WHO’S ELIGIBLE?
Tornado Force
9th-12th Grade (Monday through Thursday)

Tornado Force
8th Grade (Tuesday & Thursday Only)
6th-7th Grade (Monday & Wednesday Only)

LOCATION
Anoka High School Weight Room

DATES
June 15th thru July 30th
** (Weight Room Closed July 6th-July 10th)**
**(This weeks closing is MSHSL mandated)**

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 are non-refundable after Friday, June 19

Questions? Contact Tim Hale
Email: timothy.hale@anoka.k12.mn.us
(W)763-506-6392 or (C)612-242-0032

COACHING STAFF
Tim Hale (Kinesiologist/FB/BB)
Jeff Buerkle (Head FB/Track)
Wade Grabow (Kinesiologist/FB/Lax)
Paul Broberg (Phy. Ed)
Shauna Rodman (Soccer/College)
Jen DeRoo (Soccer/College)
Kenny Jones (Football)

Brad Sundem (Head Lacrosse/FB)
Nikki Gaffney (Science/Nutrition)
Ryan Rumpka (Baseball/College)
Sara Vincent (Phys. Ed/College)
Josh Werness (Football/College)
Landon Mathis (Football/College)
Emily Alexander (Basketball/College)
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 to handle intense workouts. Intense workouts mean greater adaptation. Greater adaptation means improved strength, speed, explosive power & 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!

2015 TORNADO FORCE SUMMER STRENGTH, SPEED & CONDITIONING ACADEMY

**REGISTRATION**

4 Days a Week (M-T-W-TH) - $95:
- Football #1 - 7:15a-10:00a
- Football #2 (9th Grade) - 8:30a-11:00a
- Boys Lacrosse - 7:15a-9:15a
- Boys Basketball - 10:00a-11:30a

2 Days a Week (M-W) - $75:
- Middle School (6th-7th) - 9:00a-10:30a
- Soccer (Boys or Girls) - 10:00a-11:30a
- Girls Hockey - 10:30a-12:00p
- Baseball - 10:30a-12:00p
- Fastpitch - 10:30a-12:00p
- Cheerleading (M) - 10:30a-12:00p
- Dance - 12:15p-1:30p

3 Days a Week (M-W-TH) - $85:
- Volleyball - 7:15a-9:00a

2 Days a Week (W-TH) - $75:
- Tennis - 10:00a-11:30a

Open Session (M-T-W-TH) - 12:15p-1:30p

T-Shirt Size:
- S          M          L          XL          XXL

**Participant (first & last)):**

**Parent/Guardian Phone:**

**Parent/Guardian Signature:**

**Date:**

**Emergency Contact:**

**Post-Completion:**

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BODY: Typical Training Session

- **Starters:**
  - Warm-Up/Abdominal/Neck (+/- 15 minutes)

- **Strength:**
  - Upper/Lower Body Exercises (+/- 60 minutes)

- **Speed Development:**
  - 7-10 Station Circuit (+/- 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

MIND: Awareness Topics

- **Week of June 15th & 22nd:**
  - Code of Conduct & Goal-Setting (w/ Body Fat Testing)

- **Week of June 29th:**
  - Nutrition & Sleep

- **Week of July 6th:**
  - Substance & Tobacco

- **Week of July 27th:**
  - Body Fat Testing

*weekly topics are subject to change*