

Summer Basketball Training

at Acceleration North Sports Training Center

As our participation begins to grow, so do our improvements!

- Average increase in vertical jump: **2.3 inches**
- Average increase in broad jump (measure of power): **5.4 inches**
- **193%** average increase in fatigue run (measure of conditioning)
- **265%** average increase in incline sprinting power

Join our 2 month program! Up to 3 workouts per week for 8 consecutive weeks. (24 workouts)

Acceleration North wants to offer all aspiring athletes an opportunity to use the proven Acceleration program and facility at an affordable cost throughout the summer!

Training Sessions:

Each member will receive a maximum of 3 workouts per week for 8 weeks (24 workouts)

Workouts will focus on sprinting, back pedaling, and shuffling mechanics on our super treadmills as well as basketball-specific plyometrics and agility training.

Dates: Valid any 2 consecutive months between May and October

Times: Appointments are on the hour

8am-8pm Monday-Friday

9am-3pm Saturday

*****First come first served, register now!*****

Please stop by to visit our facility.
If you have questions, call our staff at
(651) 486-0020

More information at: www.accelerationmn.com
Contact us at: accelerationnorth@comcast.net



Only \$295
If you register by April 1st.

