



**We want you! Take part in Eastview + The Training Haus Super Group 2020!**

**Get FASTER, MORE EXPLOSIVE, & STRONGER to improve your overall athleticism!**

During the COVID-19 Pandemic, we needed to re-evaluate how we progress our athletes in a positive and effective strength & conditioning program. Having a safe environment for all athletes and coaches while running high quality training is our number one priority.

We feel we have a plan in place where we can successfully do this and ensure we are using best practice to keep everyone safe. This proposal was developed through recommendations from ISD 196, the MSHSL, and the NFHS. There is no doubt training sessions will look different, but every precaution will be taken into account for Super Group 2020.

### Our Standard Precautions

- Outside of Super Group, avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze.
- Wear a mask or face covering (optional for athletes).
- Clean and disinfect frequently touched objects and surfaces.
- Be mindful of others – 6 feet of physical distance, even while training.
- Athletes shower and wash clothes immediately after workouts.
- Working out in “Pods” of 10 (same athletes always together).
- Wash your hands OFTEN with soap and water or hand sanitizer for at least 20 seconds.
- Do not share water bottles or towels.
- No locker room or bathroom facilities will be available on site.

**“GO” BEFORE YOUR LEAVE FOR TRAINING!**

**YOUTH SUPER GROUP:  
SPEED, POWER, STRENGTH**

**GRADES 7 & 8  
(2020-2021)**

**\$99**

**Tuesdays & Thursdays  
11:00 AM – 12:15 PM**

**June 15 thru August 13**

Take part in an introduction to the speed, power and strength development program that our Lightning student-athletes use in and out of season.

With our Athletic Department being partnered and powered by TCO's Training Haus, our programming is going to be second to no one!

The training for this group is going to be suitable to your age and development and designed to increase your athletic ability.

With a big focus on training strength movements, mobility, and speed training, we need YOU to provide the dedication and discipline to give us your 100% all summer!

[Register through ISD 196  
Community Education!](#)

**HIGH SCHOOL SUPER GROUP:  
SPEED, POWER, STRENGTH**

**GRADES 9, 10, 11, & 12  
(2020-2021)**

**\$180**

**Monday-Tuesday-Thursday**

**Start times will vary:**

**7:15 AM – 8:30 AM**

**8:30 AM – 9:45 AM**

**9:45 AM – 11:00 AM**

*If needed, we will add:*

*11:00 AM – 12:15 PM*

**June 15 thru August 13**

For many of our athletes, getting back to training for the activities they love is a huge priority. This summer may look different than in years past, but we are going to continue to push the speed, power and strength program that many of you used in and out of season this past year.

Ninth graders will be introduced to the same program as our returning student-athletes while being taught how to move efficiently and safely within the program.

Starting in 2019, the Eastview Athletic Department partnered up with and is now powered by Twin Cities Orthopedics' Training Haus. And our programming is second to no one!

The training for this our high school group is going to be challenging yet suitable for each of our athletes and is designed to increase your athletic ability.

[Register through FeePay!](#)

We are asking that you provide your 100% DEDICATION and DISCIPLINE all summer so you are able to feel the benefits when you get back to the field, the court, the water, the ice, the course, or the slopes!

Eastview Athletics is partnered with



**SPEED**  
**POWER**  
**STRENGTH**

TRAINING HAUS

Eastview Super Group