ACCELERATION NORTH
SPORTS TRAINING CENTER
3808 Dunlap Street North
Arden Hills, MN 55112-6933

# Summer Basketball Training: Speed, Power, Quickness

## 8 Consecutive Weeks
## Up to 3 workouts per week

Acceleration North had 170 basketball players of all ages complete our off season speed and vertical jump program last summer and fall. Our program guarantees results in vertical leap, speed, power, and quickness so sign up today and receive a discount on the program. All athletes will be pre and post tested to track improvements.

**Training Sessions:**

Each member will receive a maximum of 3 workouts per week for 8 consecutive weeks (Up to 24 workouts)

Dates: Valid any 8 consecutive weeks between May – October

Times: Make appointments on the hour,
Spring Hours: M-F 2pm-10pm, Sat. 9am-1pm
Sumer Hours: M-F 9am-9pm, Sat. 9am-2pm

**Workouts focus on:**

- Incline sprinting & mechanics
- Backpedaling/shuffling mechanics
- Vertimax and PLYO-PRESS training
- Age appropriate ground based training
- Strength, power and core training

**Average Increases:**

- Vertical Jump: 2.3 inches
- Broad Jump (measure of power): 5.4 inches
- 193% Increase in fatigue run (conditioning)
- 253% Increase in sprinting power

## Register and pay by May 1st, 2011 to receive discounts

**3rd-8th Graders Discount: $250 • High School Players Discount: $295**

## After MAY 1st, 2011 $295 for 3rd–8th graders & $325 for High School

***First come first served, register now!***

Athlete using our patented Plyo Press jumping machine

Please stop by to visit our facility.
If you have questions, call our staff at (651) 486-0020
New online scheduling now available at: **accelerationmn.com**
Contact us at: accelerationnorth@comcast.net