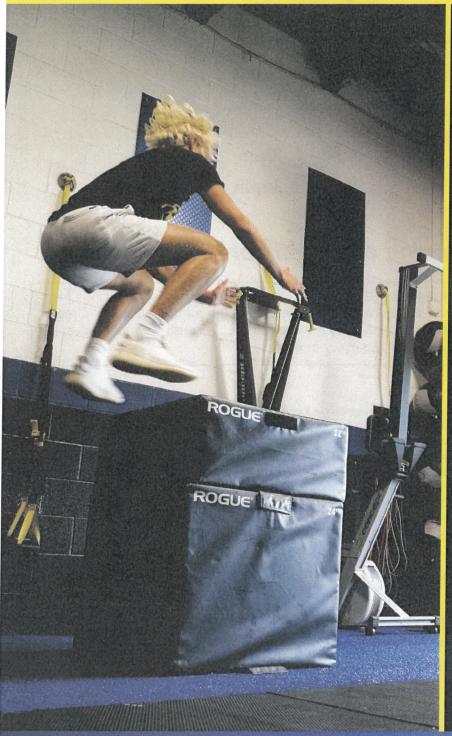
PREPARE TO LAUNCH VERTICAL JUMP BASKETBALL CLINIC

WITH COACH MICHAEL



LEARN 3 KEY COMPONENTS TO A POWERFUL VERTICAL JUMP:

PREPARATION

As an athlete prepares to jump, they need to keep their head up, chest up and keep a strong core. This will ensure an efficient, explosive jump each time.

LIFT OFF

Proper utilization of an athlete's arms just before lift off can be as much as 25% of their vertical jump. With an emphasis on a quick back arm movement, this will help drop your hips to load your power and improve each jump.

SAFE LANDING

Decleration using the glutes and hamstrings is an important part of landing and injury prevention. As you how to propel and soar to new heights, it is critical to also learn how to safely return to earth under control.

DATES: April 1- April 29th

TIMES: Tuesdays

4:30-5:30 or 5:30-6:30

AGES: 10+ Years Old

PRICES: \$175

PRIVATE TRAINING ALSO AVAILABLE

Contact Coach Candace Bunnell 908.782.4009, Ext. 234 • bunnell@hqfit.com



310 Rt 31 North Flemington, NJ 08822

Prepare to Launch Vertical Clinic

Participant's Name: _			Date	Date of Birth:		
Address:	City			State	Zip	
Home Phone #:	Email Address:					
Emergency Contact: _			Cell Phone #:	Phone #:		
	Start	ing April 1 st -	- April 29 th , 20	25		
	Ages 10 a	nd up \$	175 per Class	Drop In		
		Select	Day			
	☐ Tues	sday	4:30 - 5:30pm			
	☐ Tues	sday	5:30 - 6:30	pm		
	Privat	e <i>Training</i>	also availa	able		
RELEASE STATEME the parent/guardian of the regise central Jersey, LLC., its affiliated or HealthQuest of Central Jersen demnify HealthQuest of Central ssociated personnel, including the result of the registrant's actions assurance secured independently or emergency medical care. It is the remaining the remai	made NT: trant, a minor, or an a organization and spreading the Jersey, LLC., its offine owners of the fields. I affirm that the reg. As parent/guardian pereby authorize constant.	adult registrant of legal a consors. Recognizing the registrant for its leagueers, coaches, managers and facilities utilized for istrant is in sound physic or the registrant, I herel sent for emergency medical adults and the registrant, I herel sent for emergency medical adults and the registrant is in sound physic or the registrant, I herel sent for emergency medical adults and the registrant is in sound physic or the registrant, I herel sent for emergency medical adults and the registrant is in sound physical adults and the registrant is a sent for emergency medical adults and the regist	ge, agree that the registre possibility of physical in the programs and activities, referees, its affiliated or the league program, agoal and healthy condition by give my permission for dical care prescribed by	rant and I will abide jury associated with ses, I hereby release organizations and spainst any claim by o and that the athlete r the participant of the duly licensed Do	by the rules of a leagues and a consors, their on behalf of the covered by the program to ctor of Medici	f HealthQuest of in consideration and/or otherwise employees, and the registrant as a health/accident o be transported
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