

HIGH SCHOOL / COLLEGE PREP PERFORMANCE TRAINING PROGRAM



TRAIN WHERE THE PROS TRAIN – HOW THE PROS TRAIN. Athletes' Performance High School/College Prep Performance Training Program brings the same methodology and intensity to those preparing for their high school and college careers as professional athletes. The leader in performance training for the world's top athletes, Athletes' Performance prepares athletes to get the most out of their bodies by increasing strength, endurance, and flexibility – leading to increased productivity and decreased injury time. Training also includes nutrition and regeneration techniques to improve performance and educate young athletes on how decisions off the field, between games and practices, will improve their overall performance on a daily basis.

From World Champions to State Champions, Athletes' Performance High School/College Prep Performance Training Program provides the performance training to take an athlete's game to the next level.

PROGRAM HIGHLIGHTS

Performance Training

- **Speed** – Running mechanics and agility
- **Power** – Strength Training and Plyometrics
- **Conditioning** – Proper conditioning to improve work capacity
- **Flexibility** – Increasing joint and muscle strength and durability

Performance Testing

- **Vertical Jump**
- **10yd Acceleration**
- **VO₂ Submax**
- **Muscular Strength**

Injury Prevention

- **Functional Movement Screening** – Identify areas of weakness and develop corrective strategies
- **Regeneration** – Aid in workout recovery to keep body optimized for performance each day
- **Pre-hab Exercises** – Target areas of the body to prevent injuries before they happen

Nutrition

- **Post Workout Shake** – Aid in recovery of muscles providing essential proteins and nutrients
- **Nutrition 101** – Understand how to fuel and hydrate the body to achieve peak performance before, during, and after games and practices

Coaching Expertise

Athletes work in small groups with the same coaches who train the top champions in sports, getting individual attention to ensure training is done correctly and efficiently.

***"I can't imagine finding a more intense workout, a nicer training facility and better people to work with."** – Chase Utley, MLB All-Star*

For more information or to register, please call Athletes' Performance at 480.449.9000 ext. 233 or email Prep-az@athletesperformance.com.