

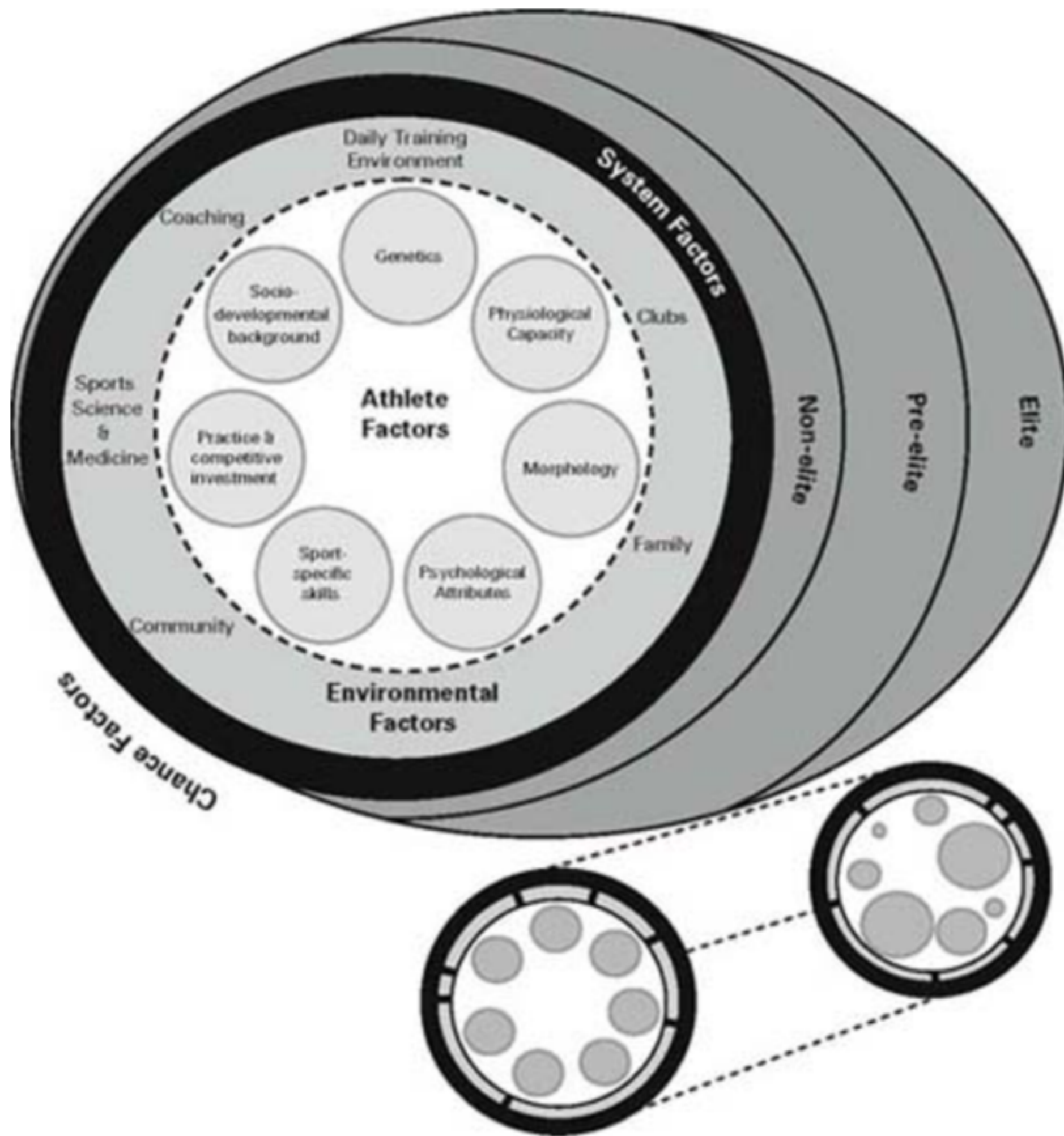


# Our Program, For The High School Level

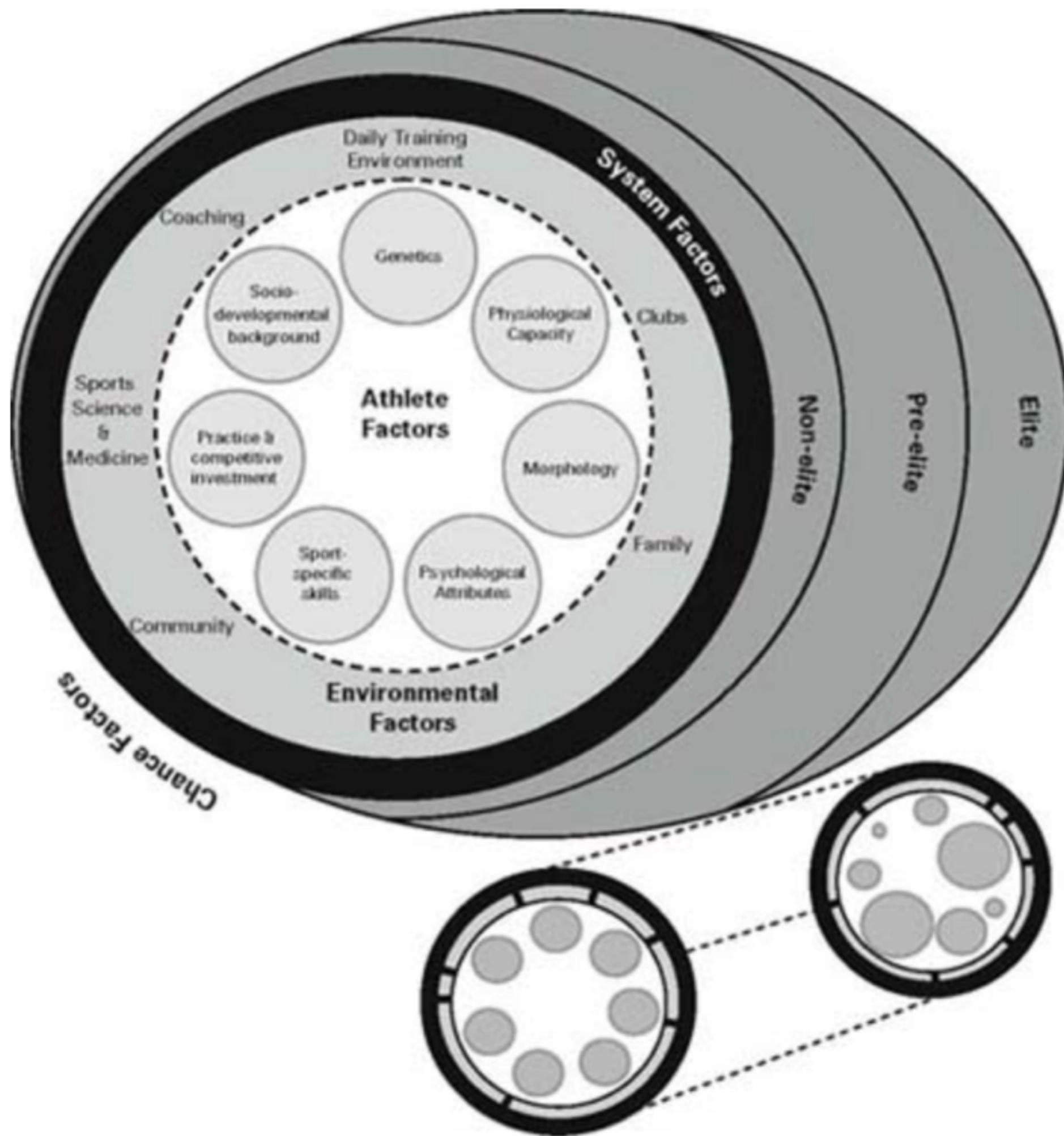
Jay DeMayo

Head Strength Coach Basketball - University of Richmond

Central Virginia Sport Performance







What we do...



