



WHITE BEAR YOUTH FOOTBALL

INDIVIDUAL Speed Training

Acceleration North Sports Training is offering all White Bear Youth Football players discounts on our speed and agility programs this summer. Our program has been around for 25 years and specializes on fixing sprinting flaws, top end speed, and ground based agility. We improve 40 yard dash times, increase vertical leap and broad jumps, and teach the pro agility (short shuttle) to all participants so that kids combine tests improve. **SCHEDULE A FREE INTRODUCTION TO TRY OUR PROGRAM FIRST AND THEN SIGN UP FOR A DISCOUNTED PACKAGE.**

SPEED & INCLINE TREADMILL PROGRAM

5-Minute Warm-up and 50-minutes of Incline Sprinting, Form Running, Sprint Cords, and Circuit Training

May 1st - August 31st

Price is per athlete. All sessions need to be finished by August 31st or they are forfeited.

**REGISTER ONLINE AT
ACCELERATIONNORTH.COM**

- Choose 6 session SPQ program for \$125 and use code WBYP6 or choose 12 session SPQ program for \$325 and use code WBYP12
- Call either facility to schedule your appointments.

6 SESSIONS

12 SESSIONS

\$125
\$175 VALUE

\$250
\$325 VALUE

WBYP Football TEAM Training in August

- Bring your football team in once or twice per week in the month of August
- Team will be split into 2 groups
- One group will focus on sprint treadmill training and top-end speed
- One group will focus on ground-based agility and quickness

\$195 PER SESSION

EXAMPLE: 4 team sessions = \$780 divided by 12 players = \$65/player

FOR TEAM TRAINING REGISTRATION AND SCHEDULING, CONTACT ACCELERATION NORTH AT 651-486-0020

Acceleration North
651-486-0020
3808 Dunlap Street
Arden Hills, MN 55112



Acceleration Lino Lakes
651-683-2682
474 Apollo Drive, Suite 10
Lino Lakes, MN 55014