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AT THE CENTER OF EVERY CHAMPIONSHIP

The Exclusive Partner of Senoh

VERTEC INITIAL ASSEMBLY, DAILY SET-UP & BASIC OPERATION

---WALL MOUNTED VERSION---

ALIGNMENT & CALIBRATION

1. Your **VERTEC** is (and with reasonable treatment will remain) a precise and reliable instrument. The height of the bottom vane (in 6-inch increments) is indicated by the scale on the side of the upper (inner) pedestal tube. The readings thereon will be accurate when:
 - a) the unit is properly aligned (the wall bracket holds the pedestal perpendicular to the floor);
 - b) the wall bracket is positioned correctly (bottom edge of the plate should be 41 inches from the floor);
 - c) the pedestal height-scale is calibrated (the head is inserted to, and stopped at the appropriate depth on top of the upper pedestal tube);
 - d) the two lock screws (height-adjust & pedestal-head) are tightened.

INITIAL ASSEMBLY (ONE-TIME)

1. Before the **VERTEC** can be used, the wall bracket must be securely mounted. There should be plenty of space around the **VERTEC** to allow participants room to perform their vertical leaps. Safety of the participants is the top concern. You should also consider traffic patterns in that area to avoid unwanted/unauthorized use.
2. The wall bracket should be mounted level so that the bottom edge of the plate is 41 inches above the floor. Use permanent, case hardened hardware appropriate for the wall you are using. Be sure the bracket is secure before proceeding.
3. The **VERTEC** is shipped with the head frame (holding the red, white, and blue vanes) detached from the pedestal tube (silver in color with heights marked in red on the side). The head frame should be inserted into the pedestal tube in line with the support arms of the wall bracket. Also note that the vane shaft (aluminum rod holding the vanes in place) should be facing out away from the bracket. Tighten the thumb screw to secure the head frame.
4. To calibrate the height of the **VERTEC** position it as if it will be used. The support arms should be perpendicular to the wall and be locked in to the middle position. Move the silver pedestal tube to 72 inches or 6 feet. This position is attained by placing the red line marked on the silver pedestal tube just above the red sleeve of the wall bracket tube. Tighten the red thumb screw to hold this height. Move the bottom red vane out and measure from the floor to this vane; it should measure just short of 72 inches (if it is more the 72 inches the entire wall bracket must be lowered on the wall). To correct this difference, loosen the upper thumb screw holding the head frame in place and move the head frame up until you reach 72 inches. Tighten the thumb screw to hold the head frame at the proper height. Use a permanent marker to draw a line on the tube marking this height. This way, if the head frame is removed, it can be replaced again and quickly set to the proper height.

HEIGHT ADJUSTMENT

1. Loosen the thumb screw on the wall bracket tube, raise the pedestal tube until the desired bottom vane height is indicated (when the associated horizontal line is just showing over the top of the lower pedestal tube). Re-tighten the thumb screw by hand (moderate pressure is sufficient

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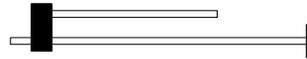
here). NOTE: a spring-loaded button on the back of the wall bracket tube imparts just enough friction to the inner tube so that it cannot slide freely down of its own weight. This makes it easier to adjust the pedestal height (using both hands) and guards against the pedestal sliding down unexpectedly.

2. Remember to heed the warning at the lower end of the height scale, and do not overextend the pedestal, or the button will pop out. If this ever happens, you will need to replace the button and spring. NOTE: the pedestal tube may not slide easily at first, but will wear in with usage.

RESET TOOL SET-UP AND USAGE

1. To set-up the reset tool: loosen and remove the wing-nut & screw holding the shorter tube, remove the tube, and re-insert it as in the drawing below. Replace and re-tighten the screw and wing nut.

a) as shipped



b) operational



2. The reset tool can be used for presetting or resetting some or all of the vanes as desired, simply by holding the tool free-hand, and pushing the vanes (in easy 6-inch groups) ahead or back with the tip of the tool. When there are a large number of vanes to be reset, the extended upper-tip of the handle tube can be inserted into the socket under the head and the upper tube rotated around this axis. If the upper tube deflects slightly at the top, orient the tool a little ahead of vertical to compensate. NOTE: If it seems that there is somewhat more resistance than usual when rotating the entire stack of vanes around with the reset tool, it is a sign that the vanes could use a little light lubrication. This is easily applied by BRIEFLY spraying the attached ends of the vanes and associated spacers with a light aerosol lubricant (a smooth sweep from top to bottom is ample). We recommend "WD-40" or a silicone spray-lubricant.

READING HEIGHT SCORES

1. With a little practice, jump-height scores can be read quickly - knowing the bottom vane height, and remembering the vane color code: red & blue vanes - full inches, with red vanes every 6th inch; white vanes - half inches. To determine the height of the highest touched/displaced vane, simply look towards the axis area of the vane stack, and scan your eyes upwards from the bottom - first looking for any higher displaced 6th inch red vanes, then for full-inch blue vanes, and finally for (one) half-inch white vane, if any. For example, with the head adjusted for a bottom-vane height of 9 feet, and one higher red, three blue, and one white vanes displaced, the score would be 9' 9 1/2".
2. When figuring a number of NET vertical jump values (distance gained over standing reach) you may find it easier to convert both the standing and jump reach values into straight inches, and then perform an easy subtraction. The new **VERTEC** pedestal height-scale lists the 6-inch bottom-vane increments in straight inches, as well as in feet & inches to facilitate this, or you can use the conversion table included with this manual.

