

To register, complete registration below, and mail with full payment to: *In The Zone VLET, 6870 Chrisphalt Drive Bath, PA 18014*

Name \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

E-mail \_\_\_\_\_

Age on Sep 1 \_\_\_\_ Grade in Sep '09 \_\_\_\_

Sports: \_\_\_\_\_

Class # \_\_\_\_\_ 8 or 12 Lessons

*Consent and Waiver:*

I certify that my son/daughter \_\_\_\_\_ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation in the In The Zone Vertical Leap and Explosion Training.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the program from any and all liability for any injury my child might incur while participating in the program.

\_\_\_\_\_  
Signature of Parent/Guardian      Date

### **Tournaments 2009**

- ❖ End of School, Jun 19-21
- ❖ Mid Summer Blast, July 17-19
- ❖ End of Summer Run Aug 7-9
- ❖ Thanksgiving Tune-up Nov 27-29
- ❖ Holiday Hoopla Dec 26-30

### **3 on 3 Tournaments**

Jun 28, July 26, Aug 30,  
Sep 20, Oct 10, Nov 14

### **Basketball Camps 2009**

#### **Perimeter Player Camp; June 22-26, 2009**

For guards and small forwards: over 50 offensive moves and more than 60 ball handling drills. Also passing, shooting, reading defenses, scoring off screens and much more.

#### **Big Man Camp; July 6-10, 2009**

For Power Forwards and Centers: Over 35 offensive moves and over 20 reads. How to play in the paint, offensive moves, drop steps, Shaq spins, rebounding, passing from post, posting up, sweeps, drop steps.....

\*\*\*\*\* **NEW** \*\*\*\*\*

#### **Shooting Camp; July 27-31, 2009**

Build or refine your shot from the ground up and then practice, practice, practice. Shoot off dribble, off pass, step backs, 1-2, hops etc. Plus practice guidelines. Goal 5000 shots in 5 days.

\*\*\*\*\* **NEW** \*\*\*\*\*

#### **Youth Fun and Fundamentals Camp**

Playing games, learning basketball and having fun!! Dribble tag, shark and minnows, red light/green light, keep away—all while learning the game. *July 13-17, 2009*

#### **Scrimmage Camp; August 3-7, 2009**

Camp weaves instruction and games. Individual moves then 1 on 1, pick and roll then 2 on 2, etc., builds up to 5 on 5

# *Vertical Leap and Explosion Training*

*Featuring*

## **VertiMax™**

# *In the Zone*



6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

In the Zone is proud to offer **Vertical Leap and Explosion Training**, featuring our newly acquired **VertiMax™** training platform.

**Primary program focus:**

**Increase the athlete's vertical leap and improve explosion, including first step quickness.**

This is a complex training program incorporating low-load velocity-specific training (Vertimax™), plyometrics, functional training (medicine ball drills, tire flips) core muscle building and resistance band work. VLET is an intense program; students need to be in good shape.

***The goal of this program is to increase vertical leap by 2 inches in just 4 weeks!!***

***Get Faster: On average, a 2 ½ inch increase in vertical leap will equate to shaving 0.1 seconds from a 40 yard dash time.***



**Phase I and Phase II Training**

Phase I training is the initial 4-week program. Phase II is a more intense, follow-up program and can only be done upon successful completion of Phase I training. Phase I and II classes are held at the same time; the main difference is

that Phase II incorporates more reps, more sets, increased use of Jump Soles and more/higher resistance (weighted vests/ankle weights).

**Next Classes:**

***SESSION 9-09***

Mon, Aug 31-Mon, Sep 28

*(No Class Labor Day, Sept 7)*

***SESSION #10-09***

Mon, Oct 5-Fri, Oct 30

***SESSION #11-09***

Mon, Nov 2- Fri, Nov 27

**Classes held: Mon, Wed & Fri**  
7:00-8:00 pm

Each training session is 4 weeks long and consists of two or three 60 minute classes each week for a total of 8 or 12 classes each session.

**Cost: \$105.00** for 8 one-hour classes each session

(attend 2 of 3 each week)

--or--

**\$130.00** for 12 one-hour classes each session

(attend all 3 classes each week)

*Individual Vertimax training sessions available: \$25 for 20 minutes (by appointment only). Bundles of five 20 minute workouts for \$100.*

**Primary Instructor:**  
**Steve Turpening**

*Certified Personal Trainer and Certified Speed, Agility and Quickness Trainer  
Certified by NESTA (National Endurance Sports Training Association)*

**Look who's using VertiMax™**

- ❖ 13 NFL teams including five of the last six Super Bowl champions
- ❖ 12 NBA Teams
- ❖ 21 out of last years top 25 ranked Division 1 football programs
- ❖ 3 out of 4 of this year's Division 1 Final Four basketball teams

*"The Vertimax training device is an integral part of our strength and conditioning program at the University of Florida. We believe that this training device incorporated into our program has helped our team make improvements in our explosiveness and power." Urban Meyer, Head Football Coach, University of Florida*

*"Our team has seen and felt the benefits of working with VertiMax...My players and staff are sold on VertiMax." Rick Pitno, Head Basketball Coach, University of Louisville Men's Basketball*

*"In the last three years Vertimax™ has helped 21 of my clients become first round draft picks" Tom Shaw, Speed Inc, Speed Coach New England Patriots*

**VertiMax is the most effective Low Load High Speed Training System ever designed!!**

Information from Vertimax™ promotional material

