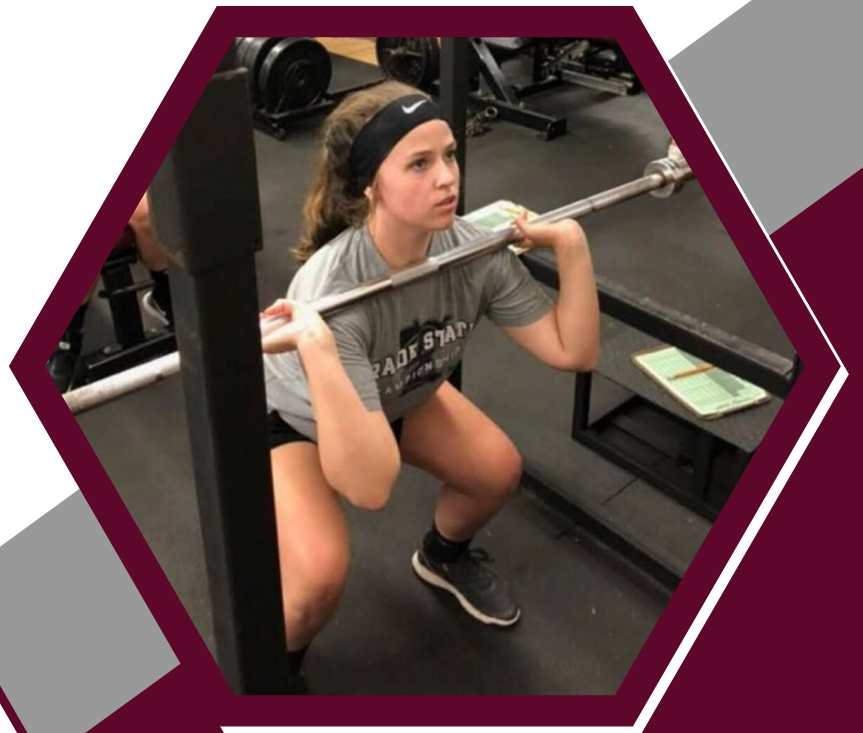




2020 Tornado Force

Anoka High School Summer Strength & Conditioning

- **ATTITUDE**
- **STRENGTH**
- **SPEED**
- **FLEXIBILITY**
- **EXPLOSIVE**
- **COMMITMENT**



\$80.00

For each athlete for the summer.

WHO: **Anoka High School Athletes entering 9th - 12th this Fall**
(7th & 8th Grade students will be allowed to register once HS Athletes had a chance to register.)

WHERE: **Anoka High School Back Practice Fields**

WHEN: **June 15th - August 6th (Monday - Thursday)**

Session 1: 6:00 AM - 7:30 AM

Session 2: 7:40 AM - 9:10 AM

Session 3: 9:20 AM - 10:50 AM

Session 4: 11:00 AM - 12:30 PM



@tornado_force



@TornadoForce



Anoka High School Summer Strength and Conditioning program (Tornado Force) offers every athlete the opportunity to become a better athlete through a sound strength, speed, and athletic development program. We believe very strongly in the programs ability to bring student athletes together as a larger Anoka Community while working to strive for GREATNESS in all we do. To truly become ANOKA STRONG.

The goal of Tornado force is simple. We intend to prepare athletes to MAXIMIZE their athletic potential in whatever sport they compete in during the school year. The program focuses on enhancing athleticism not just strength. We will accomplish this by focusing on six key areas of development:

ATTITUDE

The ATTITUDE of a champion is developed through investing hard work with their team.

STRENGTH

The development of the ability to overcome the physical, emotional, and subjective obstacles that will be presented through competition by maximizing STRENGTH and POWER.

SPEED

The maximization of SPEED and AGILITY to learn to play as fast as we individually can.

FLEXIBILITY

The flexibility of an athlete is the key to injury prevention and staying in the competition.

EXPLOSIVE

The development of "Athletes" is dependent on the ability of each individual to increase their rate of performing work or their ability to be EXPLOSIVE.

COMMITMENT

A team that trains together wins together.



This summer we are offering 4 different sessions for high school students. Due to the COVID-19 pandemic and abiding by federal health regulations, most of our sessions will be capped at 9 groups of 10 students. This will utilize four of our fields behind the school and capitalize on the space we have providing distance for each athlete. The program will begin with exclusively outside work in the month of June. During June there will be no sharing of equipment as we continue to follow the social distancing guidelines. We will plan to work into the weight room in July as restrictions allow.

The session you sign up for will be your session to attend each day of the summer training. When you arrive, you will be placed in a group of 10. That group will be your training group for the entire summer. We will arrive for workouts at the south end of the buildings by the tennis courts. We will exit workouts at the north end of the facility by the track field. Students receiving rides are encouraged to get picked up at the front of the High School.

Registration will be done through Fee Pay. It is important to sign up for the time slot that fits best for you, your sport, and the spots available. (No Refunds After the Start Date)

Students should bring: Water Bottle, Athletic Shoes, Cleats