The Jump School

Information Packet

Elevate Program Progression

1. Strength Phase — 4 weeks
2. Power Phase — 2 weeks
3. Plyometric Phase — 2 weeks

Strength Phase (4 weeks – 8 sessions)

The **strength phase** of the program will be centered around improving the athlete's (1) ability to fire muscles with proper timing, (2) increase muscle strength in order to perform explosive movements, (3) induce muscle hypertrophy, and (4) improve the body's ability to absorb force. Without adequate muscle firing patterns and strength, plyometric programs, or programs centered around improving power, will not be as efficient. This phase will include single leg, split leg, and bilateral exercises. The strength phase sets the stage for the athlete's body to maximize results as they head into the power and plyometric phases.

The strength phase is very challenging physically, and equally challenging mentally. Therefore, prepare your mind for the 4-week challenge.

NOTE: When training athletes, sport performance specialists focus on training movements and not muscles.

In recap, the strength phase increases the total force that the body is able to generate. The more force you can exert into the ground, the more the ground will exert back into you, producing more explosive movements.

This is also the phase when we collect our baseline measures for outcomes (standing vertical jump, max vertical jump, and standing broad jump).

Power Phase (2 weeks – 4 sessions)

Human movement can be distinguished by 2 different phases: an absorption phase or a propulsion phase. Exercises in the **power phase** are geared toward overloading the absorption and propulsion phases of movement. During this phase the athlete will most likely see the largest improvement in explosive power. The purpose is to train the body to shorten/tighten muscles as quickly as possible to absorb forces effectively and produce the most power. Increasing the velocity of muscle contraction allows for more effective absorption of force and more powerful movements.

This phase will also introduce the biomechanics of jumping: optimizing the penultimate step, the breaking step, backward torso lean, and a level pelvis during the gathering for a jump. We train for perfect jumping mechanics. Practice makes perfect, if practiced perfectly.

Plyometric Phase (2 weeks – 4 sessions)

The **plyometric phase** is composed of plyometrics, agility drills, and explosive core exercises. Now that your nervous system has adapted, increasing muscle contraction velocity, it is time to implement plyometrics. Your body will now be utilizing your power gains by transmitting them into even more force production against the ground. This phase trains the body to use fast twitch muscle fibers and the free elastic energy found in tendons more efficiently (rubber band effect).

The agility component to the plyometric phase utilizes blazepod reaction targets to work on an athlete's speed when reacting to where a ball (light) might be placed during a dig or for blocks.

Mobility

Athletes will be equipped with mobility exercises to be completed prior to training. We cannot stress enough the **IMPORTANCE** of the mobility exercises. Improved mobility leads to improved joint health and flexibility, better movement patterns, less injuries, and therefore increased performance in sport.

Core

The core is the foundation for all movements. Without an adequate core, the body is unable to optimize energy produced from the muscles into movement. When the core is weak a lot of the energy/power produced is lost during movement. For example, when spiking a volleyball, movement (energy) is generated through the legs by jumping, the energy then travels up the body, and is ultimately released through the hand. If the core is weak, that energy produced is exponentially lost if the core cannot adequately transfer the energy. This can be noted when comparing spiking a ball from standing to a seated position. In the seated position, this negates the power generated from the legs. The core provides the link, or sling, that transmits the energy from the legs through the upper extremity. The core exercises found in the program are vital for improving energy transfer.

Testimonials

"My daughter Charlotte went through the first phase of the Jump School with Aaron and Hampton. Throughout the program, Charlotte had a few injuries from volleyball. Aaron's expertise with physical therapy was very helpful in helping her bounce back to not only being healthy, but still obtaining high level results from the program. They started the program with measuring her vertical jump and standing broad jump. By the end of the 3 month program her standing vertical improved by 1 inch, her 2-step vertical increased by 3 inches, and her standing broad jump improved by 16 inches. I am looking forward to having Charlotte go through the next phase of the Jump School!"

- Eric Stickland, Elevate Parent, 2022
Charlotte Strickland, Ashley Hall, Class of 2026

Contact Information

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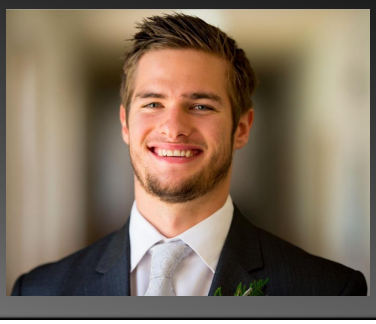
Aaron Brown

