

OSSEO STRENGTH TRAINING & SPEED DEVELOPMENT

This program is intended to develop strength, power, flexibility, endurance, speed, balance, movement control and agility. This program is available for all students, alumni and friends of Osseo Senior High School for the summer 2010. All exercises will be designed to develop total body musculature while maintaining strength, balance and symmetry. Proper technique and sound training regimen will be stressed for all participants. Individual programs will be available for every sport and each participant will be instructed in a program that best meets their current needs and stage of development. Please note that scholarships are available.

Senior High Program

Who: Open to all male and female students entering grades 9 – 12 & Osseo Senior High Alumni/Friends

Note: Grade levels are for 2010 - 2011 school year

Where: Osseo Senior High • Weight Room & East Gym

When: Monday - Thursday, June 15 - August 5, 2010

*Note: Program begins on Tuesday!

Session 1 7:30 a.m. - 9:00 a.m. (Code 39241)

Session 2 9:00 a.m. – 10:30 a.m. (Code 39242)

Session 3 10:30 a.m. – 12:00 p.m. (Code 39243)

Session 4 6:00 p.m. – 8:00 p.m. (Code 39244)

Note: Participants must attend their specific session.

Fee: \$90.00 • Includes a T-shirt

Instructors: Acceleration MN & Osseo High School Coaches

Questions: Program content information, call Derrin Lamker, 763-227-8212

Limit: 90 maximum per session

Note: *9th graders may sign up for either program.

Register: Follow the registration procedures on page 4.

Deadline: Up to the beginning of program or until spaces fill.

Junior High Program

Who: Open to all male and female students entering grades 7 - 9

Note: Grade levels are for 2010 - 2011 school year

Where: Osseo Senior High • Weight Room & East Gym

When: Monday – Thursday, June 15 – August 5, 2010

*Note: Program begins on Tuesday!

Time: 10:30 a.m. – 12:00 p.m. (Code 39245)

Fee: \$90.00 • Includes a t-shirt

Instructors: Acceleration MN & Osseo High School Coaches

Questions: Program content information, call Derrin Lamker, 763-227-8212

Note: 9th graders may sign up for either program.

Limit: 90 maximum

Register: Follow the registration procedures on page 4.

Deadline: Up to the beginning of program or until spaces fill.