

Apple Valley Speed and Strength Presents
Champions' Program 2021



Gain an edge in strength and speed! All students in the Apple Valley High School attendance area are invited to participate in the Apple Valley High School Strength and Speed Training Program, designed to provide students with instruction and training in developing physical skills. Excel through a personalized program that includes use of kettle-balls, Vertimax, ropes, dots, speed ladders, Plyo boxes, speed training and weight training. Benefit from the skills of experienced and committed coaches who will use current training methods with modern training equipment. Don't miss this opportunity to participate in the largest summer program offered at Apple Valley High School!

Times Listed Below for Athletes going into Grades 6-12:

Dates: Monday-Thursday, June 14th - August 5th - No Camp July 4th - July 10th

Groups	Warm-up	Speed/Agility
Group 1 (Boys FB, 10-12)	8:00-8:15 am	8:15-9:00 am
Group 2 (Girls 6-12)	9:00-9:15 am	9:15-10:00 am
Group 3 (Boys 9-12, other sports)	10:00-10:15 am	10:15-11:00 am
Group 4 (Boys 6-8)	11:00-11:15 am	11:15-12:00 pm

*****Times are subject to change based on Enrollment and Recommendation from ISD196 Pandemic Team*****

- Grades 9-12 (2021-2022 school year), sign up on MyPaymentsPlus: [CLICK HERE](#)
- Grades 6-8 (2021-2022 school year), sign up through Community Ed here:
<https://district196.ce.eleyo.com/course/30987/youth-summer-2021%E2%80%94apple-valley-eagle-speed-and-strength-champion-program-grades-6-8>

Cost:

9-12	\$125
6-8	\$125

Coach Contacts

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