

Anoka High School's Strength, Speed & Conditioning Academy

WHO'S ELIGIBLE?

TORNADO FORCE ACADEMY

9th-12th Grade (Monday through Thursday)

TORNADO FORCE PREP

6th-8th Grade (Mon/Wed Session)

6th-8th Grade (Tue/Thur Session)



LOCATION

Anoka High School Weight Room

DATES

June 10th thru August 1st

*Weight Room Closed July 1st- July 5th

* This week's closing MSHSL mandated

ONLINE REGISTRATION AVAILABLE (recommended)

www.ahschools.us/ahs (click activities - click registration)

REGISTRATION & PAYMENT

Send Registrations To:

Activities Office
Anoka High School
3939 7th Ave N
Anoka, MN 55303

Make Checks Payable To:

Anoka High School

Note:

Fees non-refundable after 06.14.19

Questions? Contact Tim Hale

Email: timothy.hale@ahschools.us (C) 612.242.0032

COACHING STAFF

Tim Hale (Kinesiologist/FB/BB)

Tom Kish (Head Football)

Sara Vincent (Yoga/Education)

Brad Sundem (Head Lax/FB)

Jenna Johnson (College/Soccer)

Ryan Kopca (Exercise Science)

Monica Sjodin (Hockey/VB)

Andrew Heidemann (FB)

Lucas Murray (Wrestling)

Wade Grabow (Phys. Therapy/FB)

Logan Syvock (9th FB)

Jen Kramer (Soccer)

Ollie Nigh (College)

Tyler Brody (FB)

TORNADO FORCE

SUMMER 2019 REGISTRATION: June 10th-August 1st



POWER TO INFLUENCE

Anoka High School's Strength, Speed & Conditioning Academy

ONLINE REGISTRATION AVAILABLE



TORNADO FORCE

TORNADO FORCE



An interaction between two objects creates a force. Force only exists as a result of that interaction. The body & mind are essential components of complete student-athlete development.

TORNADO FORCE is an academy-like program designed to develop this body & mind interaction. TORNADO FORCE will provide a central location for all sports from 6th-12th grade - from beginner to advanced - to develop physical strength, mental discipline, social skills & emotional control.

A high-level of conditioning gives athletes the ability handle intense workouts. Intense workouts mean greater adaptation. Greater adaptation means improved strength, speed, explosive power and mental discipline.

All sessions of TORNADO FORCE will incorporate sport-specific strength, speed & conditioning coupled with weekly awareness topics (see bottom right for breakdown) designed to develop the discipline of the mind.

Welcome to TORNADO FORCE, where together we have the power to influence!

—ONLINE REGISTRATION AVAILABLE (recommended)—
www.ahschools.us/ahs (click activities - click registration)

3 DAYS A WEEK (M-W-TH) - \$100

- Football #1: 7:00a-10:00a _____
- Football #2 (9th Grade): 8:30a-11:00a _____
- Boys Lacrosse: 7:00a-8:45a _____

3 DAYS A WEEK (M-T-TH) - \$100

- Boys Basketball #1 (10th-12th): 7:15a-8:45a _____
- Boys Basketball #2 (9th): 9:15a-10:30a _____
- Girls Volleyball: 8:00a-9:30a _____
- Girls Basketball: 10:00a-11:15a _____

2 DAYS A WEEK (W-TH) - \$90

- Tennis: 9:00a-10:30a _____

Open Session (M-T-W-TH): 11:00a-12:15p _____

*payment based on choice of 2 or 3 days/week

T-Shirt Size: S M L XL XXL

Participant: (first/last) _____ '19-'20 Grade: _____

Parent/Guardian Phone: (home) _____ (emergency) _____

PARENT CONSENT:

I (print parent name) _____ give my permission for my child(ren) to participate in TORNADO FORCE. My signature below indicates that I release Anoka High School & Anoka-Hennepin School District #11 from any and all injury and/or liability resulting from participation.

Parent Signature _____ Date _____ CK# _____

2019 COMPLETE SUMMER SCHEDULE: ALL SESSIONS

All athletes at Anoka, as well as non-athletes, are challenged to participate in Tornado Force. If your sport is not listed below - open sessions are added for your convenience.

—ONLINE REGISTRATION AVAILABLE—
www.ahschools.us/ahs (click activities - click registration)

EVENING SESSIONS AVAILABLE TUESDAY & THURSDAY @ 5:30p-7:30p
OPFN SESSIONS AVAILABLE DAILY: 11:00a-12:15p

3 DAYS A WEEK - \$100

MONDAY-WEDNESDAY-THURSDAY

- FOOTBALL #1 (10th-12th) 7:00a-10:00a
- FOOTBALL #2 (9th) 8:30a-11:00a
- BOYS LACROSSE 7:00a-8:45a

3 DAYS A WEEK - \$100

MONDAY-TUESDAY-THURSDAY

- BOYS BASKETBALL #1 (10th-12th) 7:30a-9:00a
- GIRLS VOLLEYBALL 8:00a-9:30a
- BOYS BASKETBALL #2 (9th) 9:15a-10:30a
- GIRLS BASKETBALL 10:00-11:15a



2 DAYS A WEEK - \$90

MONDAY & WEDNESDAY

- +MIDDLE SCHOOL (6th-8th) 9:00a-10:30a**
- SOCCER (Boys & Girls) 10:00a-11:30a
- DANCE 10:00a-11:45a
- BASEBALL 10:30a-12:00p
- FASTPITCH 10:30a-12:00p
- GIRLS LACROSSE 10:30a-12:00p
- GIRLS HOCKEY 11:00a-12:15p

2 DAYS A WEEK - \$90

TUESDAY & THURSDAY

- +MIDDLE SCHOOL (6th-8th) 9:00a-10:30a**
- WRESTLING 6:30a-8:00a
- CROSS COUNTRY 8:30a-9:30a
- SOCCER (Boys & Girls) 10:00a-11:30a
- CHEERLEADING 10:30a-12:00p
- EVENING SESSION 5:30p-7:30p**
- WEDNESDAY & THURSDAY**
- TENNIS (Boys & Girls) 9:00a-10:30a

+ + Incoming 6th-8th graders must choose middle school session only. All other sessions are designed for 9th-12th.

Typical Training Session

- Starters:** Warm-up/Abdominal/Low Back/Neck (+/- 15 minutes)
- Strength:** Upper/Lower Body Exercises (+/- 60 minutes)
- Speed Development:** Circuit Training (+/- 30 minutes)*
- Conditioning:** Sport-Specific Metabolic/Resistive Training (+/- 30 minutes)*
- Post-Habilitation:** Injury Prevention Exercises (+/- 15 minutes)

***Speed Development & Conditioning are alternate training days and varies per sport**
— ALL ATHLETES ARE EXPECTED TO TRAIN WITH PROPER SHOES, SHORTS & SHIRT —