SAFETY CONSIDERATIONS

Vertical jump measurement/practice instruments are certainly one of the safer types of athletic equipment to use - when used normally and sensibly. Muscle or joint injuries incurred in the act of jumping itself would appear to be extremely rare, and even those that do occur are far more likely to result from inadvertent or forced unnatural jumps or landings during game actions, than when executing planned jumps during practice sessions. The **VERTEC** is not a toy to be used casually, and without guidelines. You will soon discover that athletes and others find it irresistible to regularly test their jump prowess on the **VERTEC**, given the opportunity - which in fact is part of the secret of its training advantage. However, the following common-sense suggestions are offered:

1. When not in use, swing the bracket arms back toward the wall and lock into place. You may also want to remove the head frame to prevent all use.
2. Prohibit jump approaches by more than one individual at a time, or from other than a normal right-angle direction, e.g. not from an impromptu circuitous/off-line approach.
3. Prohibit usage without proper footwear, i.e. no street shoes, socks, bare feet, and do not use on a surface with unpredictable traction, e.g. a wet floor.
4. Prohibit (pointless) usage by tired individuals, or after a maximum of ten consecutive practice efforts without a rest (2 minutes nominal).

JUMP HEIGHT MEASUREMENT WITH THE VERTEC

1. To measure maximum jump reach and also compute the net vertical jump (distance actually jumped over the standing reach), it is usually best to make the standing reach measurement first (on the entire group to be tested). This can be readily done on the **VERTEC** also, but if there are a large number of individuals to be tested, and/or only a limited amount of time available, consider making the simple, static, standing-reach measurement against a wall-mounted (or other vertically supported) tape measure which works well for this purpose, and frees your **VERTEC** to simultaneously begin making the actual jump measurements.
2. We suggest making level, two-handed measurements of the standing reach because they are less subject to individual variations in the degree of one-arm, one-sided stretching, and therefore allow for better current and future comparisons of actual jumping ability. Also, it is doubtful that individuals are able to achieve their full one-arm stretching potential during the brief final instant of actual jumps.
3. The athlete must be BOTH comfortably warmed up AND loosened up to jump to his or her true current capacity, so preparation with calisthenics and stretching is desirable prior to any important vertical jump test. On the other hand, fatigue will significantly reduce jumping ability so it is best to not conduct a jump test well into or after intensive athletic practice session (unless an athlete's fatigued jump height capability is in fact what you want to determine).
4. If the jump test is conducted on a gym floor (or other striped area), position the **VERTEC** (freestanding version only) so that the outer edge of the target vanes is marked at right angles - by some particular floor stripe. This then will be the normal approach line for the center of the body, and the up-stretched arm will intersect naturally with the outer portions of the vanes.
5. Conventional jump tests as conducted with the **VERTEC** can entail natural standing jumps, one or two-step jumps, or full-speed running jumps. If necessary, demonstrate the appropriate or desired approach to the group before beginning. Of course, tests of jump-height capability with other unique situation approaches, techniques, etc. can be conducted any way you would like, and devise.
6. The 24-inch **VERTEC** head/vane span can usually be positioned at a height that will accommodate most, if not all, of the jump-reach capabilities of any group of similar jumpers. If you know, or can predict the probable range, adjust the pedestal height so that the bottom vane height will accommodate the lowest jumper(s), because it is normally preferable to have to raise the unit to accommodate someone better than the general group, than vice versa.
7. With all the vanes extended and aligned, instruct each jumper to make one preliminary jump, to gently tap forward a few vanes marking his/her approximate jump reach limit. Then, while the jumper waits, use the Reset Tool to push all the vanes, up to and including the highest touched vane, out of the way.
8. Following the preliminary jump (plus one or two more familiarization jumps if it is the athlete's first time using the **VERTEC**), allow the jumper to make some specified number of attempts to better the initial mark, or allow them to continue their jump trials as long as they keep improving on the mark, and then cannot touch any higher vanes in two successive attempts. There is no need to reset the touched vanes between efforts in this type of jump test.
9. With some first-time **VERTEC** users, after they have made some initial jumps to familiarize themselves, you may want to advise them to shift their attention from contacting the **VERTEC** vanes, to concentrating on attaining their best possible jump action (with a maximum terminal vertical velocity and jump height). Also, with certain current or would-be volleyball "power hitters," you may want to suggest that, for this purpose, a better vertical jump mark might result if they focused more of their abundant energy into their lower-limb jumping muscles, rather than into using their arm muscles to needlessly "smash" the **VERTEC** vanes forward. If possible, have some good jumpers lead off to demonstrate good, efficient jumping form. Finally, if practical with first-time jump test subjects, allow a second test bout after a minimum of five minutes rest, or in the following day(s).