



# Summer Basketball Training

Speed, Power, Quickness



8 Consecutive Weeks  
Up to 3 Workouts per week

## Workouts focus on:

- Sprinting Mechanics
- Backpedaling Mechanics (as athlete progresses)
- Shuffling Mechanics
- Basketball-specific plyometrics and agility training
- Strength
- Power
- Core

## Average Increases:

- Vertical Jump: 2.3 inches
- Broad Jump (measure of power): 5.4 inches
- 193% Increase in fatigue run (conditioning)
- 253% Increase in sprinting power

**\$250**  
When you register and pay by MAY 1st, 2010!

\$295 after MAY 1st, 2010

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 consecutive weeks (24 workouts)

Dates: Valid any 8 consecutive weeks between May through October

Times: Appointments are on the hour

9am-9pm Monday-Friday

9am-2pm 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](http://www.accelerationmn.com)  
Contact us at: [accelerationnorth@comcast.net](mailto:accelerationnorth@comcast.net)