



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • 510-428-3558 • www.childrenshospitaloakland.org

Jump Training Program: 3-Part Series

Get The Training Secrets That Will Help You

Improve Your Vertical:

LESS BENCH, MORE PLAY!!!

Attend One, Two, or all Three Parts!

You Will Learn.....

- The fundamentals of sport movement from the ground up.
- Optimal jumping & landing techniques to improve Sports Performance and decrease risk of injuries

Part I: Free Community Lecture: Jump for Success

Location: Children's Hospital, Oakland

Monday, February 22, 2010 7:00-8:00 pm

Part II: Jumping Assessment: Jumper's Clinic

Location: Children's Hospital, Oakland: Sports Medicine Center

Saturday, March 06, 2010 9:00 am – 12:00 pm (One-hour time slots)

Cost for Clinic: \$50

Part III: 6-Week Jump Training Program

March 15- April 21, 2010 Monday & Wednesday 7:00-8:00 pm

Program consists of:

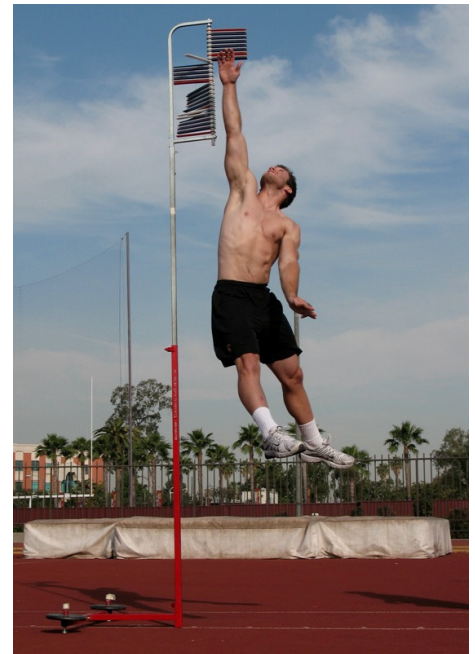
- Dynamic Warm-Up
- Plyometric training
- Core stability
- Movement mechanics
- Power & Performance
- Dynamic balance

Cost for class: \$299 (\$50 off if attended Part II)

RSVP: Sports Medicine Center, 510-428-3558, option 3

Please call to reserve your spot. Space is limited! Teams welcome.

Wear appropriate attire for training purposes. Bring water.



Upcoming Lectures:
March 22, 2010 –
Softball: Injury Prevention of
the Upper Extremity

More details about our Sports Medicine Center for Young Athletes can be found at
www.childrenshospitaloakland.org or call the Sports Medicine Center at 510-428-3558