



2023 X-Speed Summer Training



Summer 2023 Andover X-Speed Training

Do you want to improve your speed, vertical jump and athletic agility? Join the best speed development program in Minnesota! X-Speed is an excellent supplement to an athlete's strength and agility program. It uses a special treadmill and other unique training techniques led by Andover HS Coaches, Eric Johnson and Chase Vasquez. This program is not sport or gender specific. We will train ALL male and female athletes; including Cheerleading, Cross Country, Dance Team, Football, Soccer, Swimming, Tennis, Volleyball, Basketball, Dance, Gymnastics, Hockey, Skiing, Wrestling, Baseball, Golf, Lacrosse, Softball and Track athletes. Registration deadline is June 12th and sessions are limited to 20 athletes per session. All athletes will receive an X-Speed Training t-shirt. **(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 3 (no sessions July 3-7)

SESSIONS:	Session 1:	M, W	7am—8am	Session 5:	T, TH	7am—8am
	Session 2:	M, W	8am—9am	Session 6:	T, TH	8am—9am
	Session 3:	M, W	9am—10am	Session 7:	T, TH	9am—10am
	Session 4:	M, W	10am—11am	Session 8:	T, TH	10am—11am

WHERE: Andover High School, Strength Training Room

COST: \$80 per athlete, per session

Athletes that have used X-Speed training show incredible results. Athletes have improved their 40 times by .15 seconds and their vertical jump by over 2 inches. In groups of 8, you will train for about an hour on the X-Speed treadmill along with auxiliary movements in plyometrics, agility, and core training. Don't miss this incredible opportunity and value—other speed training organizations will charge over \$350 for their same speed training program.

Summer 2023 Andover X-Speed Training Registration

Registration opens online **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 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