



ELEVATE YOUR GAME

HIGH SCHOOL STRENGTH AND ATHLETICISM TRAINING PROGRAM

Mahtomedi Volleyball - 2021 Summer Session

Each Athlete Will...

- **Have** an individualized strength and power training program based on their current ability levels
- **Train** in a furnished weight room in a small-group setting while receiving consistent feedback to ensure safe lifting form
- **Improve** their acceleration and quickness through skill-based movement training
- **Enhance** their explosiveness, quickness and vertical jump through plyometric and ballistic training

[CLICK HERE](#) To View The Highlight Video!



“While training at Fitness Focus, I increased my strength and agility while gaining a lot of confidence!”

-Yajaira Lansiquot, Past Participant and Current College Athlete

**Progressive
Upper & Lower Body
Strength Training**

**Speed & Acceleration
Development**

**Vertical Jump &
Reactivity Training**

**Pre-Post Testing
Report Card**

FITNESS FOCUS

688 Wildwood Road
Mahtomedi, MN 55115

DATES: June 14th – Aug. 5th

*no training the week of 7/5

DAYS / TIME: See next page

COST: \$210

Deadline: June 1st

*may be filled prior this date

TO REGISTER:

Call (651) 429-9947 or see next page to register online

QUESTIONS:

Contact us (651) 429-9947 or studio@fitnessfocus.me

VIEW HIGHLIGHTS:



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Program Basics

- Location
 - Mahtomedi High School (weight room and gym)
- Dates
 - June 14th – August 5th (no training the week of 7/5)
- Days of Week / Times
 - Mondays
 - 4:30-5:30PM (Group 1)
 - 5:30-6:30PM (Group 2)
 - Wednesdays
 - 4:30-5:30PM (Group 1)
 - 5:30-6:30PM (Group 2)
 - Thursdays
 - 4:30-5:30PM (both Group 1 and Group 2 together)

Registration Information

- Registration options (3 options)
 - Call Fitness Focus at (651) 429-9947
 - Register online (see directions on next page)
 - In-person registration at Fitness Focus (located near ALDI)
- Determination of Group 1 or Group 2
 - The participants that have registered will be assigned to a group based on the coach's discretion
 - Groups will be assigned after the registration deadline or after the program has been filled
 - Please contact coaches with questions regarding group assignment
- Deadline for registration is June 1st
 - Please note that the program may fill prior to this date so we would recommend registering as soon as possible
 - Size limited to ensure individualized cueing and feedback to all participants

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ONLINE REGISTRATION INSTRUCTIONS:

Go to our website <https://www.fitnessfocus.me/home> and select "Appointments," and then select "Schedule Your Appointment Online":

- Select the "SPORTS PERF" tab in the upper middle portion of the page
- Use the calendar toward the top of the page, go to date **6/14/21**
- On the date of Monday, June 14th, click on "Sign Up Now" for "Volleyball_Mahtomedi_M-W-TH_June-Aug_2021"
- Log in if you have an account at Fitness Focus or create a user ID and PW
- Use the right-hand box (Recurring Options)
 - Select Days: Choose appropriate days ("Mon, Wed, Thu")
 - **You must select all 3 appropriate days to be registered for the entire program**
 - End Date: Select the final date available at the bottom of the list (**8/5/2021**)
 - Total # of Reservations should now read **21 sessions** (if not, check to make sure you have selected all days and the last available class)
 - Select "Make a Recurring Reservation" on the right-hand side
- The following message will appear: "You do not have enough credits for this recurring reservation. Would you like to make a purchase?" - **Select "OK"**
 - Scroll to the bottom of the next screen and select " **Volleyball_Mahtomedi_M-W-TH_June-Aug_2021**" for **\$210.00**
- Click on "**Check Out**" & enter your credit card data and click on "**Purchase**"

Sports Performance registration paperwork must be filled out by each athlete and turned into Fitness Focus prior to participation in our programs. The forms can either be picked up at Fitness Focus, can be found by [CLICKING HERE](#) and selecting Performance Program Form, or can be found on our website at www.fitnessfocus.me. On our website, click on **Forms** and choose the Performance Program Form. Please bring the registration paperwork to Fitness Focus before the first training date or to the first training session.

Questions or Problems with Registration? Please contact Fitness Focus at (651) 429-9947 or at studio@fitnessfocus.me.

Missed Training Days: We have priced the training to take into account that athletes will not be able to attend every training period and may be gone for an entire week's training. Therefore, makeups and training credits are not allowed. Time changes within the same day will be acceptable only if there is room to accommodate an additional athlete in the desired time.

Weather Policy: Fitness Focus will not cancel programs due to seasonal, weather-related conditions. However, in the case of extreme weather (snow storm, lightning, tornado, etc.), and for the safety of the participants, Fitness Focus reserves the right to cancel sessions at any time due to inclement weather with no makeup session or refund provided.