

MEAASURE YOUR VERTICAL AT THE BEGINNING OF THE SEASON &

REMEASURE
EACH MONTH!

8¢
EPS

STRENGTH IS SUPER.
FLEXIBILITY TRAINING, MORE SUPER!

STRETCH!

INCREASE YOUR FLEXIBILITY
INCREASE YOUR VERTICAL!

**NOISE
FOR THE
BOYS!**

COMPLIMENTS OF:

Frisco MO

BADGER
REGION VOLLEYBALL

Nº
FRISCO MO
Comics

THREE

TALK TO YOUR COACH ABOUT THESE
IDEAS TO HELP INCREASE YOUR VERTICAL...

PLYOMETRICS - BOX JUMPS, SQUAT JUMPS, ATTACK
JUMPS, LATERAL JUMPS, SINGLE-LEG BOUNDS

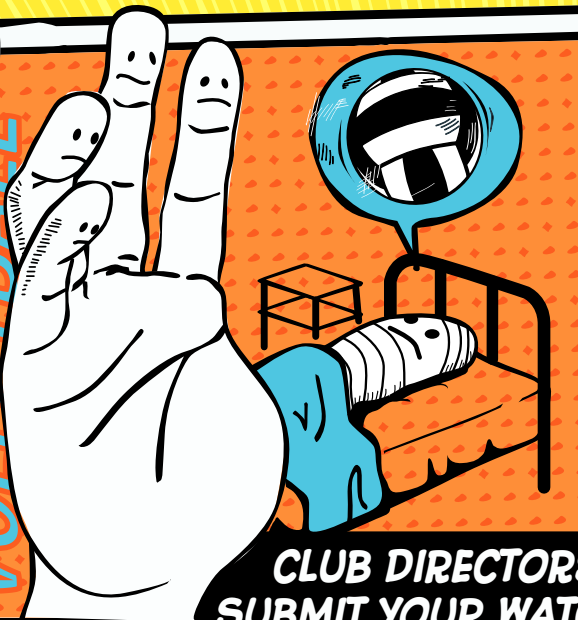
JUMPING ROPE - WORK ON CARDIO AND BUILD CALVES

HIT THE WEIGHTS - INCREASE MUSCLE IN LOWER BODY

BURPEES - EXPLODE INTO A JUMP IN ONE MOVE
ASK YOUR MOM HOW MUCH FUN THEY ARE!

AMAZING
WORLD

IT WAS THE
VOLLEYBALL



**HEADED TO BWVC
IN CHICAGO?**

GET PRO TIPS LIKE:

DON'T
GET COFFEE
THERE!!!

UBER?
TAXI?

**NEXT
ISSUE!**

CLUB DIRECTORS AND COACHES
SUBMIT YOUR WATCHLIST CANDIDATES
TO SHARKEY AT THE REGION OFFICE