



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.

VertiMax offers a superior training technology for youth athletes that's both safe and highly effective in developing functional strength, speed and vertical jump abilities.

VertiMax is the one piece of equipment that will make a difference youth athletes will feel, their teammates will notice, and more importantly coaches will see!

Not only do youth athletes **LOVE** using it, they'll see **dramatic improvements in speed, vertical jump performance and overall athleticism** within a few weeks.

ProTraining with VertiMax is the fastest, most effective way to improve:

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

Ideal for the following sports:

Baseball	Soccer
Basketball	Softball
Football	Tennis
Hockey	Volleyball
Lacrosse	Wrestling
Volleyball	Track & Field

Used by the Official:



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

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ProTraining with VertiMax Registration Form

FOR YOUTH DEVELOPMENT®
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DOMINATE YOUR SPORT 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 _____