The REVOLUTIONARY  
**1 X 20 RM**  
Strength Training Program

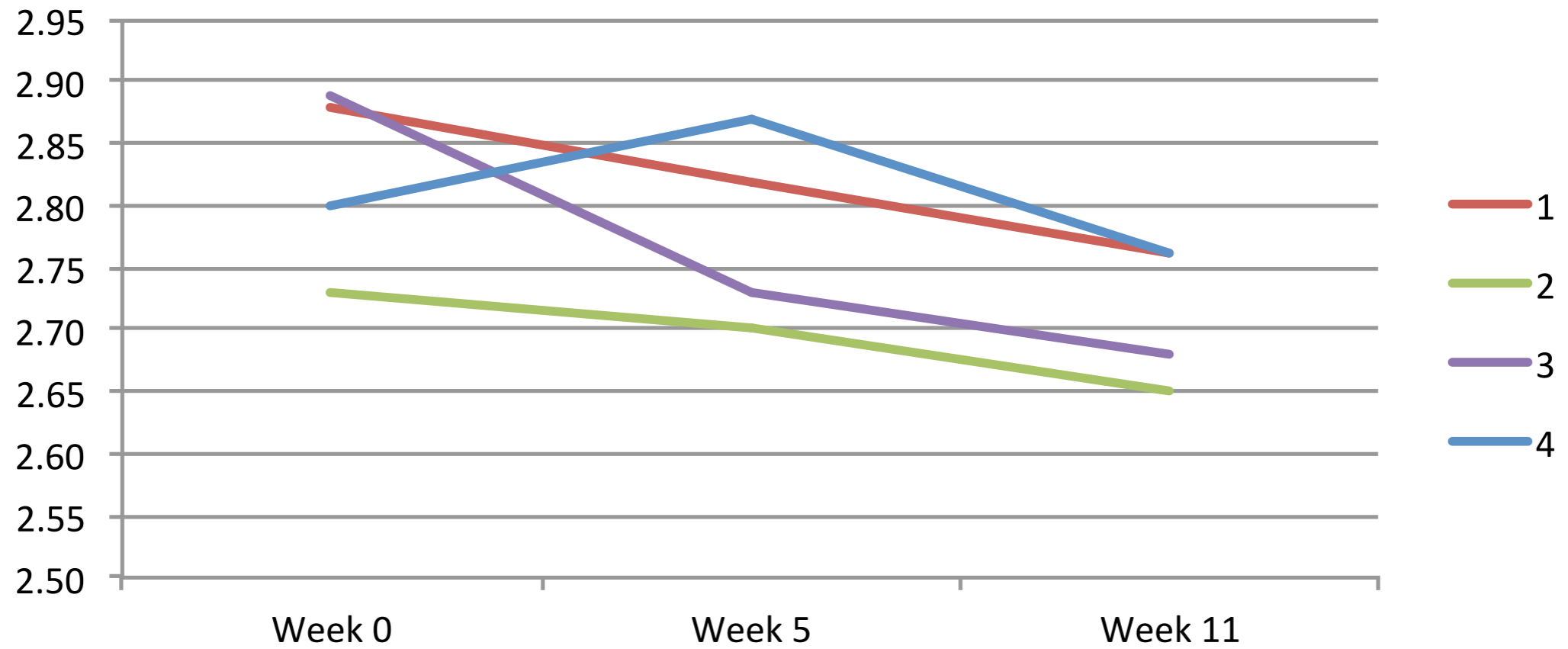
Michael Yessis, Ph.D.

# Ok, so that means...

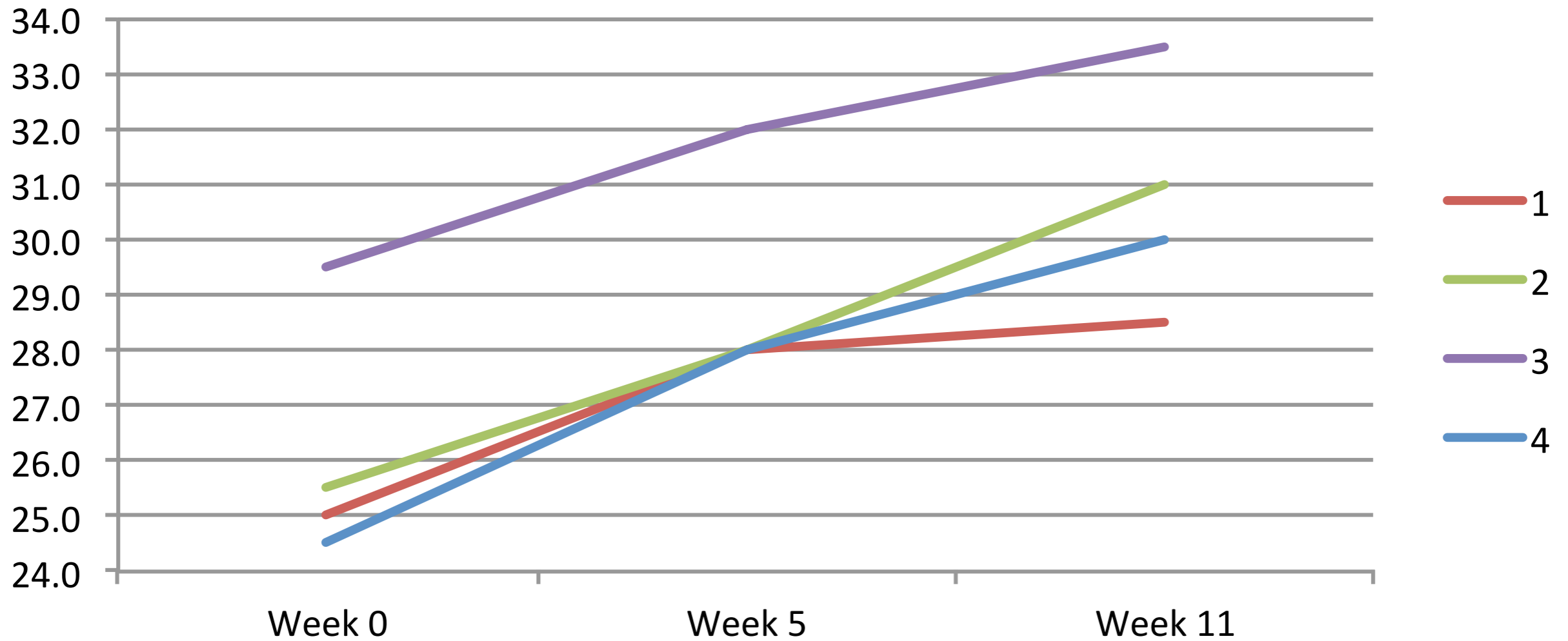
- 1x20, 1x14, 1x14 1x8, 1x8 (1x10)
- Jumps follow “the progression” from her father.
- Monitor dose
  - “Give them what they need not what they can handle”-HK
  - “You don’t get Chemo for a cold”-YJ
  - “No, you’re wrong, do this”-Doc
  - “How do you know you’re not doing too much if you’ve never done too little”-Matt Thome
  - Empty the clip before you reload the gun...

