
The mission of the Tonka Performance Program is to capture the hearts and minds of our students through a rigorous and regimented physical preparation program. Tonka Performance will provide each student with an innovative, year-round athletic development program focused on improving speed, strength, power, agility, mobility, and endurance.



**TONKA
PERFORMANCE
PROGRAM**

18313 Highway 7
Minnetonka, MN 55345



LEARN-LEAD-LOVE-LEAVE A LEGACY



**TONKA
PERFORMANCE
PROGRAM**

SUMMER 2020

**Minnetonka High School
Pagel Center Weight Room**

High School Program
June 15th – August 7th

For Students Entering Grades 9-12
(2020-2021 School Year)

(No training the week of July 6st – 10th)

Middle School Program
June 15th – July 29th

For Students Entering Grades 6, 7, 8
(2020-2021 School Year)

(No training the week of July 6th – 10th)



This program is designed for the developing, competitive athlete. The focus will be on strength training fundamentals including: powerlifting movements, plyometrics, acceleration, deceleration, speed, agility, and energy system efficiency. All activities are age/skill appropriate, professionally designed, and constructed with athletic performance and injury resilience in mind.

Our High School and Middle School programs are designed for competitive athletes. Recreational athletes will go through the same rigorous and regimented training as those who compete in athletic competition.

FEES:

High School \$125

Middle School \$100

Scholarships Available-
Contact Coach Jason Reader for more information.



Select from the following training sessions:

<p>TONKA PERFORMANCE #1</p>	<p><u>9th-12th Grade Boys</u> Monday/Wednesday/Thursday 8:00 – 10:00AM <i>*Grade in Fall of 2020</i></p>
<p>TONKA PERFORMANCE #2</p>	<p><u>9th – 12th Grade Girls</u> Monday/Wednesday/Thursday 10:30 – 11:45AM <i>*Grade in Fall of 2020</i></p>
<p>Middle School ANCHOR PROGRAM</p>	<p><u>6th, 7th, 8th Grade Girls/Boys</u> Mondays and Wednesdays</p> <p>Session #1: 12:30-1:15PM</p> <p>Session #2: 1:30-2:15PM</p> <p><i>*Grade in Fall of 2020</i></p> <p><i>Maximum of 40 athletes per session.</i></p>

Online Registration:
All registrations must be completed online.

To register:

1. Go to www.minnetonkaschools.org
2. Click on Activities
3. Go to Registration
4. Click on Catalog
5. Click Summer Strength/Conditioning
6. Select appropriate session- HS/MS

Please keep a copy of your payment receipt confirmation.

NO TRAINING THE WEEK OF JULY 6th - 10th



For More Information:

Contact Jason Reader

jason.reader@minnetonkaschools.org