



MCGREGOR SPORTS ACCELERATION



STRENGTH DOMINATES~POWER PUNISHES~SPEED KILLS

WANT TO JUMP HIGHER? RUN FASTER? GET STRONGER? DOMINATE THE COMPETITION? SPORTS ACCELERATION IS YOUR ANSWER. THIS PROGRAM GIVES ATHLETES THE ABILITY TO IMPROVE THEIR BODY USING PROVEN METHODS. THE 7-WEEK SUMMER PROGRAM INCLUDES 21 SESSIONS THAT WILL PUSH ATHLETES TO BECOME GREAT. ATHLETES WILL GET THE OPPORTUNITY TO PROGRESS USING A COMBINATION OF PLYOMETRICS, RESISTANCE TRAINING, WEIGHT LIFTING, EXPLOSIVE MOVEMENTS, CORE, AND ENDURANCE TRAINING. IN COMBINATION WITH SPORT SPECIFIC TRAINING, SPORTS ACCELERATION CAN BE KEY TO AN ATHLETE'S SUCCESS. IF YOU ARE LOOKING TO GET BETTER, LOOK NO FURTHER.

AFTER IMPLEMENTING THIS PROGRAM, THE MERCS HAVE COMPILED SOME PRETTY IMPRESSIVE SEASONS. IN THE PAST 2 SEASONS THE BOYS BASKETBALL TEAM IS 36-19, THE GIRLS TEAM IS 31-21, THE FOOTBALL TEAM IS 18-3, AND THE VOLLEYBALL TEAM HAD ITS FIRST WINNING SEASON IN MORE THAN 10 YEARS.

THE PROGRAM WILL BE LIMITED TO THE FIRST 24 STUDENTS GRADES 7-12 AND THE COST IS \$70 PER PERSON, \$140 PER FAMILY (SIMILAR PROGRAMS COST BETWEEN \$300-\$400). GROUPS WILL TRAIN AT THE SAME TIME EACH DAY- GROUP 1-7AM, GROUP 2-8 AM, MONDAY-WEDNESDAY. CALL TO RESERVE YOUR SPOT—DEADLINE IS MAY 20TH

MAKE YOUR MARK THIS SEASON,

JOSH AND JEN WAHLIN
218-392-0039

PERMISSION SLIP/RELEASE OF ALL LIABILITY

PARTICIPANT _____ AGE _____ GRADE _____

GUARDIAN SIGNATURE _____

OPTIONAL T-SHIRT – ADD \$10 PER PARTICIPANT

SIZE SMALL _____ MEDIUM _____ LARGE _____ EXTRA LARGE _____ DOUBLE XL _____

BRING PERMISSION SLIP AND PAYMENT TO LISA KRUSE COMMUNITY EDUCATION

MAKE CHECKS PAYABLE TO COMMUNITY EDUCATION

