



Apple Valley Football

NEWSLETTER

March, 2024

400 x 400

Spring sports are in full swing and our guys are busy competing in their respective sports, the weightroom, and their classrooms. The track team has 100 athletes registered and our shot putters/discus throwers are well represented by our offensive and defensive lines. Our sprints are dominated by our skill athletes. If your son is not in a spring sport it is not too late to join the team and make progress towards getting bigger, faster, stronger day by day.

2024 Minnesota Football Coaches Association Recruiting Fair and Combine:

This is a must for players looking to play beyond high school. Our training program prepares our players for this. Track prepares are guys for the testing as well. It will be held Saturday, May 11th at TCO Gardens in Vadnais Heights. A direct link to register is right here: <https://www.mnfootballcoaches.com/recruit>

Speaking of getting bigger, faster, stronger. We recently completed our winter session of Soaring Eagles Strength and Speed, a free after school development program in our weight room that meets Monday - Thursday's 2:45 - 4:15 outside the weightroom. We had an incredible amount of gains and I am going to highlight just a handful. **Kirubel Teferi** increased his bench press from 125 lbs to 245 lbs and his squat from 235 - 385 lbs between April 2023 - March 2024. **TJ Childs** increased his bench press from 115 - 225 lbs and squat from 255 - 405 lbs in the same time frame. Senior Captain, **D'Vante McElroy**, increased his bench press from 210 lbs - 285 pounds and dropped his 40 yard dash time from 4.76 - 4.54 between November 2023 - March 2024. Sophomore left tackle **Joe Jackson** increased his bench press from 135 lbs - 225 lbs since August 1st. **Owen Basballe** amazes with his speed gains, but don't sleep on his strength. He increased his bench press from 195 lbs - 250 lbs since the season ended. Senior Captain and QB, **Jackson Thornburgh**, weighed in at 193 lbs and has never been stronger or faster. College coaches took notice and he has earned his first two offers from Mankato State and The University of St. Thomas. We stand by our strength and speed program and are incredibly proud of the work our guys put in.

Planning Ahead, Summer 2024: I will continue to attach our summer training schedule to this newsletter. I updated the schedule with two additional 7 v 7 opportunities for our team to get more reps. I look forward to seeing you all at our **Spring Football Program Meeting at AVHS at 7:00 pm on Sunday, April 28th in the cafeteria.**

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<https://www.avfootball.com/>

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