



Tonka United Performance Strength Training Program



Tonka United is thrilled to partner with Full Strength to offer a program to our members who are looking for an opportunity to increase athletic performance (or improve soccer strength and conditioning). This program is designed, in collaboration with Brian Jungwirth (Director of fitness and performance for Tonka United) and Jayme Pantekoek (Full Strength Owner), for U13-U18 players looking to improve their athletic impact in training and games as well as overall fitness level.

Who is the Program For? This program is designed to help all Tonka United players U13 and older (2001-2007 birth years) who want to improve their overall strength and athleticism. Things such as a stronger shot, increase in speed/quickness, vertical, and ability to handle bigger physical player are things that this quality strength program can help accomplish.

Benefits of Performance Program participation may include but are not limited to:

- Reduced likelihood and severity of injury
- Improved body composition, mobility, coordination, strength, balance, and endurance
- Increase in social confidence and mental toughness
- Nutritional guidance for athletes and overall wellness
- Professional, safe, and proper teachings of technique and execution of important strength training activities beneficial for all sports

Details of program

- Every Tuesday and Thursday
 - High Schoolers 4:00-5:00 pm
 - Middle Schoolers 5:00-6:00 pm
- November 12 - March 26 (no sessions 11/28, 12/24, 12/26, 12/31, 1/2 due to Thanksgiving & Winter Break)
- 35 Sessions overall for \$350. Sessions will run approximately 60 minutes and include warm-up, guided workout, and cool down.
- All sessions will take place at Full Strength Minnetonka 3430 County Rd 101 Minnetonka, MN 55391
- Questions can be sent to Brian Jungwirth.... bjungwirth@tonkaunited.org

Link to register: [Soccer Performance Strength Program](#)

Link to more info about program: <https://youtu.be/vZAXtMkVmTA>

**This program is designed to complement the weekly professional 30 minute injury prevention focused session in the Tonka Dome for our Academy/Premier Teams*

