

**M**EAASURE YOUR VERTICAL AT THE BEGINNING OF THE SEASON &

8¢  
EPS

STRENGTH IS SUPER.  
FLEXIBILITY TRAINING, MORE SUPER!

Nº  
FRISCO MO  
Comics

THREE

**STRETCH!**  
INCREASE YOUR FLEXIBILITY!  
INCREASE YOUR VERTICAL!

**NOISE  
FOR THE  
BOYS!**

REMEASURE  
EACH MONTH!

COMPLIMENTS OF:

Frisco MO  
**BADGER**  
REGION VOLLEYBALL

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

**P**LYOMETRICS - BOX JUMPS, SQUAT JUMPS, ATTACK JUMPS, LATERAL JUMPS, SINGLE-LEG BOUNDS

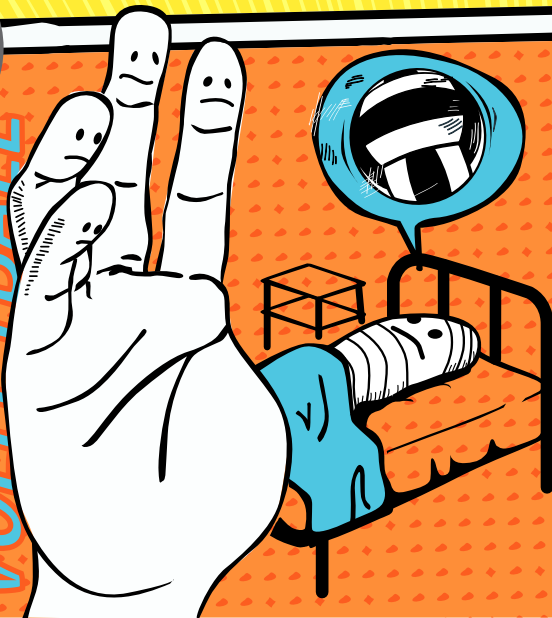
**J**UMPING ROPE - WORK ON CARDIO AND BUILD CALVES

**H**IT THE WEIGHTS - INCREASE MUSCLE IN LOWER BODY

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

AMAZING  
WORLD

IT WAS THE  
VOLLEYBALL



**GET THOSE HIGHLIGHTS DONE!!!**

5-6 MINUTES OF HIGHLIGHTS  
SORT THEM BY CATEGORY  
(SERVING, HITTING, ETC.)

LINKS TO 2 OR 3 FULL GAMES  
COACHES WANT TO SEE YOUR DEMEANOR  
ON THE COURT! BE A LEADER!

