MAXIMIZING INTENT

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





Thursday, January 24th Northeast Volleyball Club 4 pm - 5:30 pm \$30 per athlete

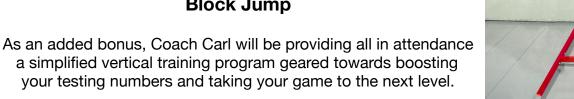
Recruiting season is right around the corner and coaches need performance numbers in order to effectively make a decision on an athlete with the highest potential for success.

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





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