



## **Sports Medicine: Youth Programs**

### **JUMPERS: Basketball Performance Enhancement**

Power, agility and speed are important skills for a basketball player, even at a young age. **JUMPERS** works to improve all aspects of a basketball player's game through exercise, video analysis and education.

#### **Program Objectives**

- Improve cardiovascular endurance
- Enhance speed and agility
- Increase vertical jump height
- Improve overall body core strength

#### **Program Focus**

- Specialized exercises and drills designed to imitate game-like situations
- Pre and Post Video Analysis Testing of vertical jump height
- Individualized strength and power program

#### **Program Provides**

- Six one-hour sessions over two weeks
- Jump progression training with video analysis
- Personalized stretching and strengthening program

#### **For more information contact:**

Christine Noller  
Director, Sparrow Orthopedic Service Line  
517.364.5301  
[Christine.Noller@sparrow.org](mailto:Christine.Noller@sparrow.org)

Kristen Gilmore, ATC  
Sparrow Sports Medicine Athletic Trainer  
517.364.4229  
[Kristen.Gilmore@sparrow.org](mailto:Kristen.Gilmore@sparrow.org)