

# Summer 2022 Vertical Jump Camps

JUNE 2022 CAMP: **Monday June 6, 2022 – Thursday June 30, 2022**

JULY 2022 CAMP: **Monday July 11, 2022 – Thursday August 4, 2022**

**Ages 13-18**

The Athlete's Playground Vertical Jump Camps will help athletes increase their vertical jumping ability through proper strength and power developing exercises, workouts, and drills.

## VERTICAL JUMP CAMP TRAINING DETAILS

- Learn and develop proper body position when loading and unloading to jump.
- Learn how to accelerate your body when jumping and decelerate your body when landing.
- Strengthen, recruit, and effectively recover the muscle groups that will increase your vertical jumping power and performance.
- Develop lean muscle efficiently and effectively with proper weight training that is functional and relative to the sport(s) you play.
- Convert newly developed muscle into explosiveness, power, and speed.
- Decrease the chances of non-contact injuries through proper pre- and post-workout conditioning.
- Decrease the chances of non-contact injuries through our injury preventative techniques, exercises, drills, and flexibility methods.

### PRICING

**\$200.00 | 1-Month Camp (*June OR July*)**

**\$375.00 | 2-Month Camp (*June AND July*)**

*1-Month Membership Included while participating in camp*

## INITIAL AND EXIT ASSESSMENTS

An Initial Assessment will be conducted at the beginning of the program on every participant to build a baseline and track progress throughout the duration of the vertical jump program.

The initial assessment will help coaches individualize the program for each participant.

An exit assessment will be conducted at the end of the program to give effective feedback and to show how efficiently you developed throughout the program from beginning to end.

## VERTICAL JUMP CAMP PROGRAM DETAILS

- Each Camp is 4-Weeks in length and participants will meet 2x each week on either Mondays and Wednesdays or Tuesdays and Thursdays.
- There will be a total of 8 training sessions over the course of the program
- Each training session is 75 minutes in length for a total of 10 hours of elite vertical jump training throughout the duration of the 4-week camp.
- Training sessions are progressive and will build off each other from one training session to the next.
- To efficiently increase development and individualize the program for each athlete participating, each Vertical Jump Camp will allow a maximum of 12 participants.

Training groups will have two (2) 75-minute sessions each week for 4-8 weeks totaling 8-16 sessions and 10-20 hours of training.

If you have any questions or concerns, please call us (505) 321-5797

# TRAINING SCHEDULES

## JUNE and JULY TRAINING DAYS and TIMES

- **Mondays** | **Wednesdays** 4:30 PM – 5:45 PM
- **Tuesdays** | **Thursdays** 4:30 PM – 5:45 PM

## TRAINING DAYS with DATES

### MONDAYS | WEDNESDAYS

JUNE

WEEK	MONDAY	WEDNESDAY
#1	Monday June 6, 2022	Wednesday June 8, 2022
#2	Monday June 13, 2022	Wednesday June 15, 2022
#3	Monday June 20, 2022	Wednesday June 22, 2022
#4	Monday June 27, 2022	Wednesday June 29, 2022

### TUESDAYS | THURSDAYS

JUNE

WEEK	TUESDAY	THURSDAY
#1	Tuesday June 7, 2022	Thursday June 9, 2022
#2	Tuesday June 14, 2022	Thursday June 16, 2022
#3	Tuesday June 21, 2022	Thursday June 23, 2022
#4	Tuesday June 28, 2022	Thursday June 30, 2022

### MONDAYS | WEDNESDAYS

JULY

WEEK	MONDAY	WEDNESDAY
#1	Monday July 11, 2022	Wednesday July 13, 2022
#2	Monday July 18, 2022	Wednesday July 20, 2022
#3	Monday July 25, 2022	Wednesday July 27, 2022
#4	Monday August 1, 2022	Wednesday August 3, 2022

### TUESDAYS | THURSDAYS

JULY

WEEK	TUESDAY	THURSDAY
#1	Tuesday July 12, 2022	Thursday June 14, 2022
#2	Tuesday July 19, 2022	Thursday July 21, 2022
#3	Tuesday July 26, 2022	Thursday July 28, 2022
#4	Tuesday August 2, 2022	Thursday August 4, 2022