



Participants needed for a study on the effects of stretching on vertical jump performance

We are looking for males or females aged 12-17y currently enrolled in a soccer-training program.

We are investigating the effect of different stretching routines (i.e., stretching of the calf or shoulder muscles) on vertical jump performance.

You will be asked to come to Craven Sport Services before and after an 8-week flexibility training program for assessment of your jumping height and ability to absorb forces upon landing.

Testing sessions will require a total of 1.5 hours. Training will be done for 18 minutes, 5 times per week for 8 weeks, with 1-2 training sessions done at Craven Sport Services and 3-4 sessions done at home.

If interested, please contact:

Chilibeck Research Team
College of Kinesiology
University of Saskatchewan
chilibeck.research@usask.ca

This study has been approved by the University of Saskatchewan Biomedical Research Ethics Board