

SUMMER 2020 - OUTSIDE TRAINING DETAILS

Attitude - Strength - Speed - Flexibility - Explosive - Commitment

The goal of Tornado Force: To prepare athletes to MAXIMIZE their athletic potential. The program focuses on enhancing athleticism - not just strength. We will accomplish this by focusing on these six key areas of development.

1. **SAFETY:** We are doing everything in our power to adhere to the "Stay Safe MN" guidelines and the guidelines set forth by Anoka-Hennepin School District and to provide a safe environment for all athletes and staff. Please give this whole process some grace. Although we understand that we cannot be full-go at this point. We do have something and athletes are able to return and train together. This is to be celebrated!

2. **HOW MANY SESSIONS?:** Due to the pretty tight restrictions we will only have FOUR sessions to offer. These session will be rain or shine.

Session #1: 6a-7:30a

Session #2: 7:40a-9:10a

Session #3: 9:20a-10:50a

Session #4: 11:a-12:30p

3. **TIME:** Each session will be 1.5 hours (see #8).

4. **WHAT AGE/GRADE LEVEL?:** These sessions are designed for incoming 7th-12th grade to start (opportunity for incoming 6th grade will return next summer.)

5. **HOW MANY ATHLETES PER SESSION?:** Each session will be between 90-120 athletes (no more than 120). The cap is set hard at 120. No exceptions. If a session fills up - then we will request the athlete to choose another session.

6. **BOTTOM LINE:** We want as many athletes to participate as we can within our means. With only 4 sessions - these sessions are intentionally not marked "sport-specific" as in summers past. We do encourage you to email your teammates and have them sign up for the same session. This is for YOUR benefit. We want to all work together as much as possible. We can group teams together on a field with whatever time you want your team to go (i.e. volleyball team).

7. **WHY?:** We do realize this makes it a bit cumbersome. But since there are only 4 sessions we are offering we did not want to handcuff athletes because of schedule. We will be as flexible as we can and accommodate as best we can.

8. **TRAINING FORMAT:** 3 Fields with 3 rounds of different training focus (30 minutes per round) focusing on form & technique - balance and control. This training is perfect and appropriate for all incoming 7th-12th graders. Specific Coaches will be assigned each training focus (see chart below). (see #12 & #15 below)

Strength/Flexibility/Yoga/Injury Prevention

Speed/Condition/Core

Plyo/Agility/Explosiveness/Balance

9. **COACHES:** We will have 2-4 coaches per field. Coaches will rotate fields every 30 minutes (athletes will remain at assigned field)

10. **STRUCTURE LAYOUT:** Upon arrival - athletes will be assigned a training field (see last sentence of #6). 30-40 athletes per field. 6' apart. Athletes will arrive by Tennis Courts and Exit by track as to not overlap. We do have a 10 minute buffer between sessions to make sure we have as little of crossover as possible.

11. **ONLINE REGISTRATION (\$80):** Due to limited spots - students MUST register to participate. Registration is through FeePay. Please have them register asap. Email sonia.six@ahschools.us or timothy.hale@ahschools.us with any questions.

12. **EQUIPMENT A:** The first two weeks - no strength equipment is allowed to be used. District will reevaluate early July and we are confident that we will be able to utilize the NEW weight room at least in some capacity. All summer coaches have gone through the district training on cleaning/disinfecting based on CDC guidelines.
13. **EQUIPMENT B:** We are in the process of getting each athlete their own Hoop Bands for strength and speed that they bring with them each session the first 2 weeks.
14. **EQUIPMENT C:** Athletes must bring a sports bag/backpack with cleats and water bottle. No access is allowed into school (except in emergencies). Outdoor bathrooms will be available with hand sanitizers and fountains.
15. **WE NEED YOU!** Help us make this as best as it can be. Be an advocate for ANOKA to train together! This is far from perfect. We know this. But hopefully we will be in the NEW weight room some time this summer.
16. **PARKING:** No parking by the tennis courts. All athletes and staff must park in the front parking lot. See chart for map of traffic flow.
- 17: **THANK YOU!** for your patience and understanding!