



DEFIANCE AREA YMCA  
**ProTraining**  
 with VertiMax

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Train Like the Pros

**ProTraining** is perfect for athletes interested in training in: Strength, Speed, and Resistance.

### BASKETBALL TRAINING EQUIPMENT TO STEP UP YOUR GAME

Running the fast break. Tying up a defender's feet with a deadly crossover. Driving to the rack and throwing it down with authority. It all depends on speed and a great vertical. VertiMax basketball training is not only the leading vertical jump training program, it's also designed to add blazing speed and quickness to your game. Dominate Your Competition.

### BASKETBALL TRAINING TO DEVELOP VERTICAL JUMP PERFORMANCE & SPEED

From the professional NBA basketball player to the AAU level, no training equipment will do more to increase the vertical jump and first step quickness while maximizing a basketball player's abilities to dominate the court. VertiMax will take your jumping ability, offensive and defensive mobility to the highest levels!

Used by the Official:



**ProTraining with VertiMax is the most effective way to improve:**

1. Speed and Explosive First Step Quickness
2. Vertical Jump Performance
3. Competitive Edge

### 6 Week Program

**2-One hour sessions per week**  
 (12 sessions total)

**Ages: 8-18 years old**

**Pricing for ENTIRE 6 week program:**

- 1 person      \$120
- 2 people      \$200
- 3-6 people    \$280
- 7-10 people   \$300
- 11-15 people  \$330
- 16-20 people  \$360



**Recommended to participate at least 2 times per week to see improvement.**

For more information please contact: Jake Rubio at 419-784-4747 or [jrubio@defianceymca.org](mailto:jrubio@defianceymca.org)



# ProTraining with VertiMax Registration Form

FOR YOUTH DEVELOPMENT®  
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## DOMINATE BASKETBALL WITH VERTIMAX TRAINING

ProTraining with VertiMax, is the leading system for developing speed, vertical jump performance and explosive abilities for youth athletes across all sports.

VertiMax is used by the greatest athletes in the world and your young athlete will gain speed and explosive performance that'll separate them from their competition.

**All Participants must sign waiver form prior to first session**

Please Check one

- 1 Person     2 People     3-6 People     7-10 People     11-15 People     16-20 People

Sport \_\_\_\_\_

Age(s) \_\_\_\_\_

Name/Contact Name \_\_\_\_\_

Team Name \_\_\_\_\_

School Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_