

Volleyball Vertical Jump Program



NOTE: Participants DO NOT have to be a member of the Summa Wellness Institute

**“I would rather have the athletes train properly and do preventive exercises than have to perform ACL surgeries on so many of our athletes. I hate to see young athletes sustain such a serious injury and miss so much of their athletic career. Some of these patients never return to their previous level.” – Dr. Joe Blanda – Orthopaedic Surgeon
– Summa Health System Ron Hayes, after the completion of the program**

Goal: To improve athletic performance (vertical jump, agility, quickness) while reducing the likelihood of knee injuries sustained by athletes.

Benefits:

- Assess areas of weakness, poor flexibility and address them through specific exercises
- Pre and post assessments
- improved movement patterns allowing for more efficient movement resulting in improved vertical jump, as well as quickness, agility and power specific to volleyball
- injury prevention as a result of improved movement patterns
- evidence based
- small group sessions to allow for more individualized attention
- stresses quality of movement vs. quantity

The program:

- 2x/wk x 6 weeks
- Pre and post testing
- Technique training
- Plyometrics, strengthening, flexibility, balance
- Sessions last 30-45 minutes

NOTE: athletes can stay for some additional agility work for an additional cost

Cost: \$65 per person for Plyometric program

Where: Summa Wellness Institute

When: various times throughout the school year

Summa Wellness Institute
5625 Hudson Dr., Hudson
(330) 342-4400

Pre-Registration Required:

Summa Wellness Institute at (330) 342-4400

Mail in: Summa Wellness Institute
5625 Hudson Dr.
Hudson, OH 44236

Checks Payable to:

Summa Wellness Institute

**For additional information regarding Sports Health Programs:
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www.summahealth.org/sportshealth