



**VertiMax Jump Training**  
**Boys/Girls**  
**Ages 12U to 17U**  
**Tuesday & Thursday**  
**10 Sessions**



Help your player stand out from the crowd by sending him or her to our intensive VertiMax Jump Training with Rob Crandall Jr., the Head trainer for FLASH Basketball training.

I would like to introduce you to VertiMax, the nation's leading system for developing explosive leg power to maximize athletic speed and vertical jump performance. The VertiMax system is now used by 35% of NBA teams and 19 of the top 25 ranked Division 1 collegiate basketball programs. Hundreds of basketball programs at all levels have implemented VertiMax within the last year which has consistently and dramatically improved vertical jump performance and overall team quickness. One simple exercise 2-3 times a week will replace all your plyometric exercises and allow you to place a much more explosive and competitive team on the court.

**NBA Players Training On VertiMax & NBA Teams Using VertiMax**

		<b>NBA TEAMS USING VERTIMAX</b>	
<i>Danny Granger NBA (Pacers)</i>	<i>Brian Skinner - ESPN NBA (Clippers)</i>	<i>Atlanta Hawks</i>	<i>Golden State Warriors</i>
		<i>Boston Celtics</i>	<i>Houston Rockets</i>
		<i>Cleveland Cavaliers</i>	<i>Miami Heat</i>
		<i>Dallas Mavericks</i>	<i>Philadelphia 76ers</i>
		<i>Denver Nuggets</i>	<i>Seattle SuperSonics</i>
		<i>Los Angeles Clippers</i>	

**[www.vertimax.com](http://www.vertimax.com)**

**Facility:** Basketball City-16400 Eastland Dr, Roseville, MI 48066  
**Time:** Tuesday & Thursdays- 6:00pm to 9:00pm(1-hour block)  
**Cost:** 10 Sessions-\$240 per player  
**Register Contact:** Steve Benard-(313)580-0351/ [steve@mwabasketball.com](mailto:steve@mwabasketball.com)  
**Trainer:** Rob Crandall Jr. (313) 820-8242/ [rob@mwabasketball.com](mailto:rob@mwabasketball.com)

Each player will be Pre & Post tested for speed, agility and vertical

**[www.mwabasketball.com](http://www.mwabasketball.com)**

Player Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell Phone \_\_\_\_\_ Age: \_\_\_\_\_ B \_\_\_\_\_ G \_\_\_\_\_

Email: \_\_\_\_\_ Session: \_\_\_\_\_

Please make all checks payable to: Midwest Athletics  
 Credit Card payments accepted: Visa/MC Account #: \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Please send this form and a roster along with your payment to: Midwest Athletics: 16400 Eastland Dr., Roseville, MI 48066