



Performance Enhancing Program

Improved athleticism can definitely provide a basketball player with a performance edge.

Moving quicker, jumping higher and remaining fit and healthy will set you apart from other players that possess similar basketball skill ability. To run faster than your opponent, play strong defence preventing the opposition from driving by you, maybe dunking one day, being strong in a blocking out situation; these are a few areas of the game which can be improved with strength and conditioning training.

Diamond Valley's Strength and Conditioning Coach, Emily Zarella will help you with:

- Running technique, speed and injury prevention by using correct technique.
- Gaining strength through body weight exercises and power through explosive plyometric drills and exercises. Improve movements such as vertical jump, reaction time, explosive movements up and down the court and strength against the opposition. This is a great method of training to improve anaerobic fitness.
- Core strength and stability; Learning to engage the core in all exercises will build a strong foundation for overall strength and stability. Your core is where all of your strength and power originates from, so the stronger your core, the stronger and more efficient all of your other muscles and muscle groups will become. This aspect of training is often overlooked but core strength is essential to being fast and jumping higher! It also improves your balance, agility and endurance.
- Stretching and the different types of stretching that should be used either at the start of a session/game or at the end to help cool down.

Emily has an extensive background in athletics at state, national and international level along with fantastic industry knowledge.

- 5 years industry experience as a Personal Trainer
- 8 years' experience specializing in pole vault
- State record holder
- National silver medallist in 4 consecutive years
- Competed internationally at the youth Olympics
- Trained at the Australian Institute of Sport
- Coached in running, long jump, triple jump and high jump by ex-Olympic coaches
- Currently studying a bachelor of Naturopathy at Endeavour College of Natural Health

Venue: Diamond Valley Sports and Fitness Centre, Civic Drive Greensborough

Session: Thursdays starting 16th July – 17th September (10 sessions) **Time:** 4.30pm – 5.30pm

Cost: \$100 for all sessions

To register, please complete the registration form on page 2 and return it to the DVBA office with payment by Monday 13th July 2015.

Payment can be made by cheque, direct deposit (BSB: 633 000 Acct: 1301 79 666) or cash/card.



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Athlete information

Full name: _____

Address: _____

Suburb: _____ Postcode: _____

Home phone: _____

Mobile: _____

Best email contact: _____

DOB: ____/____/____ Height: _____ (cm) Weight: _____ (kg) Gender _____

Parent/guardian's name: _____ Mobile: _____

Domestic Club: _____

Position(s) you play: _____

School you attend: _____

Year Level in 2015: _____