



PERFORMANCE TRAINING

How you train should reflect what you are required to do on the field. Training needs to be sport and position specific focusing on the physical demands of the sport. Your performance training should have a purpose:

- INCREASE ATHLETIC POTENTIAL
- ADVANCE STRENGTHS
- IMPROVE WEAKNESSES
- PREVENT INJURY

Our goals are to help dedicated athletes maintain an optimal workload throughout competition and maximize their performance.

PROEHLIFIC'S PROGRAM

- **Initial Athlete Assessment**
determines the athlete's performance nutrition and training plan
- **Performance Evaluation & Testing**
monitors improvement and training adaptations
- **Energy System Development**
meet the energy demands of your sport and position
- **Sport and Position Specific Strength and Conditioning**
incorporate functional movements and exercises that reflect on field movements
- **Develop Performance Factors**
agility, balance, endurance, flexibility, power, speed, stability, and strength
- **Injury Prevention**
identify and correct strength and flexibility imbalances; learn foam-rolling techniques to reduce muscular tension; and learn to use performance nutrition to prevent potential injuries
- **Performance Nutrition Consultation & Planning**
use nutrition to maximize training gains; reduce performance declines and fatigue; decrease recovery times; increase fuel stores; and identify individual performance nutrition factors.

INDIVIDUAL & GROUP TRAINING (3-5 PEOPLE) PERFORMANCE PACKAGES

Each Package includes nutrition planning with the option to purchase additional services.

6 WEEKS*

SILVER - 14 Sessions
2 Per Week - 60 Minutes

GOLD - 20 Sessions
3 Per Week - 60 Minutes

PLATINUM - 20 Sessions
3 Per Week - 90 Minutes

12 WEEKS*

SILVER - 26 Sessions
2 Per Week - 60 Minutes

GOLD - 38 Sessions
3 Per Week - 60 Minutes

PLATINUM - 38 Sessions
3 Per Week - 90 Minutes

*EACH PACKAGE INCLUDES A PRE & POST TRAINING EVALUATION

PAYMENT OPTIONS

Packages can be paid all at once or broken up into a payment plan with automatic draft from credit card or electronic check.

CANCELLATION POLICY

All individual and group packages must be completed within 6 weeks or 12 weeks. Refunds will not be given for missed sessions. If an individual session is missed, it is your responsibility to reschedule at a different time. Missed group sessions can not be made up. As a courtesy to our staff and other clients please provide at least a 24-hr cancellation notification.

Call for more information or visit our website:

www.ProehlficPark.com
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