

training level	bronze	silver	gold
	3 Month Package	6 Month Package	12 Month Package
Strength & Conditioning	Strength and Conditioning including: <ul style="list-style-type: none"> • Fitness assessment • Supervised Training/Program Introduction • Program Development 3 months 	Strength and Conditioning including: <ul style="list-style-type: none"> • Sport Specific Fitness Testing • Skill Development/Program introduction • Program Development 6 months sport specific 	Strength and Conditioning including: <ul style="list-style-type: none"> • Sport Specific Fitness Testing • Skill Development/Program introduction • Program Development 12 months of sport specific
Mental Training	Mental Training including: <ul style="list-style-type: none"> • Mental Assessment/Performance Profile • Training in two mental skill areas • Competition Integration/Analysis 	Mental Training including: <ul style="list-style-type: none"> • Mental Assessment/Performance Profile • Training in four mental skill areas • Sport Specific Integration/Analysis • Development Competition Routine 	Mental Training including: <ul style="list-style-type: none"> • Mental Assessment/Performance Profile • Training in four mental skill areas • Training in advanced mental skill techniques • Sport Specific Integration/Analysis • Competition Routine Development
Nutrition	Nutrition Consulting including: <ul style="list-style-type: none"> • Initial consult/assessment • Computer assessment of 3-day food record • Development of recommendations • One follow-up meeting to receive recommendations 	Nutrition Consulting including: <ul style="list-style-type: none"> • Initial consult/assessment • Computer assessment of 5-day food record • Development of recommendations & eating pattern to suit individual training schedule • 3 follow-up meetings 	Nutrition Consulting including: <ul style="list-style-type: none"> • Initial consult/assessment • Computer assessment of 5-day food record • Development of recommendations, eating pattern & sample menus to suit individual training schedule • 6 follow-up meetings
notes	Packages may be chosen as designed or areas can be mixed & matched based on need. Individually designed packages can be arranged as requested.		