorts  
Under Armour Tech-T  
Under Armour Sweat Shirt visit:

<http://metro.gearorder.com>

Enter the code **XD43P**