

# ETS X LAKEVILLE NORTH

## 2023 SUMMER SPEED & STRENGTH



## SUMMER TRAINING SCHEDULE

**STRENGTH | SPEED | AGILITY | INJURY PREVENTION**

Take your performance to the next level with the Lakeville North Summer Speed & Strength Program powered by ETS Performance. All training sessions will be held at Lakeville North High School.

TIME BLOCK	TRAINING GROUP	SPEED	WEIGHTS
6:45AM - 8:15AM	GIRLS: (9th - 12th) Volleyball only	6:45AM - 7:15AM	7:15AM - 8:15AM
7:40AM - 9:20AM	GIRLS: (11th - 12th) All Sports except Volleyball	7:40AM - 8:10AM	8:20AM - 9:20AM
8:45AM - 10:25AM	BOYS: (11th - 12th) All Sports except Football	8:45AM - 9:15AM	9:25AM - 10:25AM
9:50AM - 11:30AM	BOYS: (10th - 12th) Football (incl multi-sport FB) - BACKS	9:50AM - 10:20AM	10:30AM - 11:30AM
10:55AM - 12:35PM	BOYS: (10th - 12th) Football (incl multi-sport FB) - LINEMEN	10:55AM - 11:25PM	11:35AM - 12:35PM
12:00PM - 1:40PM	GIRLS: (9th - 10th) All Sports except Volleyball	12:00PM - 12:30PM	12:40PM - 1:40PM
1:05PM - 2:45PM	BOYS: (9th - 10th) All Sports (incl 9th grade Football)	1:05PM - 1:35PM	1:45PM - 2:45PM
2:10PM - 3:50PM	Middle School: (6th - 8th) - All sports (Boys M/W & Girls T/TH)	2:10PM - 2:40PM	2:50PM - 3:50PM

**SUMMER TRAINING REGISTRATION NOW OPEN**  
**RESERVE YOUR SPOT TODAY!**

**REGISTER**



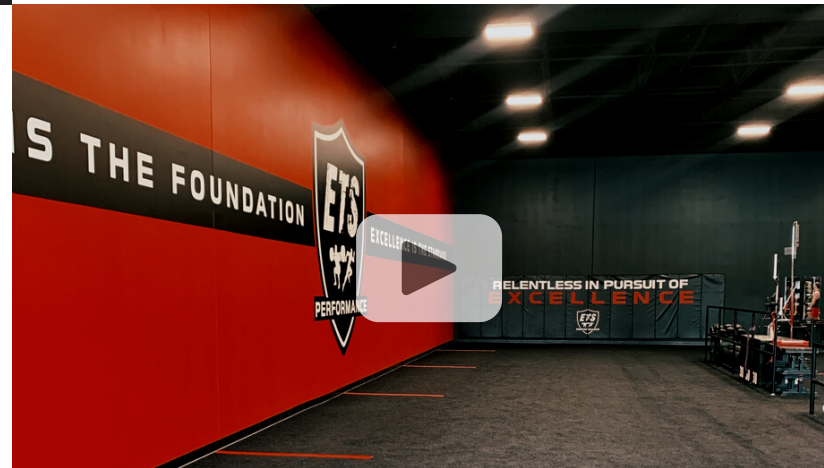
MEET THE NEWEST  
ALL-PRO ETS PARTNER

**KIRK COUSINS**

NFL QUARTERBACK

## GYM TOUR

A SNEAK PEAK AT THE  
ETS TRAINING  
EXPERIENCE



### ETS STATS

- FOUNDED IN 2010
- 25+ ETS LOCATIONS
- 50,000+ ATHLETES TRAINED
- 2,500+ D1/D2/D3 COLLEGE ATHLETES DEVELOPED
- 200+ PROFESSIONAL ATHLETES TRAINED
- ETS IS FOR ATHLETES OF ALL SPORTS, AGES 8+

### THE ETS MISSION

Our mission is to provide cutting edge strength, speed, power, deceleration and movement mastery training for athletes and individuals in a challenging yet positive environment that will enhance performance, build character and improve lifestyles.

THE ETS EXPERIENCE IS

**UNCOMMON**

FIND OUT WHAT OTHERS ARE SAYING

TESTIMONIALS

### CONNECT WITH US

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