

DULUTH EAST SPEED, STRENGTH, AND AGILITY

HOME OF THE GREYHOUNDS



WHAT IS DULUTH EAST SPEED, STRENGTH, AND AGILITY?

Duluth East Speed, Strength, and Agility is a program for **ALL ATHLETES** entering 5th Grade-12th Grade during the 2019-2020 school year at Duluth East High School or feeder schools that are interested in increasing their speed, agility, and overall body strength.

HIGH SCHOOL SESSIONS (June 10th through August 9th): Activities in each 90-minute session will be broken up during the week to allow for ultimate muscle breakdown and recovery. Duluth East Speed, Strength, and Agility is designed for the serious athlete or fitness enthusiast. Workouts will be designed to be intense. Each athlete will have lifting program that s/he has to follow as well as an interval training program to help increase speed and stamina. Athletes will be taught technique, proper lifting form, and will be led through lifts so the athletes could develop and thrive in a safe environment. We have two-sessions to choose from within our High School level; **Session 1** is designed for "advanced" lifters with more experience. **Session 2** is designed for "moderate level" lifters with a little less experience.

NOTE: We will still accept "advanced" lifters in Session 2 (and vice versa) if personal schedule does not permit attendance at preferred session.

MIDDLE SCHOOL SESSIONS (June 10th through July 19th): Activities in each 45-minute session will be designed to foster proper form while lifting and have better spatial recognition of our body's movements. Our goal in 45-minute long session is to get stronger through body-weight (and some light dumbbell weights) exercises as well as increase our speed through plyometric and agility training. To instill muscle memory at a younger age, should give your child a huge advantage in all aspects of athletics moving forward!

A NOTE TO ALL ATHLETES: THIS IS IMPORTANT!

Although this requires a small financial investment, we believe it lays the foundation for a successful future for our athletes and all of our sports programs at Duluth East. The season for true "gains" is the off-season. Your off-season development as an athlete will determine not only next season's success, but also the success you achieve in the future as an athlete. The "committed" kids will separate from the "not so committed" during the off-season. You can spend all of the time in the world on the court or field, but if you do not find time to work on your speed, strength, and agility in a serious matter, you will not be as successful as the other the teams or athletes we compete against.

COACH HENDRICKSON

Mike Hendrickson, an Osseo native, comes to us with great experience working with middle school, high school, and college athletes. Mike is a Certified Personal Trainer in Duluth who commonly works with many sports teams and individual athletes at East High School. He has started lifting and plyometric programs for both high school and middle school athletes and has seen increases in both the speed and strength of the athletes.

WORKOUT SCHEDULE

High School Session 1: 7:30am-9:00am (Meet at East Weight Room)

High School Session 2: 9:00am-10:30am (Meet at East Weight Room)

High School Session 3: 10:30am-12:00pm (Meet at East Weight Room)

NOTE: If sessions exceed 40 individuals per sessions, there is a potential to add a third session, from 10:30am-12:00pm.

High School Athletes will work out Every Monday-Wednesday-Friday each week from June 10th-August 9th

Middle School Session 1: 10:00am-10:45am (Meet outside Ordean-East Gym)

Middle School Session 2: 11:15am-12:00pm (Meeting outside Ordean-East Gym)

Middle School Athletes will work out every Monday-Wednesday-Friday each week from June 10th - July 19th

CONSISTENT ATTENDANCE IS CRUCIAL TO YOUR DEVELOPMENT! MAKE SURE YOU MAKE IT A POINT TO BE AT ALL OF YOUR SESSIONS!

There will be no workouts on the following dates: June 14th, June 17th, and July 1st-5th (MSHSL Dead Period).

FEES

Registration fee for **High School** athletes is \$90.

Registration fee for **Middle School** athletes is \$60.

SCHOLARSHIPS MAY BE AVAILABLE UPON REQUEST. EMAIL RHETT MCDONALD (rhett.mcdonald@isd709.org).

PLEASE SEND REGISTRATION AND FEE TO FOLLOWING ADDRESS:

Rhett McDonald
4706 W 6th ST
Duluth, MN 55807

DEADLINE TO REGISTER: Friday, June 7th, 2019

DULUTH EAST SPEED, STRENGTH, AND AGILITY

ATHLETE NAME: _____ **GRADE (19-20):** _____ **AGE:** _____ **BOY/GIRL:** _____

ADDRESS: _____ **CITY:** _____ **ZIP:** _____

EMAIL ADDRESS: _____ **PHONE:** _____

NOTE: We accept payments by check OR cash. Make checks payable to "Destination Fitness". We do not accept cards

SESSION (check one): High School Session 1 (Advanced) High School Session 2 (Moderate) High School Session 3 (Advanced)

Middle School Session 1 Middle School Session 2