

SUMMER 2023

TRAIN FOR THE **A** **ANOKA** TORNADO FORCE

SESSION 1 - MAX

MONDAY THROUGH THURSDAY
6:00 AM - 7:40 AM

FOR 10-12 EXPERIENCED MALE & FEMALE ATHLETES

SESSION 2 - HIGH SCHOOL

MONDAY THROUGH THURSDAY
7:30 AM - 9:10 AM

FOR 8-10 MALE & FEMALE HIGH SCHOOL ATHLETES

SESSION 3- MIDDLE SCHOOL

MONDAY, TUESDAY, & THURSDAY
9:00 AM - 10:40 AM

FOR 5-7 MIDDLE SCHOOL ATHLETES

ATTITUDE

The ATTITUDE of a champion is developed through investing hard work with their team.

STRENGTH

The development of the ability to overcome the physical, emotional, and subjective obstacles that will be presented through competition by maximizing STRENGTH and POWER.

SPEED

The maximization of SPEED and AGILITY to learn to play as fast as we individually can.

EXPLOSIVE

The development of "Athletes" is dependent on the ability of each individual to increase their rate of performing work or their ability to be EXPLOSIVE.

COMMITMENT

A team that trains together wins together.

REGISTER ONLINE THROUGH
COMMUNITY EDUCATION



For Questions Contact:

Coach Bo - robert.wasurick@ahschools.us
Coach Delamarter - trey.delamarter@ahschools.us
Karli Delamarter - karli.delamarter@ahschools.us



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MAXIMIZING ATHLETES

The program is designed to help each athlete enhance their overall athleticism. This is not a powerlifting program. This is an ATHLETE program. Our focus is on providing Anoka Athletes with the tools necessary to excel in athletic competition and compete for Championships in all we do. We will focus on developing the athlete's strength, power, speed, flexibility, agility, explosiveness, and core strength. There will also be components designed to develop team unity, mental toughness, and leadership. Athletes will be educated on the importance of exercise, rest, injury prevention, and nutrition to help prepare them not only for athletic competition but to lead a healthy lifestyle.

THE LAYOUT

The program is divided into five segments Worked daily:

1. DYNAMIC POWER UP is a warmup routine designed to promote flexibility while prepping the athletes for the explosive movements to follow.
2. STRENGTH & POWER component conducted in the weight room.
3. EXPLOSIVE MOVEMENT combines plyometric and multi joint movements to enhance the athletes fast twitch muscles.
4. SPEED & AGILITY will focus on straight line and multi directional speed.
5. COMMITMENT PERIOD is the final component each day that will emphasize mental toughness, teamwork, and core strength.

THE VARSITY LETTER

Participants in the program may be eligible for a varsity letter if:

1. Entering grade 9-12 for the 2023-2024 school year.
2. Attend a minimum of 24 of the 28 scheduled summer Workouts.
3. Perform at an exemplary level for all attended workouts.
4. Demonstrate a mastery of the five core lifts (Bench, Squat, Power Clean, Dead Lift, Snatch)
5. Demonstrate a mastery of the plyometric, speed and agility movements.

5TH-8TH WHAT WE DO?

This Camp is designed for Girls and Boys entering 5th - 8th Grade. The focus of the program is to teach proper technique before all else. This includes weight room technique on our five core lifts, proper dynamic warmup technique, efficient running form, and proper static stretch methods. This camp will be divided into groups based on the mastery of techniques to ensure proper instruction to all athletes as they are guided toward reaching their fullest potential. This is a great opportunity for young athletes to grow individually and together as the future of Anoka Athletics. Teams that train together win together.

WHY WE DO IT?

We believe very strongly that strength and speed development is a key component for building a dynamic athletic program. For Anoka to become the top athletic program in the state of Minnesota the key will be our student athletes commitment to the Tornado Force Athletic Performance Program.

BRING YOUR EFFORT

One thing that all Anoka programs will be known for is outstanding EFFORT. While our ability will vary from 5th grade to 12th grade our EFFORT is something that will always set us apart. In all we do we will encourage maximum EFFORT as we develop physically and mentally.

THE BASICS

Students should report to the Anoka High School Gym prior to their session start time. Each athlete should be prepared with proper attire (Shorts, shirt, and athletic shoes. Cleats may be used on days when agility is a focus) All participants should notify the staff on days they will not be attending so that workouts can be planned accordingly.

Any questions regarding the camps contact:
Coach Bo Wasurick
EMAIL: robert.wasurick@ahschools.us
PHONE: 763-506-6240



HIGH SCHOOL CAMP

9th - 12th Grade Male & Female Athletes (of all Sports)
June 10th - August 1st (Off July 1st - 4th)
Monday through Thursday 6:00 - 7:40 AM or 7:30 - 9:10 AM
\$95 per Athlete

MIDDLE SCHOOL READINESS CAMP

5th - 8th Grade Male & Female Athletes (of All Sports)
June 10th - August 1st (Off July 1st - 4th)
Monday, Tuesday, & Thursday 9:00 - 10:40 AM
\$85 per Athlete

