



SPEED
VERTICAL JUMP
QUICKNESS
INJURY PREVENTION
OVERALL STRENGTH

Mahtomedi Youth Basketball Training Day

Acceleration Minnesota North Sports Training is offering special 8 week training program to all Mahtomedi youth basketball players. Players that have not experienced our state of the art speed, power, and vertical jump program are welcome to come in and try it at no cost! Players can choose any 8 weeks to train from April 1st - September 30th and schedule up to 3 workouts per week. Workouts focus on sprint mechanics, incline power and conditioning intervals, vertical jump, core strength, and full body conditioning. Please call to RSVP your training session with us.

<u>Date:</u>	Saturday, May 1 st
<u>Time:</u>	10 am – 1pm - Please schedule an appointment on the hour.
<u>What to bring:</u>	Work out clothing and a good pair of tennis shoes
<u>Training:</u>	Players will be evaluated on his/her sprinting mechanics and shown all our basketball training stations.
<u>How to RSVP?</u>	Please call Acceleration North at (651) 486-0020

Where is Acceleration North? Get off at the Lexington and 694 exit and go south 1 block to Red Fox Road. Turn right at the stop light (Blue Fox Bar is on the corner) and go down ½ block. Turn left into the parking lot by the large “FOR LEASE” signs and Red Enclosed Trailer. Acceleration is located straight ahead at 3808.

Please call (651) 486-0020 to if you have any questions

**Check out www.accelerationmn.com
and see what our program can do for you.**

**Acceleration North
3808 Dunlap St. North
Arden Hills, MN 55112**