

"I was looking for a way to create a winning attitude throughout the athletic program at Concordia Academy-Roseville. The athletes who went through API's program were taught to be physically and mentally tough.

By having an on-campus speed and acceleration program to compliment our summer strength training program, our athletes grew as a team and learned to compete at a higher level.

The API staff was extremely knowledgeable and was great to work with. Our athletes are excited about where our program is heading. I am excited about giving our athletes the chance to be a part of a program that creates a competitive spirit and had impressive results."

*Brian Brown
Head Football Coach
Concordia Academy-Roseville*

What participants need to bring everyday:

- A **proper mental attitude**
- Appropriate footwear for use both inside and outside
- Appropriate clothing
- A **willingness to not quit!**
- A nutritious snack to eat afterward
- Water or Sport Drink
- A **team oriented** approach to training
- A **willingness to win!**

Concordia Academy
2400 North Dale Street
Roseville, MN.
55113

www.caconditioning.com

Concordia Academy Speed and Conditioning Camp



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612-741-0431

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API is excited to announce the 4th Annual Concordia Academy Speed and Conditioning Camp.

Athletes from **all sports** and seasons are encouraged to participate.

API is **cutting edge** strength and conditioning company that is taking the world of strength and conditioning by storm.

API's progressive programs and "old school" approach to **hard work**, is finding a home with athletes all over the world.

API provides:

- A motivating environment that **only allows success**
- Small group settings that **encourage competition** and personal growth
- The **most effective training** techniques to give athletes the greatest chance of success
- Strength, cardiovascular and speed/agility training for all participants in an effort to ensure **complete athletic development**
- Convenient **On-Line Registration**

Commit...No Excuses

Sample Day at Camp:

9:00-9:05	Warm Up
9:05-9:10	Dynamic Stretch
9:10-9:12	Water Break
9:12-9:25	Plyometric/Strength
9:25-9:35	Speed Training
9:35-9:37	Water Break
9:35-9:50	Agility Training
9:50-10:00	Team Conditioning

All Participants will be **tested prior** to the start of the camp and **tested after** completing the camp to measure improvement. Tests to include:

- 20yd Sprint
- Vertical Jump
- Standing Long Jump
- Pro Agility

All training will take place outside **rain or shine** on grass. Fall cleated athletes are encouraged to wear their cleats that they will be using in their fall sport during the camp.

API Programs have been featured:

Spike TV'S **UFC All Access**
Star and Tribune Newspaper
Sun Post Newspaper
FightSport Magazine
Flex Magazine

Muscle and Fitness Magazine
Men's Fitness Magazine
Ultimate Grappling Magazine
Local and National T.V. Media
YouTube Videos

2010 Camp Cost: \$165.00*

2010 Camp Times: 9:00-10:00**

2010 Camp Dates:***

Pre-Testing: June 9th, 9:00-11:00

Post Testing: August 11th, 9:00-11:00

June:

14th, 16th, 21st, 23rd, 28th, 30th

July:

12th, 14th, 19th, 21st, 26th, 28th

August:

2nd, 4th, 9th

For additional information or questions, please contact:

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www.api-tc.com

To register, please visit:

www.caconditioning.com

Registration opens on March 12, 2010 and closes on April 23, 2010.

* On-line credit card or e-check payment is available via Paypal. For cash registrations, please see Coach Brown

**Athletes will be assigned to lifting groups either before or after Camp Time

***No makeup dates available