

# HUSKY

*Husky Nation*



# STRENGTH

*Stronger Together*

April 17, 2023

Dear Husky Families:

The Andover Strength and Conditioning Staff would like to encourage you to join our Summer Strength and Conditioning Program. Our high school offers two summer programs that will help you prepare for your activity next school year, a strength program and a speed/acceleration program. Our strength program offers a variety of time slots for athletes and also for those students that just want to come in and lift. If you are an athlete, please find the time that works best for you and/or your team. We are offering two different kinds of sessions. Our first set of sessions are a 3-day a week program. This program is for students that want to push themselves in strength, agility, speed, conditioning, and core training. This program is designed for students that want to train at a Varsity level and commit to 3 days a week. Our other sessions are a 2-day a week program, these sessions will concentrate on the same training aspects of our 3-day program, but we only meet twice a week. For some students, 2 days a week will allow them to strength train and keep their commitments to their other responsibilities. All of our sessions include a safe strength training session with a program designed by our strength coaches. **Due to functionality and room capacity, each session of Strength Training does have a cap. Once a session is full, student-athletes will need to sign up for another session.**

The second program will be our Summer X-Speed Program. This is our 20<sup>th</sup> summer that we've run a trained speed acceleration program at Andover. Our acceleration program is designed to improve athletes overall speed and agility. Our speed program is designed by Andover HS Coaches, Eric Johnson and Chase Vasquez. With us running it at Andover, we are able to offer it at a reduced price to Andover families compared to training with other speed programs in the metro area. This is a proven program, and athletes will come out of the summer faster and stronger! **Due to functionality and treadmill capacity, each session of X-Speed can only have a max of 20 athletes per session. Once a session is full, student-athletes will need to sign up for another session.**

Our program goals include:

- \*\*Decreasing chance of injury during athletic performance by increasing muscle strength.
- \*\*Giving each athlete a greater chance to reach his/her athletic potential.
- \*\*Helping increase each athlete's self-confidence and self-esteem.

Please see the enclosed documents that will talk specifically about how to register for any of our summer programs. If you have any questions call Tom Develice at 763-506-8483.

Go Huskies!!

Sincerely,

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**Follow us on Social Media for updates!!!**

Twitter: @AndoverHuskyStrength

Instagram: @AndoverHuskyStrength

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