

Sleepy Eye Athlete Summer Speed and Strength Program

Coordinated by: NUMC Sports Medicine Staff

Summer 2018 – 14 Sessions from June 5th – July 26th

The Sleepy Eye Athlete Summer Speed and Strength Program is a comprehensive approach to training that addresses all of the vital components involved in achieving optimal athletic performance.

Location: Sleepy Eye High School Weight Room (enter through north side door)

Days: Tuesdays and Thursdays from June 5 – July 26

(No sessions July 3 and 5)

Group Training Programs:

- Cost: \$75 per person
- 7:00 – 9:00am session for 9th – 12th grade students
- 9:00 – 11:00am session for 7th – 8th grade students
- Students will partake in a 45-60 minute speed/agility/quickness workout and a closely supervised total-body strength training workout.

Individual Training or 2 Person Group Training Program

- Cost: \$325 per person for individual group, \$175 per person for 2 person group
- Two slots available from 12:00-2:30p.m. or 2:30-4:00p.m.
- Set up on an individual basis
- It is preferred to have each person in the 2 person group to be of similar age and ability level.
- Students will begin with a 45-60 minute speed/agility/quickness workout followed by a one-on-one or two-on-one personalized total-body strength training workout.

Primary Goals:

- Reduce the likelihood and severity of injury.
- Stimulate positive physiological adaptations.
- Improve confidence and mental toughness.
- Improve athletic performance by improving strength, power, speed/agility/quickness, cardio-respiratory capacity, functional range of motion, nutrition, specificity of skills, and rest and recovery.

Must register by May 31st

To Register for Group Training Program: Go to: <http://www.signupgenius.com/go/5080C4EA5AB22A2FB6-7th12th>

To Register for Individual or 2 Person Group Training Program: Call Scott Mangen at 507-217-5649

Please send payment by check, made out to **New Ulm Medical Center**, to:

Scott Mangen

Allina Health - New Ulm Medical Center

Courage Kenny Rehabilitation Institute

1324 Fifth North Street

New Ulm, MN 56073

Any Questions call or email:

Scott Mangen: phone number 507-217-5649, email: Scott.Mangen@allina.com

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Timothy Seifert: phone number 507-217-5257, email: Timothy.Seifert@allina.com