



# Summer Basketball Training

Improve Speed, Power, Quickness, Vertical



8 Consecutive Weeks

Up to 3 Workouts per week

## Workouts focus on:

- Sprinting Mechanics
- Backpedaling Mechanics (as athlete progresses)
- Shuffling Mechanics
- Basketball-specific plyometrics and agility training
- Strength
- Vertical Jump Improvement
- Core

## Average Increases:

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

**\$250**  
When you register and pay by APRIL 1st, 2010!

\$295 after April 1st, 2010

Acceleration North wants to offer all aspiring athletes an opportunity to use the proven Acceleration program and facility at an affordable cost throughout the summer!

Dates: Valid any 8 consecutive weeks between May through October

Training Sessions: Each athlete will receive a maximum of 3 workouts per week for 8 consecutive weeks (Up to 24 workouts)

Times: Appointments are on the hour  
9am-9pm Monday-Friday  
9am-2pm Saturday

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

Please stop by to visit our facility.  
If you have questions, call our staff at  
(651) 486-0020

More information at: [www.accelerationmn.com](http://www.accelerationmn.com)  
Contact us at: [accelerationnorth@comcast.net](mailto:accelerationnorth@comcast.net)

