



ONE UP PHYSICAL THERAPY
AND PERFORMANCE

Jump Training Program

Overview:

- 6 week program designed to increase vertical jump and explosiveness of the jumping athlete (basketball, volleyball, track, etc).
- Program is broken up into 3 phases, each one built on the last to ensure proper technique development.
- Minimal required equipment allows the program to be completed almost anywhere.
- Ideal for athletes during off-season training.
- Pre and post-testing to track progress (optional).

Pricing/Purchasing Options:

- Option to purchase with or without pre and post-testing
- Pre-testing includes specific instruction of exercises to ensure proper form and safety.
- **Program Only: \$100.00**
- **Program + Pre/Post Testing: \$150.00**
 - **Pre/post testing to be completed in-clinic in Allegan, MI.**

(See next page for purchasing details)

Athlete Name: _____ **Athlete DOB:** _____

Sport Played: _____

Parent/Guardian Name: _____

Phone Number: _____

Email: _____

Select purchasing option:

_____ Program Only (\$100)

_____ Program + Pre/Post Testing (\$150)

(Pre/Post testing can be scheduled online @ www.oneuppt.janeapp.com or you will be contacted to schedule after purchase)

Payment can be made via mail or in-clinic

- Cash, check and card (in-clinic or over phone only) acceptable.
- Checks must payable to “One Up Physical Therapy and Performance LLC”
- Program will be sent via email when payment is received or given in-person at pre-testing appointment.

Completed forms can be emailed to aaron.doorn@oneuppt.com, dropped off during clinic hours, or mailed with payment enclosed to the following address:

One Up Physical Therapy and Performance LLC
231 Trowbridge St. Unit 2
Allegan, MI 49010

Parent/Guardian Signature: _____ Date: _____

Athlete Signature (if 18+): _____ Date: _____

If any further questions, contact Dr. Aaron Doorn via phone (269-512-7070) or email (aaron.doorn@oneuppt.com).

You can also find this form on the clinic website: www.oneuppt.com