

## Service Options

### A Level Training Package

#### SESSIONS

- 26 sessions in total
- 2 x testing sessions / 16 training sessions / 8 recovery sessions
- 8 Week training clinic (2 strength sessions + 1 recovery session face to face per week)

#### TESTING

- FMS x 2
- Orthopaedic testing
- STAR Excursion screen
- Power-Velocity-Strength with "Gymaware" Power tool (measures power / velocity load bearing capability)
- Timing Lights - Speed & CODS Speed Testing

#### EDUCATION

- Education - athlete development
- Education - performance analysis and review
  - Statistical analysis and review
- Massage: mini flush/remedial for recovery

### B Level Training Package

#### SESSIONS

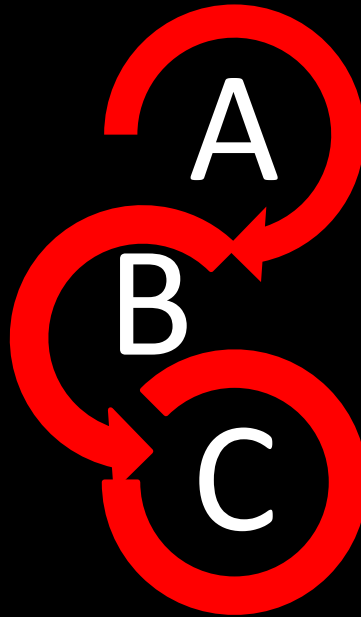
- 8 sessions in total
- 2 x testing sessions / 6 training sessions
- 6 Week training clinic (1 session face to face per week)

#### TESTING

- FMS x 2
- Orthopaedic testing
- Power-Velocity-Strength with "Gymaware" Power tool (measures power / velocity load bearing capability)
- Timing Lights - Speed & Change of Direction Speed Testing

#### EDUCATION

- Education - athlete development
- Statistical analysis and review



### C Level Training Package

#### SESSIONS

- 4 sessions in total
- 2 x testing sessions / 2 x review sessions

#### TESTING

- FMS x 2

#### EDUCATION

- Education - athlete development
  - Statistical analysis and review
- Home exercise program (specific program based on screening results)

