



OFF SEASON TRAINING PROGRAM 2009



The Avera St. Luke's Acceleration sports training system is a unique speed, strength and conditioning approach that uses non-traditional methods to make athletes faster and more explosive. Opened in the spring of 1994, our training center is the seventh in the line of more than 160 Acceleration Sports Training outlets worldwide, the largest network of its kind. More than 6,000 athletes have trained locally and more than 400,000 athletes nationally have trained using the Acceleration program.

Performance Enhancement

Acceleration results in significant improvement in speed, vertical jump, strength, quickness and agility. The traditional Acceleration Program is six to eight weeks in length, with two to three 90-minute training sessions per week. Or, we can develop a year-round training program for you.

Professional Trainers

Our trainers all hold professional degrees and most are state licensed and nationally certified. A trainer-to-athlete ratio of 1 to 5 or under virtually guarantees significant improvements. Whatever your sport, age or ability level, the Acceleration Program can help you reach the next level. We begin with athletes in the middle school age group, on up to high school, college and even pro levels.

The Science of Acceleration

Avera St. Luke's Acceleration Sports Training focuses on increasing maximum sprint speed, vertical jump and anaerobic conditioning - the physiological constructs that govern the speed and power sports such as football, volleyball, basketball, hockey, gymnastics, baseball, softball, wrestling, track and field, and soccer. The program is based on scientific research and the tenets of exercise physiology, not simply strength training.

Sessions

#1	June 1– August 14	24 training sessions	\$264 (\$11.00)
#2	August 17—October 3	18 training sessions	\$200 (\$11.00)
#3	June 1—October 3	42 training sessions	\$425 (\$10.11)

**Only
\$11 per session!**

To register contact: Supervisor Joe Dudley (605) 622-5871
(Register by May 8th) joe.dudley@averastlukes.org

Questions contact: Ben Tronnes (605) 999-7127
ben.tronnes@wolves.northern.edu
Eric Johnson (605) 216-6701
ejjohnson51@yahoo.com

All AHA Players of Bantam age or older, *not participating* in an organized summer sport are **EXPECTED** to participate. All *participating* in summer sports are **ENCOURAGED** to participate.

Payment plans are available!

Talk with Joe Dudley when you register.

Scholarships are also available to those who qualify!

Contact: Steve Hogg (605) 226-1527
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