

# X-SPEED CLINICS



## WINTER 2019-2020 ANDOVER HS X-SPEED CLINIC

Do you want to improve your speed, vertical jump and athletic agility? Join the best speed development program in Minnesota! X-Speed is an excellent supplement to an athlete's strength and agility program. It uses a special treadmill and other unique training techniques led by Andover HS Coach, Rich Wilke. This program is not sport specific. He trains male and female athletes in all sports, including Soccer, Football, Volleyball, Basketball, Lacrosse, Cross Country and Track. Registration deadline is Wednesday, November 20, 2019 for session 1 and Friday, January 10, 2020 for session 2.



**WHO:** Andover High School students 9–12 grades

**WHEN:** Winter Session 1 – Nov. 26, 2019 to Jan. 14, 2020  
(not meeting on Dec. 24 & 31)  
Winter Session 2 – Jan. 21 to March 10, 2020  
(not meeting on Feb 18 & March 3)

**DAYS:** Tuesday's afterschool from 2:30 to 6:00 pm.  
Coach Wilkie will set the schedule by like ability

**COST:** \$55 per session



Athletes that have used X-Speed training show incredible results. Athletes have improved their 40 times by .15 seconds and their vertical jump by just over 2 inches. In groups of 4 you will run for twenty minutes on the X-Speed treadmill. Don't miss this incredible value - Accleration MN and Velocity charge over \$400 for their programs.

**CONTACT:**  
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Sponsored by the Anoka-Hennepin Community Education Athletics Department and the Andover High School coaches. No refunds after the start date.

Register online at [www.DiscoverCommunityEd.com](http://www.DiscoverCommunityEd.com) or complete and return the below registration form and payment.

### Winter 2019-20 Registration Form X-Speed – Andover High School

Student's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_ Email \_\_\_\_\_

Parent's Name \_\_\_\_\_

**Pick Your Session:** Winter Session 1: \_\_\_\_\_ Winter Session 2: \_\_\_\_\_

Check # \_\_\_\_\_ or Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ - Signature required \_\_\_\_\_

Credit Card# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

**Waiver Statement** The above participant(s) do for themselves, heirs, executives, and administrators, waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD 11, or other district sites for any and all injuries suffered by me or my child while participating on any facilities of the above mentioned school district.

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