

Roosevelt Athletics

SPORTS PERFORMANCE PROGRAM

STRENGTH + SPEED + AGILITY + ACCELERATION + LEADERSHIP



Questions About Programming:

Adam Flanders - Roosevelt H.S. Athletic Director
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Josh Levine - Fortis Coach & Trainer
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theFortisAcademy.com

SIGN UP TO TRAIN WITH US *This Summer!*



WHAT:

An exclusive training program open to all Roosevelt athletes!

WHY:

This program develops the whole athlete, focusing on strength work, core training, sprints, plyometrics, prehab, & mobility. Leadership & character development will also be incorporated into our weekly schedule.

Train together with your teammates & relentlessly pursue improvement and excellence!

WHO:

Current & future Teddy Student athletes entering grades 7th - 12th

WHEN:

Dates: 6/15/26 - 7/30/26 (No programming July 5th thru July 10)
Days/Times: Monday - Thursday

WHERE:

Roosevelt High School: 4029 28th Ave. South Minneapolis, MN 55406

MORE INFO: rhsathletics.com/training