



North High School Summer Strength and Conditioning Programs 2009

North High School offers three summer conditioning programs that are available for North High students. These programs are designed to accommodate both the athletic and general fitness areas. Our beginner program is called North Summer Strength and Conditioning. Strength and Conditioning is designed as a three day per week lifting and conditioning program. North Polar Speed, the second program is an advanced five-day program designed with the serious athlete in mind. We encourage all current North athletes or those considering North Athletics to enroll in North Polar Speed. North Football Conditioning is a specific program for Varsity Football Players in grades 11 and 12. All three programs run concurrently and are 8 week programs.

North Summer Strength Training

This program meets on a Monday, Wednesday, Friday schedule. Included in the Strength and Conditioning program are proper warm-up, flexibility training, and weight training. This program is appropriate for all 8th through 12th grade boys and girls. Cost of this program is \$125.

North Polar Speed

The Polar Speed program spreads 7 workouts over a five-day per week. Included in the program are two over speed treadmill workouts, two advanced plyometric workouts, and three weight training workouts per week. This program is designed for the serious athlete. It is designed for all 9th through 12th grade boys and girls. ***This program will offer an athletic letter upon completion and is open to all incoming 9th through 12th grade boys and girls.*** Cost of this program is \$200

North Football Training and ConditioningNEW**

This program meets 4 days a week for 2 hours per day. The program runs Monday – Thursday. This program is open to Varsity Football Players and includes strength training, agility improvement, plyometrics, sled work, speed training, and conditioning. Also included are football skills sessions 1 time per week. ***This program is part of the lettering requirement for football, but does not offer an athletic letter upon completion.*** Cost of this program is \$200.

Note: This program does not include any over-speed treadmill sessions, but you may purchase 12 sessions for \$50



Program Dates and Times

Program Dates are June 22 through August 12.

Program times are 7:00 AM to 3:00PM. Sessions start on the hour. Participants should arrive 10 minutes early in order to complete a proper warm-up.

Polar Speed and Weight training sessions

Students sign-up for the first week of treadmill and plyometric sessions in May and will sign up for subsequent weeks on the Thursdays throughout the summer

Football Conditioning

Runs from 7:00 – 11:00 AM. Players should sign up for one of three time slots. Please contact Coach Longtin for additional information.

How do I sign up?

Cost

North Strength and Conditioning	\$100
Polar Speed	\$200 (includes weight training)
North Football Conditioning	\$200 (\$250 w/ treadmill sessions)

FOR MORE INFORMATION PLEASE CONTACT

North Activities Office: 651-748-6021

Todd Wallert, Program Coordinator: 651-748-6177

Eric Longtin, Head Football Coach: 651-748-6145

Polar Speed Registration/Waiver Form Summer 2009

Last Name _____

Name _____ Age _____

Grade in School (2009-2010) 9 10 11 12

Address _____

Contact Phone #1 _____

City, State Zip _____

Contact Phone #2 _____

Name of Parent/Guardian _____

contact e-mail: _____

List any current medical concerns: _____

Family Physician: _____

Physician Phone: _____

Clinic Name: _____

Clinic Phone: _____

Do you have an updated (within last 3 years) physical on file*? YES NO

*You must have a physical on file before being accepted into any Polar Speed Program.

Parents/Guardians: Please sign the following Consent for medical treatment and waiver form.
Any alterations of the statement will void this registration. Thank you.

I, the parent/guardian of the above named participant, give permission to my son or daughter to participate in any, and all of the activities during the summer 2009 training period of the North High School Polar Speed Programs. I have no knowledge of any physical impairment that would affect, or be affected, by my son's or daughter's participation in the North High School Polar Speed Programs. I AUTHORIZE THE STAFF OF THE North High School Polar Speed Programs TO ACT FOR ME IN THE EVENT THAT I CAN NOT BE CONTACTED, TO OBTAIN WHATEVER MEDICAL TREATMENT THE STAFF, IN ITS BEST JUDGEMENT DEEMS NECESSARY AND APPROPRIATE. I specifically, consent to such treatment including, but not limited to, hospitalization and surgery and will be responsible for any medical or other charges in connection with participation in the North High School Polar Speed Programs.

I acknowledge that during participation in the North High School Polar Speed Programs, my son or daughter will participate in exercises that, at times are strenuous, and that at times, may involve among other things, incidental physical contact of the body with other persons or objects, including the ground. I also acknowledge that during participation in the North High School Polar Speed Programs he or she may incur a risk of injury. I specifically release absolve, indemnify, and hold harmless the North High School Polar Speed Program staff, organizers, sponsors, supervisors, and the North St. Paul - Maplewood -Oakdale ISD 622, any and all of them, from liability for damage, which my son or daughter may have for injuries or illness that he or she may sustain while involved in the North High School Polar Speed Summer 2009 Training Program.

Parent/Guardian Signature _____

Date _____

Printed Name _____

Polar Speed Registration Form Summer 2009

Name: _____

Gender: M F Grade (2009-2010): 9 10 11 12

Parent/Guardian Name _____

Phone: _____

Last School Attended: _____

Contact e-mail: _____

Registration Information: Please sign up for one of the following programs.

North High Summer Polar Speed \$200 PROGRAM INCLUDES
 16 Overspeed Treadmill Session (2/wk)
 16 Advanced Plyometric Sessions (2/wk)
 24 Strength Training Sessions (3/wk)

North High Summer Strength & Conditioning \$125 PROGRAM INCLUDES
 24 Strength Training Sessions (3/wk)

North High Summer Football Conditioning \$200 PROGRAM INCLUDES
 30 - 2 hour workout sessions (4/wk)
 6 - Football Skills sessions (1/wk)

Please Select Timeslot 7:00 – 9:00 AM 8:00 – 10:00 AM 10:00 – 11:00 AM

Additional Treadmill Session (North Football Only) - \$50

Polar Speed Use Only	
Amount Paid	
Check Number	
Notes	

Special Instructions/Considerations: _____

Make Checks Payable to **North Weight Training**

Please Return to: Eric Longtin, Head Football Coach, 2416 E. 11th Avenue, North St. Paul, MN 55109