

2024 Vertical Jump Summer Camps

Middle School and High School Athletes.

June 2024: Monday June 3, 2024 – Thursday June 27, 2024

July 2024: Monday July 8, 2024 – Thursday August 2, 2024

Take your game to new heights with The Athlete's Playground specialized Vertical Jump Camp. Designed to enhance your vertical jump and overall athleticism, this camp offers a unique blend of explosive jump training, strength training, skill development, and injury prevention techniques.

- **Boost Your Performance:** Learn proven techniques to increase your vertical jump, enabling you to out-jump the competition and excel in your sport.
- **Enhance Your Agility:** Develop agility, coordination, and explosiveness, essential for maneuvering swiftly on the court or field.
- **Build Strength:** Strengthen key muscles involved in jumping, improving overall athleticism, and reducing the risk of injuries.
- **Injury Prevention:** Our expert coaches will teach proper landing mechanics, balance exercises, and injury prevention strategies to keep you safe while maximizing your vertical leap.

Why Vertical Jump Training Matters:

- **Injury Prevention:** Proper jump training not only enhances performance but also reduces the risk of common lower-body injuries, such as ACL tears and ankle sprains.
- **Competitive Edge:** A higher vertical jump translates to increased agility, speed, and power, giving you a competitive edge over opponents.
- **Confidence Boost:** Mastering the art of jumping instills confidence, empowering you to take on challenges and achieve success both on and off the field.
- **Don't miss out on this opportunity this summer to reach new heights in your athletic journey! Join us at our Youth Vertical Jump Camp and unleash your potential. Register now to secure your spot and embark on the path to becoming a high-flying athlete!**

Details about Sports Performance Camps

- You can register for the 4-week June 2024 camp, the 4-week July 20214 camp or 8 weeks to attend both the June 2024 and July 2024 camps.
- Each participant will be individually tested and tracked throughout the program
 - Initial Assessment, Mid Assessment, and Exit Assessment
- Training camps will meet 2x each week for 4 weeks or 8 weeks
- Each training session is 1 hour in length (Total training for camps 8-16 hours of training, movement drills, and explosive strength training.
- All training for each of the three groups if age appropriate. Intensity and accountability increase as the age level increases.
- 1-Hour training sessions will focus on the following:
 - Strengthen and stabilize feet and ankles to enhance power and force generation.
 - Master proper body positioning for optimal jumping mechanics.
 - Learn to efficiently accelerate during takeoff and safely decelerate upon landing.
 - Target and strengthen muscle groups critical for vertical jump performance.
 - Build lean muscle through sport-specific weight training.
 - Harness newfound muscle strength into explosive power and speed.
 - Reduce non-contact injury risks with targeted pre- and post-workout conditioning.
 - Mitigate injury risks with our comprehensive injury prevention techniques, exercises, drills, and flexibility methods.

June and July 2024 Training Days and Times

- **Camp 1:** Mondays and Wednesdays – 6:00 PM – 7:00 PM
- **Camp 2:** Tuesdays and Thursdays – 5:00 PM – 6:00 PM

Price:

- **June 2024:** \$249.99 + Tax
- **July 2024:** \$249.99 + Tax
- **June and July 2024:** \$450.00 + Tax

Camp Training Days and Dates

June 2024: Monday and Wednesdays

Week	Day 1	Date	Day 2	Date
Week 1	Monday	June 3, 2024	Wednesday	June 5, 2024
Week 2	Monday	June 10, 2024	Wednesday	June 12, 2024
Week 3	Monday	June 17, 2024	Wednesday	June 19, 2024
Week 4	Monday	June 24, 2024	Wednesday	June 26, 2024

June 2024: Tuesdays and Thursdays

Week	Day 1	Date	Day 2	Date
Week 1	Tuesday	June 6, 2024	Thursday	June 6, 2024
Week 2	Tuesday	June 11, 2024	Thursday	June 13, 2024
Week 3	Tuesday	June 18, 2024	Thursday	June 20, 2024
Week 4	Tuesday	June 25, 2024	Thursday	June 27, 2024

July 2024: Monday and Wednesdays

Week	Day 1	Date	Day 2	Date
Week 1	Monday	July 8, 2024	Wednesday	July 10, 2024
Week 2	Monday	July 15, 2024	Wednesday	July 17, 2024
Week 3	Monday	July 22, 2024	Wednesday	July 24, 2024
Week 4	Monday	July 29, 2024	Wednesday	July 31, 2024

July 2024: Tuesdays and Thursdays

Week	Day 1	Date	Day 2	Date
Week 1	Tuesday	July 9, 2024	Thursday	July 11, 2024

Week 2	Tuesday	July 16, 2024	Thursday	July 18, 2024
Week 3	Tuesday	July 23, 2024	Thursday	July 25, 2024
Week 4	Tuesday	July 30, 2024	Thursday	August 1, 2024

FAQ

1. If we pay for June 2024 and miss sessions, can we make those sessions up in the July 2024 camp?

- a. No. The only way missed sessions can be made up is in our weekly sports performance classes Monday – Thursday. Please refer to class schedule for days and times.

2. Is there any discount for siblings who are doing the camp together?

- a. No sibling discounts

3. What if my child or teen does not like the camp? Can I get a refund?

- a. No, we do not give out refunds if your child or teen does not like the camp. However, you do have the following options:
 - i. The remaining balance can be applied to a monthly membership
 - ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference.

4. What if my child gets hurt or injured outside of TAP and cannot attend the camp anymore, can I get a refund?

- a. No, we do not give out refunds if your child or teen gets hurt or injured outside of the camp. However, you do have the following options:
 - i. The remaining balance can be applied to a monthly membership
 - ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference.