

The EDGE Performance Training, LLC

13 Francis Clarke Circle • Bethel, CT 06801

203-207-9991 • Fax 203-207-9991

www.speedtrainingct.com

Services

- A. Performance Training
 - a. Strength / Speed / Agility / Power / Core / Injury Prevention
 - b. Individual / Group / Team Sessions

- B. Basic Nutritional Analysis
 - a. General: 15-20 minutes / week
 - b. Supplements – for lean body mass, weight gain & loss
 - c. Basic Diet Analysis – current analysis and restructuring

- C. Comprehensive Nutritional Analysis
 - a. Detailed Analysis by Registered Dietitian
 - b. Call for Pricing

- D. Motivational Training (can be added to Performance Training)
 - a. General Health and Wellness: 30 minutes per week
 - b. Sport Specific: 60 minutes per week

- E. Time Management Training (can be added to Performance Training)
 - a. General: 45 minute evaluation with goal setting
 - b. Specific: Evaluation, plus reviews and coaching

- F. Program Analysis (No Training – Evaluation and Analysis Only)
 - a. Evaluation of Current Strength/Fitness/Workout Program
 - b. Provides for Survey of program
 - c. Re-Structuring of Program
 - d. Mental and Physical Goal Setting

- G. Educational Seminar (Topics include, but not limited to)
 - a. Injury Prevention (ACL, Throwing, Head and Neck, Overuse)
 - b. Strength Training (Proper Technique, Specific Skills, Lifting)
 - c. Performance (Nutrition, Speed, Agility, Plyometrics)

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Price Structure

Registration Fee - \$75.00 (1-hour Session)

(for all services, except Program Analysis and Medium to Large Group Sessions)

Includes the following features:

Medical History

Personal Goals Survey

Physical Screening

Fitness Evaluation

Future Consultations (Phone Calls, E-mails, etc)

Promotional Items (Business Card Magnet, T-Shirt, Eligible for Bonus Items)

Performance Training / Basic Nutrition / Motivational / Time Mgmt / Program Analysis

(Payment Due at time of Service)

- Individual / Specialized Training
 - Single Session (1-4 People): \$90.00 each client per session (plus registration)
 - Packages: Must be paid in-full at time of purchase
 - Bronze - \$240.00 (3 sessions – Save \$30)
 - Silver - \$450.00 (6 sessions – Save \$90)
 - Gold - \$840.00 (12 sessions – Save \$240)
 - Platinum - \$1350.00 (18 sessions – Save \$370)
 - Get 3 Free Sessions
 - UA Performance T-Shirt
 - Choice of:
 - Comprehensive Nutritional Evaluation
 - Comprehensive Strength Evaluation
 - Additional Training Sessions (2)
- Team/Group Rates Packages – (Must be paid at first session)
 - Small (5-10): \$150.00 per session (plus registration per client)
 - Medium (11-20): \$250.00 per session (no registration fee)
 - Large (21-30): \$350.00 per session (no registration fee)
 - Special (>30): Contract Rate

Educational Seminar/ Workshop / Symposium:

Call for pricing; many programs free for schools, coaches and/or youth programs.

“Bring-A-Friend” Referral Program:

- When your friend signs up for:
 - Bronze, Silver, or Gold training package - You earn one (1) free session (\$90)
 - Platinum package – You earn two (2) free session (\$180 value)

(Effective January 1, 2009)