

Special Summer Program

Supervised strength training is one of the most safe and beneficial activities in your child's athletic development. Youth athletes, as early as age 8, may be introduced and benefit from a strength training program. Some of strength training's benefits include: "increase muscle & endurance, protect muscles & joints from injury, improve performance in almost any sport, strengthen bones, help promote healthy blood pressure & cholesterol levels, boost metabolism, as well as maintain a healthy weight, and boost self-esteem." (Mayo Foundation for medical Education and Research (MFMER), 11 Jan 2008, Mayo Clinic Staff).

In The EDGE's summer program, each athlete will be given a pre-test in the beginning and a post-test at the end of the summer to measure progress. Each athlete will train at their ability within a small group environment. The EDGE has trained numerous recreational, competitive, and elite athletes in nearly all sports. We use a small group training model that allows individualized attention for each athlete. Some athletes come to us completely untrained and begin with very basic body weight exercises while others come to us highly trained looking for improvement in a specific area. All our athletes have something in common, the desire to improve performance. We use our expertise to help them reach their goals.

This program runs Monday, 6 June – Saturday, 27 Aug 2011. The price is \$550 for unlimited training sessions. The summer program is non-transferable, there are no make-up/carry-over sessions from one week to the next.

Call, e-mail, or stop by to enroll. It's easy!

952.476.5961

alex@edgesportstraining.com

**Mention this brochure and receive
a \$50 discount**

Coaching

Our strength coaches follow a prescribed program when working with athletes, and they identify short and long term goals before a plan is formulated. This process gives the athlete the best chance to achieve their goals. A short term goal might be learning how to squat safely and correctly, whereas a long term goal may be to gain the athletic prowess necessary to perform at the high school or collegiate level. Each strength coach at The EDGE has the educational background and certification to properly and efficiently maximize each athlete's potential.

Contact Us

For more information on any of our training programs, call us today!
952.476.5961
www.edgesportstraining.com
alex@edgesportstraining.com

Directions

Minnetonka

The EDGE is located off 494 and Carlson Parkway. Take Carlson Parkway East then take a right (south) on Cheshire Lane (by the Holiday Station). Go south 2 blocks and The EDGE is on the right.

Bloomington

The EDGE Sports Training Center in Bloomington is located conveniently west of 35W off 94th Street. Our pristine new facility boasts olympic platforms for our core strength programs and a 40 yard track to conduct our finest quality speed and agility training. From 35W take 94th west to James; go left on James Ave then enter our parking lot on the right.

Minnetonka



121 Cheshire Lane
Suite 400
Minnetonka, MN 55305

Bloomington



1701 West 94th Street
Suite 275
Bloomington, MN 55431

Call us at 952.476.5961 to register for our Summer

Program to gain



Run Faster, Jump Higher, Play Stronger



1701 W 94th Street
Minneapolis, MN 55431
www.edgesportstraining.com

***Run Faster
Jump Higher
Play Stronger***

952.476.5961

- Association Training
- Strength and Power
- Speed and Agility
- Adult Fitness Training
- Athletic Testing
- Team Training

Basketball Baseball Soccer Football Track Softball Lacrosse
Swimming Hockey Golf Tennis Rugby Volleyball Dance

