

Want to improve your game? GET UP!!!

Introducing the newest training program from TRIANGLE...



A vertical jump training program designed for the elite volleyball athlete. *Jump* uses specialized equipment and proven methods for increasing vertical leap and burst speed.

During December *Jump* will be piloted on a limited, first-come, first-served basis.

Who can participate in *Jump*?

Triangle student-athletes (14 & up) with a solid base of core strength and fitness

What does *Jump* cost?

\$6/session payable on a monthly basis
December Jump-\$36/student-athlete

Who teaches *Jump* training?

Fully supervised curriculum by
Coach Greg Moss, PACT Coordinator

When is *Jump* training?

15 minute training session, twice per week
M & W **OR** T & Th; 615; 630; 815; 830 PM

What do I get from *Jump*?

Supervised strength training designed to increase vertical with measurable results
Increased first-step quickness and jumping ability
Mental toughness training and a competitive edge
Reduced injury potential

To apply contact caram@trianglevolleyball.org