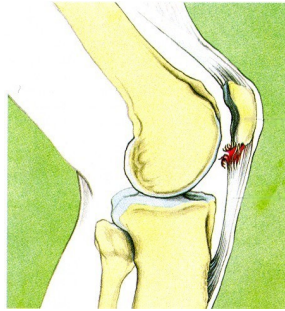


Jumpers Knee

Spend a day with Mike Reid, Physical Trainer for Högsbo Basket & Gothia Basket



- **What is it & What exercises to do**
- **Most common tight muscle & how to test it**
- **Lower body flexibility training for Jumpers Knee**
- **Sample Training Program**



Bonus Section:

- **Agility Ladders & Medicine Balls: learn my favorite drills**
- **Learn how to measure your vertical jump**

When: Sunday, 2009-05-03

Time: 10:00-16:00 (lunch & coffee provided)

Where: Gothia Arena (Ängåsullen, 421 47 Västra Frölunda)

Cost: 500 kr.

Please come prepared to move.

To register contact Marina at Gothia Arena:

tele: 031 69 35 14

email marina.tillberg@hogsbobasket.se

This clinic is only for the most SERIOUS athletes & coaches!