

# Edina HORNETS FOOTBALL



## ***ELITE SPEED, AGILITY & EXPLOSIVENESS TRAINING!***

The *House of Speed* is an elite sports performance program founded by Don Beebe, one of the fastest players in NFL history. Our program uses sophisticated video analysis to break down an athlete's running mechanics frame by frame. This process allows us to identify and correct inefficient movement, which leads to improved speed, agility and explosiveness.

We invite Edina football players to join us for our **high intensity workouts** where you will train using specialized equipment and over 100 different drills designed to help you perform at the next level.

We will measure the player's times on several speed and agility drills each month to demonstrate performance improvements. Your times will also be entered into our unique MySpeed online program, which allows you to compare your performance to thousands of athletes all over the country. For more information, go to [houseofspeed.com](http://houseofspeed.com)

**Price:** 24 sessions for only \$240 (less than \$7/hr!). Take advantage of special new franchise pricing! Open to players in 9<sup>th</sup> to 12<sup>th</sup> grade (maximum of 30 players). Our program starts on January 4 and runs until April 30, you choose the class times that work with your schedule.

### **Class times:**

| <b>Days</b> | <b>Times</b>      | <b>Location</b>   |
|-------------|-------------------|---|
| Sunday      | 6:00 to 7:30 pm   | Bloomington Jefferson Activity Center<br>(France Avenue and 102 <sup>nd</sup> St) |
| Monday      | 6:00 to 7:30 pm   | St Peters School in Edina<br>(France Avenue and 54 <sup>th</sup> St)              |
| Wednesday   | 7:30 to 9:00 pm   | Bloomington Jefferson Activity Center   |
| Saturday    | 11:00 to 12:30 pm | St Peters School in Edina   |

**Register Today!** Contact Craig Gudorf (House of Speed Owner and Edina Football Association coach) at 952 236-7112 or [craig.gudorf@houseofspeed.com](mailto:craig.gudorf@houseofspeed.com).