



Sports Performance

Basketball Pre-Season Carmel Dad's Club Offer

It doesn't matter what sport you play--you can't become a better player by just playing more. You need to improve your overall athleticism. IU Health Sports Performance is excited to offer this basketball training sessions that will focus on:

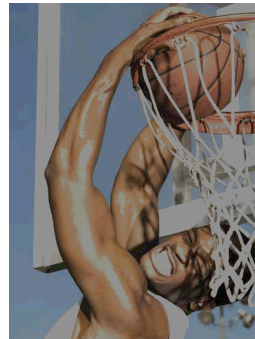
- Developing explosive power (first-step speed)
Vertical Jump Increase (one foot and two)
Improving Agility & Lateral Movements
Develop Increased Strength, Power & Flexibility
Reducing Injury Risk
Increasing overall speed
Functional Movement Screen & Movement Diagnosis Evaluation

4-Week Training Package: \$125.00 (2 days per week -- total of 8 sessions)

The 5-Week Session Training Package is the perfect way for athletes to prepare for the upcoming basketball season & other winter sports The membership fee will be waived for all Carmel Dad's Club members/athletes. Included in the Training Package is a Functional Movement Screen Evaluation. Offer is valid August 18-October 1

Coaches please call Jaime to inquire about our special offer for basketball court rental to hold practice and team training

Table with 2 columns: Class Times, Youth (age 8-11), and Level 1 (age 11-14). Rows list specific times for M-TH, Fri, and Sat.



6-Week Session Training Package

Registration form fields: Athlete Name, Age, School, Parent/Guardian Name, Address, City, State, Zip, Email Address, Contact Number, Medical Information, Class Day and Time planning to attend, Payment: Check / Credit Card, Credit Card Type, Name as it Appears on Card, Credit Card Number, Exp. Date, CVV Number, Parent/Guardian Signature, Date.

Mail Registration & Check Payments to: 1402 Chase Court Carmel, IN 46032 | Registration & Credit Card Payments by Phone (317) 848-JUMP or Fax (317) 848-5865

Email Registration or Questions to Jaime Bowling jbowling@iuhealth.org

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