

West Forsyth Volleyball

Vertical Jump Training

PARENTS AND PLAYERS

On January 14th, 2014 we will be starting a new vertical jump training program at West Forsyth. This training if attended regularly will help to increase each player's vertical jump 5 to 10 inches. We started a program before the break that ran 6 weeks and had several players increase their vertical jump 2 to 4 inches already. The new program will run in cycles of 12 weeks. It will be important for each player to follow the off day workouts on their own. The off day workouts will not take long or take much effort but are an important part of the training along with the post workout snacks. Each player should bring a post workout snack with protein. Ex. Protein bar or shake or granola bar. It is important to get protein into the body as soon as possible after a workout.

Each player will need a jump rope. The training will begin at 3:45pm and go until 5:00pm. Training days will be every Tuesday and Friday until May. We will be off on Spring break.

Starting Date:

January 14th

Days:

Tuesday's and Friday's

Time:

3:45pm to 5:00pm

Location:

Weight room