



**SPEED**

**POWER**

**STRENGTH**

Eastview Super Group

We want you! Take part in Eastview + The Training Haus Super Group 2022!

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

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

GRADES 6, 7 & 8  
(2023)

\$100

Tuesdays & Thursdays  
11:15 AM - 12:30 PM

June 15 thru August 12

Register @ [Eastview Super Group](#)

[Register by June 12<sup>th</sup>!](#)

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!

**EASTVIEW SUPER GROUP**  
SPEED, POWER, STRENGTH

GRADES 9, 10, 11, & 12  
(2023)

\$195

Monday-Tuesday-Thursday  
Training Sessions are:  
7:00 AM - 8:30 AM  
8:30 AM - 10:00 AM  
10:00 AM - 11:30 AM(option  
available with numbers)

June 13 thru August 14

Register @ [mypaymentsplus](#)

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!

**EASTVIEW SUPER GROUP**  
SPEED, POWER, STRENGTH

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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.

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!