

MAXIMIZING INTENT

Improving the vertical jump and what you can do to crush college competition.



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UPPER DECK
Fitness



**NORTHEAST
VOLLEYBALL CLUB**

Thursday, January 24th
Northeast Volleyball Club

4 pm - 5:30 pm

\$30 per athlete

Recruiting season is right around the corner and coaches need performance numbers in order to effectively make a decision on an athlete with the highest potential for success.

Coach Carl Battinelli of Upper Deck Fitness is bringing a specialized workshop to test, teach and transfer all the necessary information to maximize your vertical jump tests.

This is your opportunity to “hack” the vert!

You will be tested and provided video feedback on the following:

Standing Reach
Approach Jump
Vertical Jump
Block Jump

As an added bonus, Coach Carl will be providing all in attendance a simplified vertical training program geared towards boosting your testing numbers and taking your game to the next level.



Contact Lisa Randby at lisa@upperdeckfitness.com to secure your enrollment