



# SPEED TRAINING & CONDITIONING

Acceleration North is running an "ON-SITE" Speed, strength, and conditioning program this summer at Liberty Classical Academy. Acceleration Speed Trainers will work with 3 different age groups of student athletes on proper warm ups, agility, speed, strength and conditioning. Each workout is "AGE APPROPRIATE" will be 50 minutes in length and held in the gymnasium or outside on the fields at the school. Acceleration has been the leader in ground based speed and agility since 1990!

**DATES: June 12, 15, 19, 22, 26, 29  
July 3, 6, 10, 13**

## TRAINING TIMES:

**7-10 yr olds - 10:00-10:50**

Agility, coordination, and basic movement patterns

**11-14 yr olds - 11:00-11:50**

Agility, conditioning, and strength training

**15-18 yr olds - 12:00- 12:50**

Agility, conditioning, and strength training

**ON-SITE TRAINING ONLY**

**\$195** PER ATHLETE

**20% OF THIS FEE GOES BACK TO  
LIBERTY CLASSICAL ACADEMY**

**1 ADDITIONAL DAY OF SPEED TREADMILL TRAINING  
at Acceleration North for an additional \$95**

Speed treadmill training works on sprint form and speed bouts in a controlled environment at our Acceleration facility in Arden Hills.

**5 ADDITIONAL SPEED TREADMILL SESSIONS  
at Acceleration North (15 sessions total)  
\$290 per athlete**

**Schedule your treadmill session anytime  
M- F 9am - 9pm or Saturday 9am - 1pm**

**Register at [www.accelerationnorth.com](http://www.accelerationnorth.com)  
under OTHER PROGRAMS**

- Liberty Classical Speed Program: 7-10 yr - \$195
- Liberty Classical Speed Program: 11-14 yr - \$195
- Liberty Classical Speed Program: 15 and up - \$195
- Liberty Classical Speed Program with 5 treadmill - \$290



**CALL 651-486-0020 WITH ANY QUESTIONS ON THIS TRAINING OPPORTUNITY**

**[accelerationnorth.com](http://accelerationnorth.com)**

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