

PRESENTS

DFW HS ATHLETE OF THE MONTH

Rachel Fisher, Pole Vault

SCHOOL: Allen High School

HONORS:

- 2008 AAU Junior National Champion
- 1st Place 2009 Texas Relays – High School Division
- 2nd Place 2008 USATF National Championships
- Currently Ranked #1 in the Nation on DyeStat.com (13'3" pole vault jump Personal Record set on 3-7-09)

DESTINATION: BYU

Getting better and making the team doesn't mean just training harder. It means training smarter with state-of-the-art equipment, the coolest, edgiest training technology and the world's most advanced training techniques! Performance training at the **Michael Johnson Performance Center** will make you faster, stronger, more agile, more reactive and super-quick. But even more than that, it will give you the visions and attitude of a champion.

MJP TRAINING TIPS

\\ **TIP #1:** Add speed to your approach using the SPARQ Launch-Belt. With partner holding the belt from behind apply force down into the ground through the balls of your feet as you run 10 yards; lean your torso forward to within a 45-degree angle with the ground. Stay in this drive position as you increase the frequency of each step. When the partner pulls the rip-cord, stay down and keep driving as you sprint another 10 yards.

\\ **TIP #2:** Increase your ability to generate force through the pole at the plant step using an overhead PowerBall chop throw. Facing a wall in a split-stance and PowerBall overhead, "pull" with the abdomen as you accelerate your hands down toward the floor as you release the ball into the wall. Recoil as you catch the ball off the bounce and repeat explosively for 6-8 repetitions.

\\ **TIP #3:** Add power to your take-off using the single-leg power step-up. Step up onto a shin-high box in front of you, driving your lead foot down into the box as you explosively flex your trail hip. Hold the top position in perfect balance for 3 counts before slowly returning to the start position; repeat 4-8 reps per leg, adding resistance in the form of dumbbells in each hand.



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