

MEMBERSHIP PROGRAMS

ROOKIE

Ideal for youth and amateur athletes seeking initial performance evaluations.

Includes a 30 minute consultation, basic game footage review of up to 15 mins, summary report with key performance insights, 1 follow up session.

PRODIGY

Designed for athletes aiming to enhance their skills and techniques.

Includes a 45 minute consultation, comprehensive game footage review of up to 30 mins, summary report with key performance insights and recommendations, personalized training and improvement plan and 2 follow up sessions.

CHAMPION

Tailored for high school aged athletes pursuing college recruitment or professional aspirations

Includes a 60 minute consultation, comprehensive game footage review of up to 90 mins, summary report with key performance insights and recommendations, personalized training and improvement plan, nutrition and recovery plan, college recruitment guidance and 4 follow up sessions.

ELITE

Designed for Professional and Olympic level athletes seeking peak performance enhancement.

Includes a 90 minute consultation, comprehensive game footage review of up to 120 mins, summary report with key performance insights and recommendations, full performance analysis and optimization plan, advanced nutrition and recovery plan, biomechanical analysis and weekly follow up sessions for 3 months.

WARRIOR

Focuses on athletes recovering from injuries or set backs and aiming to return to peak performance.

Includes a 60 minute consultation, review of injury history and rehabilitation progress, 15 min review of pre-injury footage, customized rehabilitation and recovery plan, bi-weekly follow up sessions for 3 months.

WELLNESS

Designed for athletes seeking to maintain their overall health, fitness and prevent injuries.

Includes a 30 minute consultation, basic health and wellness assessment, review of injury history, determine goals pertaining to fitness, customized fitness and nutrition plan, monthly follow up sessions for 3 months.

**ADDITIONAL
SERVICES
OFFERED**

REVIEW OF GAME FOOTAGE &
ANALYSIS REPORT - PER 30
MINUTES OF FOOTAGE

PERFORMANCE EVALUATIONS
DIET AND NUTRITION PLANS
TRAINING SUPPORT

COLLEGIATE ATHLETE
RECRUITMENT PLAN