



Individual Soccer Training Memberships

Soccer parents and players have a special opportunity to use the Acceleration speed and conditioning program at a discounted rate. Choose a 2 or 3 months of your choice to train with our professional speed staff. Workouts for your son or daughter can be scheduled around hectic work and practice schedules and are scheduled based on availability. All workouts will be specific to soccer speed, sprinting form, strength, power and agility.

2 month MEMBERSHIP = \$295 (normally \$550)

- Choose the 8 weeks you wish to train from November - May
- Schedule 1 to 3 sessions per week.
- Scheduling is done by FIRST COME FIRST SERVED
- Workouts alternate between over speed treadmill training and dry land soccer agility/strength
- Pre and Post testing included

3 month MEMBERSHIP = \$425 (normally \$800)

- Choose the 12 weeks you wish to train from November - May
- Schedule 1 to 3 sessions per week.
- Scheduling is done by FIRST COME FIRST SERVED
- Workouts alternate between over speed treadmill training and dry land soccer agility/strength
- Pre and Post testing included

Winter and Spring Hours: Monday – Friday: 2pm – 10pm
Weekend hours: Saturday: 9am – 1pm

Please call (651) 486-0020 OR stop by our facility to sign up and schedule.

Acceleration North
3808 Dunlap St North
Arden Hills, MN 55112
www.accelerationmn.com

Acceleration Soccer Program Registration

Athletes name: _____ Age: _____

Parent(s) name: _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Choose your program choice: _____ 8 week program (2 months) = \$295
_____ 12 week program (3 months) = \$425

Choose your months to train: November – December – January – February – March – April
_____ to _____

Online registration:

1. Go to www.accelerationmn.com
2. Click on "Athlete Registration" on top right of page
3. Choose Arden Hills and fill out athlete info page
4. Go to "Previously Discussed Program" on bottom of page
5. Enter 2 or 3 month soccer membership
6. Choose credit card type and amount to charge (\$295 or \$425)
7. I will receive these and personally charge the correct amount

Credit Card Mail Registration: Visa MC AmerEx Discover

CC# _____

Exp. Date: _____

Mail Registration: Return this page filled out with a check made out to Acceleration North for the amount above or with the credit card information to:

Acceleration North
3808 Dunlap St N
Arden Hills, MN 55112

Please call (651) 486-0020 with any questions and to schedule your appointments. We look forward to working with you.