



# Coach Mel Anderson



## Speed & Sports Abilities Enhancement Training

Contact: Mel Anderson \* 763-227-0783

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Our goals are to develop a noticeable increase within a athletes': Explosiveness / Quickness / Running Mechanics / Athletic Coordination / Endurance / Overall Speed and training knowledge.

The training is offered to male & female 7yrs to 18yrs and the training integrates; Ply Metrics, General Strength activities, Speed & Speed Endurance, Running Mechanics, Track & Field, Competition Stretching Routines.

All Student-athletes will be Pre and Post tested, will receive a Results Report and Training T Shirt.

### To Get Started:

Mail application & \$25 application fee Payable to Melvin Anderson, 2314 Plymouth Ave N. Mpls, 55411 or deliver application to your first training day.

The \$25 fee doubles as 1 day trial training day for those who want to try training before committing.

### To Continue:

Pay current Session fee of \$170.00 / Cancellation policy – No refunds / \$20 discount per siblings Training sessions are 2 days per week and last 6 weeks / We will accept new participants up to 3rd week of the session for a prorated cost.

Training gear needed– Sweat suit, shorts, running shoes or cross trainers (no basketball shoes)

### Training Location

YWCA - 2121 E. Lake St, South Mpls

Sundays 4:00 to 5:45

Tuesday 6:30 to 8:15

Enter - Sports Center Area ( 200m Track )

### 6 Weeks Training Sessions

Session 1: November 1 To December 8

Session 2. December 13 To January 19

Session 3. January 24 To February 28

### Insurance Coverage's

Each participant will be registered under our USATF Liability Insurance Coverage. The coverage is limited And is in effect during training Sessions or training events. Additional information can be found At [www.usatfmn.org](http://www.usatfmn.org)

### Training Alumni

Name	High School	College	Sport
Damola Ogundipe	Irondale	University of Minnesota	Football
Kym Royston	Cretin Durham Hall	University of Minnesota	Football
Isaac Anderson	The Blake School	University of Wisconsin	Football
David Gilreath	Armstrong	University of Wisconsin	Football
Alex McCannel	Delano	University of Wisconsin	Track
Alexis Beecham	Delasalle	University of Wisconsin	Track
Clare Zutz	The Blake School	Middlebury College	Hockey
Isaiah Ellison	The Blake School	Drake University	Football
Willey Mobley	Eden Prairie	UCLA	Football
Kadisha Fortune	Washburn	University of Mississippi	Track
Aria Walker	Washburn	Minnesota State University	Track
Ruppert Bannerman	Roseville	Mankato State University	Track & Foot.
Rachel Lee	Washburn	University of Wisconsin-Milwaukee	Track
Tereza Gorvik	Washburn	South Carolina State	Track/Soccer
Elizabeth Gorvik	Washburn	South Carolina State	Track/Soccer
Taryn Simmons	Bloomington Kennedy	University of Louisiana-Lafayette	Track
Carmon Abrams	Osseo	Bemidji State	Football
Decarlos Love	Washburn	Drake	Football
Martell Harris	Roosevelt	San Bernidino College	Football

