

Lakeville North High School Panther Volleyball & ETS Elite Sports Performance

Panther Volleyball 2019 Summer Strength Training

Who: All 7th-12th Panther Volleyball Players

What: Program-Wide Summer Strength Training

Where: LNHS Strength Room and Track

When: Monday/Wednesday/Friday
 7:30am-9:30am
 Phase I: 6/10/19 - 8/9/19
 Phase II: 7/8/19 - 8/9/19

Cost: \$140 for Phase I
 \$100 for Phase II



The goal of the Panther Volleyball Strength Program led by Trevor Morning is to prevent injury, enhance the physical (as well as mental) potential of all athletes and develop optimal muscular strength in a consistent, intense, safe and efficient manner. Maximal muscular strength is a requirement for optimal athletic performance. In order to develop maximal muscular strength, one must train at a high level of intensity. Sub-maximal intensities will produce sub-maximal results; there is no way around it.

The bottom line is, and always will be, the issue of **consistency and effort**. It's not about how many hours you are in the weight room at one session or how many reps/sets that were performed. The quality, not the quantity, of the workout is the factor that produces overload. Our workout intensity promotes mental toughness and the winning tradition of the Lakeville North Volleyball program.

Register by completing the attached form and Mail to:

Lakeville North Strength Training
 C/O Jackie Richter
 1779 Cliff Road, Eagan MN 55122

(Registrants will receive a LNVB strength t-shirt if registration is received on or before Monday, June 3, 2019)

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 Player Name Parent(s) Name(s)

 Address

 Phone Number School Grade ('19-'20)

 Email

We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Lakeville North Volleyball and its staff, officers, employees and representatives of harm of rights and claim for damages, injuries or loss of property which may be sustained or occurred during participation in strength activities. I grant permission to the Lakeville North strength training staff to render any preventative measures, basic first aid, acute injury treatment deemed reasonable and necessary during strength training.

 Signature of Parent/Guardian Date

PHASE

Phase I: 6/10-8/9
 Phase II: 7/8-8/9

SHIRT SIZE

X-Small
 Small
 Medium
 Large
 X-Large