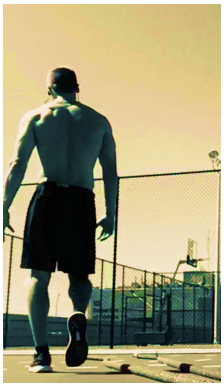
The Jump DoctorTM

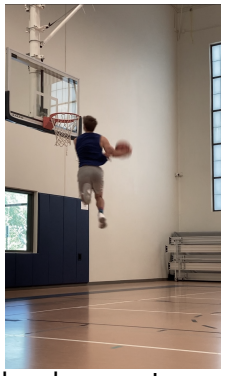


ELEVATE
SPORTS PERFORMANCE

Credentials

DPT – Doctor of Physical Therapy
PT – Licensed Physical Therapist
XPS - EXOS Certified Performance Specialist
CSCS - Certified Strength & Conditioning Specialist
SCAT - State Certified Athletic Trainer
ATC - Certified Athletic Trainer





About Me

Growing up in Charleston, SC, I played basketball at Wando High School. Over my high-school years, I participated in just about every sports performance program available. Experimenting over the years on my own body, trying to obtain the competitive edge. This allowed me to learn what worked and what didn't for improving my athleticism.

From there I began my higher education to understand and continue to apply the scientific principles that set certain athletes apart. I obtained my undergraduate degree from Erskine College, where my wife Amelia and I majored in Athletic Training. After graduation, we moved to Thomasville, GA where we both worked as Head Athletic Trainers at rival high schools: Bainbridge High School (Aaron) and Thomas County Central High School (Amelia). While operating under the umbrella of sports medicine, I decided that I wanted to further my education in physical therapy.

In May of 2018, we moved to Charleston so I could attend the Medical University of South Carolina to attain a Doctorate in Physical Therapy. During the program, I worked as a part-time athletic trainer for MUSC Health Sports Medicine, covering College of Charleston club sports, local high school sporting events, and the Volvo Car Open.

As I began learning movement, strength and conditioning principles, and physical therapy techniques I started developing programs for myself to improve explosiveness. As I began cycling through the different programs that I developed, I started to notice that I was obtaining some serious results! Throughout college, I may have been able to dunk on a really good day, and at that, it was not impressive. Now, I can perform 360 dunks, windmills, and a variety of alley-oop dunks. However, the most significant improvement was the way I felt. **Lingering pains from the wear and tear of my basketball career started to go away.** The mobility portion of these programs freed up my hips, knees, ankles, and spine to move more efficiently on and off the court.

In April 2020, the COVID quarantine caught up to us. My wife and I were both furloughed from work. I remember sitting at the dinner table with notes for final exams spread out, wondering "what are we going to do?" So, I started Elevate Strength Power Plyometrics (ESPP); utilizing the things that I learned, researched, and applied to train athletes. After a few months of training, I rebranded, and on September 11, 2020, **Elevate Sports Performance LLC** was established.

As a sports medicine health professional, strength and conditioning specialist, and physical therapist, I have a passion to help athletes maximize their athletic potential with proper mobility and training programming.

Coach Hampton Harvin

Elevate Performance Trainer & Head of The Jump School

I was born and raised in Charleston, SC where I played basketball and ran track for Wando High School. In 8th grade, I gained an affinity for pushing the limits of athletic performance in sports. This led me to trying every program I could find to see what worked and what didn't for improving my athletic abilities. I would come home after basketball and track practice and use the knowledge I pieced together from multiple programs to develop my own training regime. What I learned and practiced helped me throw down windmill dunks and break the school record in the High Jump at 6 feet and 8 inches.

I received a scholarship to run track and field at Appalachian State where I obtained my degree in Health, Physical Education, and Coaching with an emphasis in Kinesiology. My years in college and beyond gave me time to revisit and revise my training philosophy. I used this philosophy of training and coaching with all ages and groups from Middle School volleyball to High School track and field. In 2015, I was fortunate enough to coach athletes in the high jump at Wando High School that would contribute to winning the state championship for boys and 2nd place for the girls.

In 2020, I received a position as the PE teacher at Julian Mitchell Elementary School. Being able to make an impact on young lives and minds was an experience that I will always cherish. I was flattered to receive a few accolades such as 2020-2021 Julian Mitchell Elementary Rookie Teacher of the Year.

In the fall of 2020, I was approached by a member of the Wando track team who wanted to train with me. He was a high jumper, and a long jumper, looking to improve his athleticism. We would train together after school 3 times a week using the methodology I had developed over the years. His running vertical jump increased dramatically as well as his acceleration and top end speed. He ended his senior year as one of the best long and high jumpers in the state. He was able to earn a spot on the Clemson track and field team where he now competes.

During the summer of 2021, I attended The Dunk Camp event in Lehi, Utah. The 4-day event consisted of combine training that measured standing and running vertical, RSI or Reactive Strength Index, and ankle mobility. There was classroom work, where established and well-respected strength and conditioning coaches would give lectures on everything from training concepts to rest and recovery protocols. The professional dunkers would then go over dunk technique. After the 4 days, we retested. My standing vertical went up 3 inches and I was able to achieve a running vertical of 40 inches.

With all the experiences I've had since the 8th grade, my passion is now to share what I've learned as a student, athlete, teacher, and coach to the next generation. I aim to help others realize their true potential, not only as an athlete, but in all walks of life.