



## TRAINING PACKAGES & PROGRAMS

Great Plains Maximum Performance offers sport specific training and conditioning programs to assist athletes in maximizing their athletic potential (speed, power, strength, balance and agility) and injury prevention. All training and conditioning programs are designed to be eight weeks in duration, with a ten-week time limit for completion. The training and conditioning program will end on the Friday of the 10<sup>th</sup> week from the initial evaluation.

Each package includes an initial assessment (musculoskeletal evaluation; injury screening; and speed, power, strength, balance & agility testing), an agreed upon number of training sessions, and a post-training assessment on the last session of the eight weeks (except for the one time/week program). The initial assessment, training sessions, and post-test are all approximately one hour in length. All training sessions will be with up to four athletes per strength coach.

Adults (age 40 and over) are recommended to have a physical (or physician consent) prior to the initial evaluation. Junior High/High school athletes must have a current sports physical or physician consent.

Please contact our office at (309) 272-0367 for pricing information.

8 sessions                      1 session/week

16 sessions                    2 sessions/week

24 sessions                    3 sessions/week

Additional Training Options:

### **Evaluation and Home Exercise Program**

This one time visit includes a modified evaluation and home exercise program instruction. Utilizing the results from the evaluation, in conjunction with the athlete's goals, a home exercise program will be developed with instruction given.



### **Golf Evaluation and Home Fitness Program (4 visits)**

Our four visit golf program is designed for the golfer who would like an individualized, golf specific, program to be completed at home or a gym. The first visit will include a musculoskeletal and golf specific performance evaluation with review of the physical limitations in one's golf game. Visit number two includes implementation, and instruction, of a golf specific fitness program, and will take place one week after the evaluation. The third and fourth visits will consist of progression of the golfer's fitness program and occur four and eight weeks after the second visit respectively.

### **Continual Training & Conditioning Program**

This program is for the athlete that wants to continuously train throughout the year. To qualify for this program, the athlete must complete two consecutive programs of two or three sessions a week. Upon completion of these two programs, the athlete can begin a monthly program. This program allows the athlete unlimited utilization of the facility, during training times, during the month. An appropriate training and conditioning program will be developed for each athlete to accommodate their goals

### **Individualized (One on One) Training**

For the athlete that desires individualized attention, or wishes to train by themselves, individualized (one on one training) is available. The initial evaluation and program will remain unchanged from the traditional package; however the athlete will train individually with a strength coach.