

TORNADO FORCE

PERFORMANCE TRAINING

SUMMER PROGRAM



SESSION 1 HIGH SCHOOL ATHLETES

MONDAY THROUGH THURSDAY
6:00 AM - 7:45 AM
FOR 10-12TH MALE & FEMALE ATHLETES

SESSION 2 FRESHMEN & MIDDLE SCHOOL

MONDAY THROUGH THURSDAY
7:30 AM - 9:15 AM
FOR 5-9TH MALE & FEMALE ATHLETES

JUNE 8TH - AUGUST 6TH
NO CAMP THE WEEK OF JULY 6TH - JULY 10TH

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:

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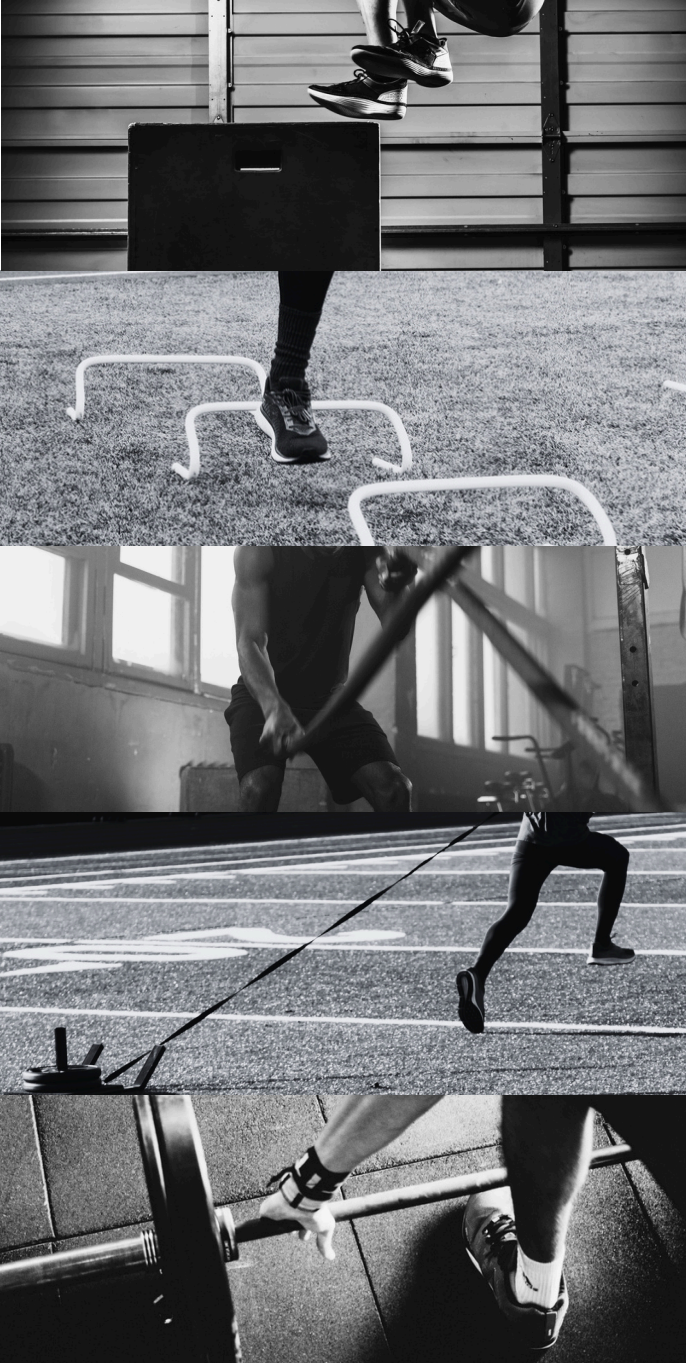
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ATHLETIC PERFORMANCE

The program is designed to help athletes maximize their overall athleticism for athletic performance. This is not a powerlifting program. This is an ATHLETE program. The focus is on providing Anoka Athletes with the tools to excel in athletic competition and compete for Championships in all we do. We will focus on developing the athlete's strength, speed, explosiveness, attitude, and commitment. There will also be components designed to develop team unity, mental toughness, and leadership as teams grow together, striving to move Anoka teams towards competitive greatness. Athletes will be educated on the importance of exercise, rest, 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 athlete's fast-twitch muscles.
4. **SPEED & AGILITY** will focus on straight line, multi-directional speed, and change of direction.
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 to earn a varsity letter if:

1. Entering grades 9-12 for the 2025-2026 school year.
2. Attend a minimum of 24 of the 27 scheduled workouts during the summer session.
3. Perform at an exemplary level for all workouts.
4. Demonstrate a mastery of the four core weight room movements (Bench, Squat, Power Clean, Dead Lift)
5. Demonstrate a mastery of the athletic body positioning, speed dynamics, and agility movements.

5TH-8TH WHAT WE DO?

This Camp is designed for male and female athletes entering 5th - 8th Grade. The focus of the program is to teach proper biomechanical technique as a core starting point. This includes weight room technique on our four core lifts, proper dynamic warmup technique, efficient sprint mechanics, 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

We believe very strongly that strength, speed, and athletic development are the key components separating good from great athletic programs. 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 Performance Training Program.

THE BASICS

Students should report to the Anoka High School turf field 5 minutes prior to the start time of each session. 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. Workouts will have multiple age levels in the same session, but students will be segmented into appropriate groups and the workouts are based on age and experience level.

SESSION 1 HIGH SCHOOL ATHLETES

THIS SESSION IS FOR ATHLETES EXPERIENCED IN TRAINING

MONDAY THROUGH THURSDAY 6:00 AM - 7:45 AM
FOR 9-12TH MALE & FEMALE ATHLETES

SESSION 2 FRESHMEN & MIDDLE SCHOOL

THIS SESSION IS FOR ATHLETES NEWER TO THE PROGRAM AND WILL MOVE AT A MORE INTRODUCTORY PACE. ATHLETES CAN START HERE AND TRANSITION TO SESSION 1.

MONDAY THROUGH THURSDAY 7:30 AM - 9:15 AM
FOR 5-9TH MALE & FEMALE ATHLETES

ALL SESSIONS ARE \$150 - REGISTER THROUGH COMMUNITY ED.