What we saw...

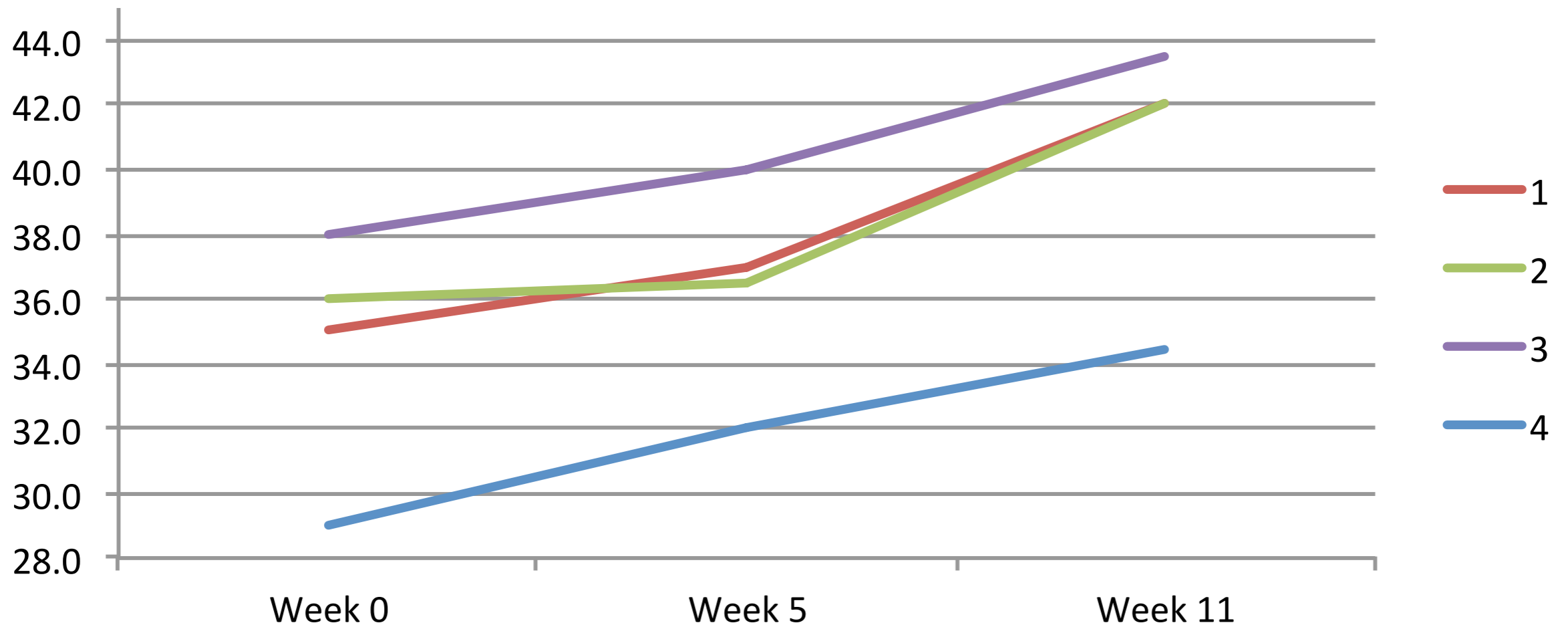
# Foul Line To Foul Line Sprint



# Vertical Jump



# Max Vertical



<b>Strength Tests</b>	<b>Squat 1</b>	<b>Squat 2</b>	<b>Bench 1</b>	<b>Bench 2</b>
<b>1</b>	<b>315</b>	<b>390</b>	<b>235</b>	<b>250</b>
<b>2</b>	<b>275</b>	<b>345</b>	<b>205</b>	<b>225</b>
<b>3</b>	<b>285</b>	<b>325</b>	<b>165</b>	<b>185</b>



Template By:

<http://www.exceltrainingdesigns.com>





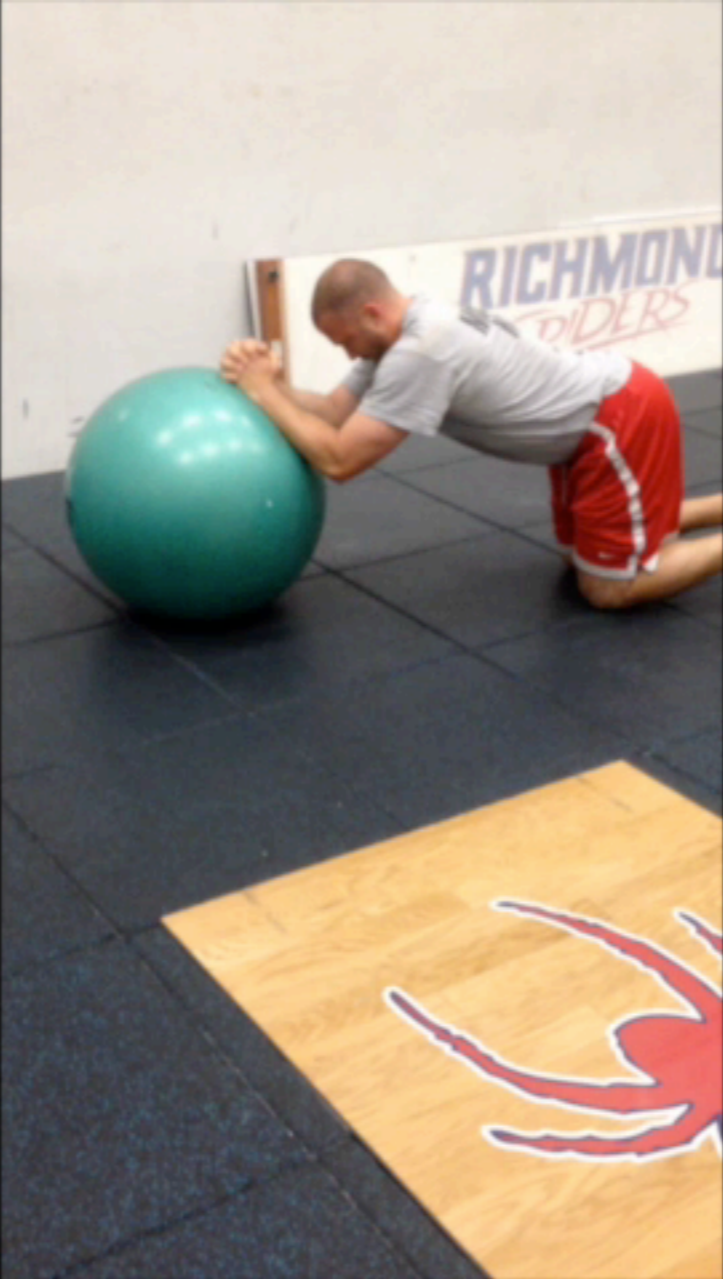
# Specialized Exercises

- Specialized Exercises
- Not Filmed
- Requires some equipment
- DVD's available here or [www.cvasps.com](http://www.cvasps.com)









# What do you think?

- Let's actually talk about this...
- I gave you what we did, what we saw, and where we are going. Now you tell me, what do you think...



- Head Strength Coach  
Basketball-University of  
Richmond
- Central Virginia Sport  
Perfromance
- @jdemayo
- @cvasps
- [www.cvasps.com](http://www.cvasps.com)
- [cvasps@gmail.com](mailto:cvasps@gmail.com)