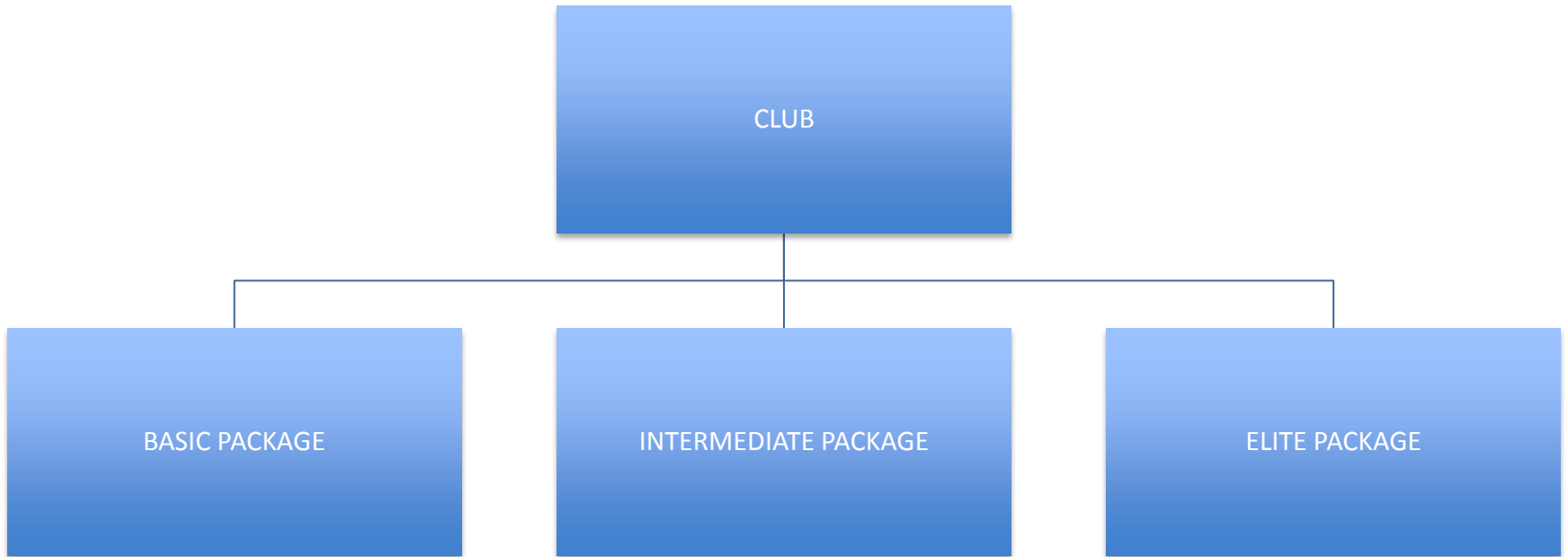




High Performance Programs

Presented by: Adam Paulo
High Performance Manager

Club Pathway



CLUBS - NEEDS ANALYSIS

BASIC

- Essential Performance Program
- Optional additions if required

INTERMEDIATE

- Basic plus extras

ELITE

- Intermediate plus extras

Proposed Club Packages

C – BASIC Package

B – INTERMEDIATE Package

A – ELITE Package

-Weight Training programs administered every 5 weeks

- Match day operations & strategies
- Suggested warm ups
- Recovery strategies

Package Cost: \$500 per 5 week phase

Optional Additions

**Melbourne Metro area only

- Group sessions: As an additional service (refer to Group Session pricing)
- Individual one-on-one session: As an additional service (refer to Strength & Conditioning pricing)

-Weight Training programs administered every 5 weeks

- Match day operations & strategies
- Suggested warm ups
- Recovery strategies
- Rehab strategies
- Load Management strategies

Package Cost: \$800 per 5 week phase

Optional Additions

-As per Basic package

-Weight Training programs administered every 5 weeks

- Match day operations & strategies
- Suggested warm ups
- Recovery strategies
- Rehab strategies
- Load Management strategies
- Program by design
- Injury prevention strategies
- Access to Adam via email, phone or face time on as needs basis

Package Cost: \$1,000 per 5 week phase

Optional Additions

- As per Basic package
- Adam available by appointment only for team training session (refer to whole squad pricing)

Added Club Value

Strength & Conditioning Session Breakdown

1. Individual one-on-one Training session (60min) \$100

2. Specialized Small Group Strength & Conditioning Training session (60min)
Ideal for players wanting to work on Strength, Speed, Power, Agility development in a more individualized coaching session.

	(Price per person)
- Group of 2	\$200 – 20% = \$160
- Group of 3	\$300 – 20% = \$240
- Group of 4	\$400 – 20% = \$320
- Group of 5	\$500 – 20% = \$400

3. Individual Outdoor Running Assessment (60min) \$150
(Detailed video assessment of Individual running mechanics and musculo-skeletal deficiencies which may assist in injury prevention)

4. Whole squad training (45- 60 mins) \$20 per person
**By appointment only Min 20 people

Subject to Adam's availability

WE PRODUCE EXCEPTIONAL RESULTS

We deliver an Elite program and service to our clients.

Clear, precise and detailed plans are delivered to our clients in each program as part of our service.

This is the Elite standard we set, distinguishing us from others.

By establishing a more streamlined approach to our clients by way of diverse packages, we cater to all needs from the weekend warrior and average punter to the high end athletes.

I look forward to assisting your Club and players throughout the season,

Adam Paulo

High Performance Manager - myFootyAgent