

We are happy to announce a partnership with Acceleration North Sports Training and St Croix Acceleration for your speed, strength, and vertical jump needs! Acceleration has facilities in Hudson, WI and Arden Hills, MN. Many players will receive 10 hours of individual training at either of the Acceleration locations. Acceleration has been around since 1990 and they continue to develop speed, strength, agility, and skill in athletes 7 years old to professional. The Acceleration facilities offer 2 different athletic development stations for basketball players. You can pick and choose what you would like to sign your athlete up for!



What HEAT athletes can schedule with the 10 training sessions:



1. **Incline sprint treadmill** – Speed is the number one factor that all athletes want. Our running treadmills reach speeds of 28 mph and inclines of 40% grade. We teach athletes how to sprint correctly by using inclines and variable speeds. We compliment the sprint bouts with glute and hamstring strength training, vertical jump training, and core stability.
2. **Ground based agility and strength training** – Our ground based training includes agility ladder drills, coordination drills, explosive starts and change of direction, strength, and conditioning. A typical ground based workout includes 30 minutes of agility and “jump training”, and 30 minutes of strength training. We utilize free weights for the older kids and basic functional movement for the youth kids.
3. If you are currently in a weight program at school or at another gym, we customize the workouts to focus on agility and explosive jumping.

10 Training sessions at Acceleration usually cost \$275. As part of the HEAT partnership, our athletes get these sessions for ONLY \$150!! To purchase them online at Arden Hills click here: <https://www.accelerationnorth.com/reg/registration2.php>

If you want to train in Hudson, WI click here: <https://www.stcroixacceleration.com/reg/registration2.php>

- **Fill out athlete info and agree to waiver**
- **Choose HEAT Basketball Training package - \$150 under OTHER PROGRAMS**
- **Enter CC info and submit.**

To schedule your training sessions at Acceleration North in Arden Hills, click here: www.accelerationnorth.com

- Click SCHEDULING on top of page and fill out athlete info and create a username and password
- Your EMAIL will be your username and a password is your choice
- Once you create an account, you can choose RUNNING TREADMILL, or PLYO/AGILITY.
- Spring hours are Monday – Friday 3pm -10pm/ Saturday 9am – noon - Summer Hours are Monday – Friday 9am – 9pm/ Saturday 9am – noon.
- You need to call the facility at [\(651\) 486-0020](tel:6514860020) with any questions.

To schedule your training sessions at St Croix Acceleration in Hudson, WI click here: www.stcroixacceleration.com

- Click SCHEDULING on top of page and fill out athlete info and create a username and password
- Your EMAIL will be your username and a password is your choice
- Once you create an account, you can choose RUNNING TREADMILL, or PLYO/AGILITY.
- Spring hours are Monday – Friday 3pm -10pm/ Saturday 9am – Noon -Summer Hours are Monday – Friday 9am – 9pm/ Saturday 9am – noon.
- You need to call the facility at [\(715\) 808-8253](tel:7158088253) with any questions.