



SPORTS TRAINING CENTER

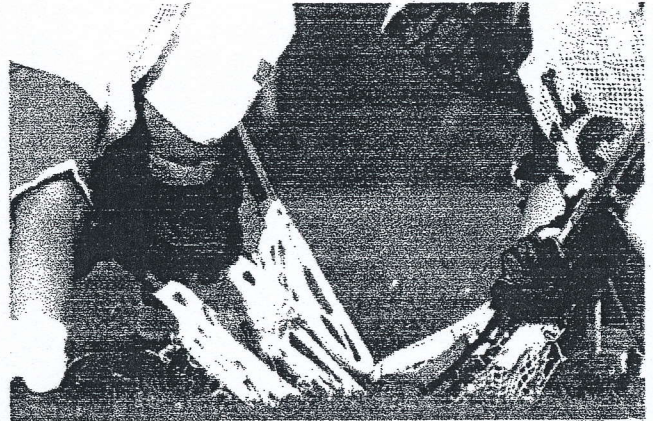
Acceleration Northwest Team Training

- Team sessions will run for either 1 or 1.5 hours and will include two or three activities: speed training, plyometric/agility training and event specific strength training.
- There can be a maximum of 18 athletes for the 1.5 hour team training and a maximum of 12 athletes for the 1 hour team training.
- **SUPER TREADMILL** Research has shown that incline running on our unique, hydraulically controlled treadmill provides 200-300% more recruitment of the muscles responsible for increasing and maintaining speed, than running level at the same stride frequency. This specialized training is crucial for improving the overall speed, agility, and acceleration needed for all sports. Along with the strength and power gained for the running treadmill, the trainers focus on sprint mechanics to make athletes more efficient runners.
- **PLYOMETRICS** Plyometric training includes a variety of footwork drills and exercises that enhance an athlete's performance and ability to stay balanced and change directions quickly and explosively.
- **STRENGTH TRAINING** Acceleration Northwest's strength programs improve an athlete's strength, power, and balance. The strength training uses Olympic style lifts to increase power without adding bulk. Athletes are taught proper mechanics and are focused on technique throughout the training..

763.577.9990
.com



LACROSSE PROGRAM



Maple Grove Girls Lacrosse

Pricing: \$94 for 8 sessions

Slots: Mondays and Thursdays
5:00-6:30pm or 6:30-8:00pm

Dates:
February 28
March 3
March 7
March 10
March 14
March 17
March 21
March 24

ACCELERATION NORTHWEST
2530 XENIUM LANE
PLYMOUTH, MN 55441