



2023 Summer Strength & Conditioning



2023 Summer Strength and Conditioning Training

The Andover High School Summer Strength and Conditioning program offers every Andover athlete the opportunity to become a better athlete through a sound strength and conditioning program, preparing them for greater success. The three goals of our program are: decrease the chance of injury, give every athlete a greater chance to reach their potential, and help increase every athlete's self-confidence and self-esteem. We offer 6 different sessions, 6 for high school students, 2 for middle school students and 6 for alumni, for athlete success. Our emphasis will be placed on improving overall body strength, agility and team building.

(NO REFUNDS AFTER THE START DATE)

WHO: Andover HS & MS Students entering grades 6-12 in Fall of 2023

WHEN: Summer Session
June 12—August 4 (no sessions July 3-7)

SESSIONS: Session 1: M, W, F 7am—8:30am <i>HS Athletic Strength & Conditioning</i>	Session 4: T, TH 7am—8am <i>HS Athletic Strength Only</i>
Session 2: M, W, F 8:30am—10am <i>HS Athletic Strength & Conditioning</i>	**Session 5: T, TH 8am—9:30am <i>MS & HS Strength & Conditioning</i>
Session 3: M, W 10am—11am <i>HS Athletic Strength Only</i>	**Session 6: T, TH 9:30am—11am <i>MS & HS Strength & Conditioning</i>

WHERE: Andover High School, Fitness Center

COST: \$90 = Sessions 1, 2 \$75 = Sessions 3, 4, 5, 6

2023 Andover Summer Strength Training Registration

Registration opens **May 1st, 2023 via SchoolPay**. Direction are as follows:

- ⇒ Log into A-H Connect Parent Lock & Key (having trouble, contact 763-506-HELP)
- ⇒ Click on the My Student Information / Synergy Icon
- ⇒ Once in ParentVUE, click on the “Fee” tab
- ⇒ Click on “Pay Fees” to enter the SchoolPay registration System
- ⇒ In SchoolPay, fill out the proper Athletics & Activities registration for Summer Strength Training and Summer X-Speed Training

***Separate registration for Strength Training and X-Speed Training. If you are interested in both, you will need to add both to your cart for each student and then check out!
If registering for both, please make sure times DO NOT overlap!***

Registration Questions:

Contact Deanna Palmer (P) 763-506-8409 (Email) Deanna.Palmer@AHschools.us

Strength Training Questions:

Contact Tom Develice (P) 763-506-8483 (Email) Thomas.Develice@AHschools.us