

# Roosevelt + Fortis Academy SPORTS PERFORMANCE PROGRAM

STRENGTH + SPEED + AGILITY + LEADERSHIP

**An exclusive training program open & FREE to all Roosevelt athletes!**  
This program develops the whole athlete, focusing on strength work, core training, sprints, plyometrics, prehab, & mobility. Leadership & character development will also be incorporated and focused on during every session.  
***If you are serious about your sport, this is the way to get ahead!***

**WHO:** Student athletes entering grades 7th - 12th

**WHEN:**

Monday - Thursday 6/20/23 - 7/27/23

Programming runs in 75 minute sessions.

7th - 9th grade students: 1st Session 9:00 - 10:15am

10th - 12th grade students: 2nd Session 10:15am - 11:30am

**WHERE:**

Roosevelt High School: 4029 28th Ave. South Minneapolis, MN 55406

**Questions About Programming:**

Adam Flanders - Roosevelt H.S. Athletic Director  
[adam.flanders@mpls.k12.mn.us](mailto:adam.flanders@mpls.k12.mn.us) (612-668-4859)

**Questions about registration or student concern:**

Holly Carlson - Minneapolis Community Education Coordinator  
[holly.carlson@mpls.k12.mn.us](mailto:holly.carlson@mpls.k12.mn.us) (612-668-3538)

[theFortisAcademy.com](http://theFortisAcademy.com)

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with us  
*This Summer!***



# FORTIS

