

Athletic Performance Training

Our sports performance training program is an evidence based approach to enhancing athletic ability. Our program includes in-depth evaluations of flexibility, agility, power, strength and stability. We then provide an intensive 5-week, 8-week, or 12-week program to systematically boost athletic performance. You will work with our Certified Strength and Conditioning Specialist, a member of our collaborative athletic performance team.

Testing Options:

- **21-Point Evaluation with Video Analysis - \$75.00**
 - Includes supine hamstring, hip flexor, groin/adductor flexibility, McKenzie back extension, trunk stability screen, hurdle step screen, and in-line lunge screen. This package also includes video capture of gait analysis, scapulae symmetry with shoulder external-internal ratios.
- **Performance Plus - Individual \$75.00 | Team: \$120.00**
 - Quantifiable analysis includes 5 tests out of the following: 300-yard shuttle (25 yd intervals), 30-60-90 yard shuttle, T-drill, 5-10-5 pro agility, 10-yard dash, 40 or 60-yard dash, vertical jump, standing long jump, 1-leg triple jump to "freeze" (L/R comparison), seated chest-put with 15lb med-ball, and grip test with hand dynamometer. Package also includes bodyweight and girth measurements.
- **Movement Analysis - \$55.00**
 - Dartfish technology, biomechanics analysis of fundamental athletic movements, such as: start speed (acceleration), cross-over step, drop step, athletic positioning, relative to your sport, and actual sports specific movement (throwing, swinging, kicking, fielding, etc.)
- **VO2 Analysis and Fitness Testing - VO2 Analysis \$150.00 | Fitness Testing \$150 (Brighton Location Only)**
 - VO2 Analysis includes VO2 and Anaerobic Threshold Testing and Target Heart Rate Zone Analysis.
 - Fitness Testing includes Resting Metabolic Rate (RMR) and Body Composition Testing.



Athletic Performance & Injury Prevention Programs

Individual or Small Group Training Programs:

- **5-Week Program (2 evaluations + 10 sessions) - \$650.00 | \$800.00***
 - Includes pre and post evaluations, a hybrid of 21-Point and Performance Plus and 10 sessions (2 sessions a week). Individual sessions are available, but small group participation (1-5 athletes) is encouraged.
- **8-Week Program (3 evaluations + 16 sessions) - \$995.00 | \$1145.00***
 - Includes pre, mid and post evaluations, a hybrid of 21-Point and Performance Plus and 16 sessions (2 sessions a week). Individual sessions are available, but small group participation (1-5 athletes) is encouraged.
- **12-Week Program (3 evaluations + 20 sessions) - \$1160.00 | \$1310.00***
 - Includes pre, mid and post evaluations, a hybrid of 21-Point and Performance Plus and 20 sessions (2 sessions a week). Individual sessions are available, but small group participation (1-5 athletes) is encouraged.

*This cost includes pre and post Sports Nutrition and Mental Skills Coaching sessions (4 total).

A la Carte Sessions:

- 1 Hour Training Session - \$55.00/athlete/visit
- 30 minute Training Session - \$35.00/athlete/visit

Team rates are available. Call for more information and pricing. All individual, small group, and team sessions are held at our Penfield Sports and Spine Rehabilitation office at the Platinum Office Building, 2064 Fairport Nine Mile Point Road, Suite 100.

For more information or to schedule a session, please call (585) 851-0700.