



SATURDAY, APRIL 16TH, 2011 // 10AM - 1PM

HMONG ATHLETES SPORTS COMBINE

A COMBINE CONSIST OF PHYSICAL WORKOUTS FOR ATHLETES. PARTICIPANTS ARE TIMED, TESTED, AND MEASURED FOR EACH WORKOUT. THESE STATISTICS ARE UTILIZED FOR VIEWING PURPOSES SO ATHLETES AROUND THE NATION CAN COMPARE INDIVIDUAL WORKOUT STATISTICS.

WORKOUTS



40-YARD DASH



BROAD JUMP



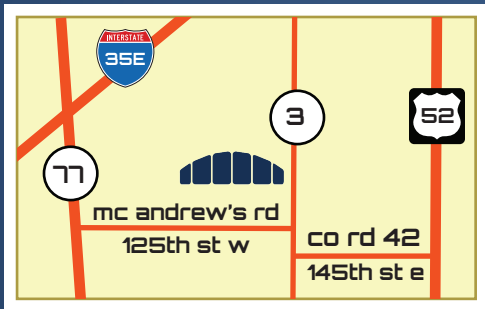
VERTICAL JUMP



3-CONE DRILL



SHUTTLE RUN



IRISH SPORTS DOME
13901 S. ROBERT TRAIL
ROSEMOUNT, MN 55068

Placement Medals Given to Top MALE / FEMALE Athletes

* ALL ETHNICITIES ARE WELCOMED, BUT RESERVING MEDALS FOR ASIAN PARTICIPANTS

Former Minnesota Viking Chris Rogers
and Elite Athletics Will Be Conducting
Combine Athletic Workouts

EACH PARTICIPANT RECEIVES 2 RUNS OF EACH WORKOUT

\$25 registration fee

\$15 for pre-registered participants

HOW TO PRE-REGISTER (deadline 04.15.11)

GO TO:

[HTTP://WWW.HMONGATHLETES.COM/2011SPORTSCOMBINE](http://www.hmongathletes.com/2011sportscombine)

WHY?

AFTER THE EVENT, WE WILL POST YOUR STATISTICS PUBLICLY ON OUR WEBSITE ONTO YOUR PROFILE. VISITORS ARE ABLE TO FILTER THESE RESULTS BY GENDER, SPORT, POSITION, AGE, ETC. FOR PUBLIC VIEWING.

IF YOU HAVE QUESTIONS, FEEL FREE TO CONTACT US

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