



SUMMER STRENGTH AND SPEED TRAINING

REGISTER ONLINE FOR IRONDALE'S ETS SUMMER
STRENGTH AND SPEED (SSS) TRAINING PROGRAM!!

The Irondale Athletic Department and Elite Training Systems (ETS) will be working together this summer to offer an elite training program for ALL Irondale athletes and students interested in getting toned, faster and stronger. We are committed to developing Irondale athletes by maximizing the athletic potential of each student athlete and building a culture committed to weight training. We are dedicated to preparing students for the upcoming athletic year with exclusive training in the areas of flexibility, strength, speed, power, agility and conditioning. This will be accomplished through an Olympic style lifting program and a research-based speed training and agility program. The structured workouts will allow athletes to train in a positive and safe environment, while having fun and building school spirit!

SCHEDULE

June 14th to August 13th
(Monday, Wednesday, and Thursday)

**** Excludes the week of July 5th*

Cost - \$110 per participant

Session 1 – (Students entering grades 9-12): 8:00am-9:00am

Session 2 – (Students entering grades 9-12): 9:00am-10:00am

Session 3 – (Students entering grades 9-12): 10:00am-11:00am

Session 4 – (Students entering grade 6-8 & current Seniors): 11:00am-12:00pm

Registration is now open through the Irondale Activities website:

<https://www.moundviewschools.org/Page/5324>

For any questions or concerns please contact the Activities Office at 651-621-6822

“Willpower knows NO obstacles!”