



# Blaine High School

## **BENGAL ACCELERATION SPEED PROGRAM**

Acceleration North and Blaine athletics are partnering again for the 9th straight summer. Our state of the art speed and incline treadmill program will be available ON CAMPUS again this summer for all sports. To make this special opportunity more affordable for athletes, we are keeping the cost at \$125. Our qualified staff will be coming to Blaine High School 4 days a week and will work with groups of athletes on incline treadmill speed training, ground based agility, and power training. To learn more about Acceleration Minnesota, please go to

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

### **SPEED & INCLINE TREADMILL PROGRAM**

5-Minute Warm-up and 50-minutes of  
**Incline Treadmill Speed Training,**  
**Ground-based Agility, and Power Training**

**\$125** PER  
ATHLETE  
**\$325 VALUE**

**June 12 - July 27**

**Monday and Wednesday, on the hour, 7am – 1pm OR**  
**Tuesday and Thursday, 7am – 1pm and 5pm-6pm**

**NO TRAINING OVER JULY 3rd – 7th.**

### **REGISTRATION FORM**

Athlete name: \_\_\_\_\_ Age/Grade: \_\_\_\_\_ Date of Birth : \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_

Email: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

Choose a time slot: (MAXIMUM OF 8 ATHLETES PER TIME SLOT)

Monday/Wednesday: ☐ 7:00 – 8:00am ☐ 8:00 - 9:00am ☐ 9:00 – 10:00 am ☐ 10:00 - 11:00pm ☐ 11:00 – 12:00pm ☐ 12:00 – 1:00pm

or

Tuesday/Thursday: ☐ 7:00 – 8:00am ☐ 8:00 - 9:00am ☐ 9:00 – 10:00 am ☐ 10:00 - 11:00pm ☐ 11:00 – 12:00pm ☐ 12:00 – 1:00pm ☐ 5:00 – 6:00pm

T-shirt Size: ☐ XS ☐ S ☐ M ☐ L ☐ XL

To pay by credit card:

Type: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_



Please make checks payable to BLAINE TOUCHDOWN CLUB. Turn in registrations in weight room.

**Turn your registration for in to Coach Develice by May 31st, 2017!**

Please call Tom Develice at 763-506-6535 with any questions on the Acceleration program.

**Includes: ACCELERATION NORTH T-SHIRTS and CHEETAH CLUB SPEED TESTING!**