

Outperforme Athletics Fall Programming (2020) September – December 2020

Hello current Outperformers and future Outperformers!

Fall training is right around the corner and we wanted to take a minute to chat with you about your training plans and how we can help you plan and periodize your training for optimal results! Typically, when an athlete completes their summer training, they are starting the school year and going into the start of their respective athletic seasons. We recommend that you keep continuing your progress from the summer months with sticking to a schedule that works for best your academics and your athletics. We will make sure that we schedule accordingly, taking into consideration your goals and availability as things reboot.

As always, we strongly recommend that you take care of any injuries properly. It is best to address them quickly so that your recovery is as quick and optimal as possible. Although there's a lot of places you can choose, we highly recommend our friends at Dynamic Physiotherapy. Their physiotherapists can help get you on track by not only treating the injured area, but also by searching for the source of the problem and helping you move more efficiently. Their active approach to rehab and highly skilled therapists who communicate well with us as strength coaches makes them a great Westman resource.

The start of September is a busy time and one that should not be taken for granted. As always, you can expect Outperforme coaches to do a detailed assessment on you, then set individual goals and design custom programs to help you achieve your goals based on your schedule. You can work out on your own, with a partner or even in a small group.

Outperforme's programs vary throughout our Fall programming to address everything from mobility to strength, muscle balance, speed, power, agility and conditioning. We offer in the gym strength training all year long tailored to your needs, goals and sport focus. We also offer volleyball programming designed to increase vertical jump, speed on the court, hitting velocity and to help look after your knees, ankles & shoulders! At Outperforme, we will design a program to help with performance of any sport so if you don't see a program offered for your sport, we will happily design one for you!

How can you make sure there's a training spot reserved for you? Outperforme's coaches love seeing their athletes succeed, and our success is directly related to yours! We hold ourselves to a high standard and we have high expectations that you do the same in making your training a priority and working hard. Our athletes are seeing fantastic results, and as a result our schedules are filling up. If you want to reserve your training spot, please make sure to talk to your coach and let them know your plans for the Fall (schedule an assessment, how often you'll be meeting with them, whether you're training 1-on-1 or in a small group, etc.). Our Fall training online registration will be open in early August so please complete that as soon as you are able to! If you are new to Outperforme, and want to join our #OPAFamily, please send us an email to admin@outperforme.com so that we can give you the necessary information to register for the first time and get you set up with a coach.

Best wishes this Fall! We will be educating ourselves on the latest research and designing programming so that we are ready for you when your off-season gets started!

Cheers,
From your OPA coaches

Please continue reading below for further information on all types of programming and how to sign up for everything.

Training Recommendations

We offer several options for all of our athletes including 1-on-1 Strength Training, Group Training, Joga, Jump Training, and Mini Outperforme Registration. We strongly recommend registering by **August 21, 2020** to make sure you get the times you need. This is a soft deadline as everyone tries to plan out their schedules - if you've missed the deadline, please let us know as we will do our best to accommodate you.

Recommended potential schedules based on age:

- 9-12: Mini Outperforme 1-2x /week
- 12-14: Strength or Group Training 1-2x, Joga 1x /week
- 15-17: Strength or Group Training 2-3x, Joga 1x/week
- 18+: Strength or Group Training 2-3x, Joga 1x /week

1-on-1 Strength Training in the Gym (with trainer and/or membership)

We offer training with a strength and conditioning coach that is tailored to your schedule, your sport and your specific needs. This is an integral part of any strength & conditioning program and something that we strongly encourage our athletes to be on top of. Strength training in the gym, with programs designed by an Outperforme coach, is the recommended minimum for your training goals. Our strength training is based on functional movement patterns, and our coaches are up to date on all current research trends in the industry.

Training arrangements can be made with your coach in terms of how frequently you would like to meet with them, and in terms of arranging days and times that work with both yours and your trainer's schedules. Although we consistently see much better results with individuals who meet with their coach 1-2x/week so that programs can be adjusted and monitored, we believe that an absolute minimum frequency to meet with you coach is once every 4 weeks to get updated programs. This is essential to progressing throughout the year and ensuring you are prepared all year round. Please contact your coach as soon as possible to make sure you have a plan in place as spots fill up quickly. Prices can be seen below:

- Assessment: \$86.45 + GST
- 1 on 1: \$62.85 + GST
- Group of 2: \$36.90 + GST
- Group of 3: \$29.65 + GST
- Group of 4: \$24.75 + GST
- Consult and Program Design: \$82.35 + GST
(meeting monthly for programs)

In addition to training with a strength coach, memberships are available in Brandon for anyone who wishes to do workouts on their own time in addition to workouts with a trainer in our facility. Memberships run on a monthly basis; each payment is processed on the 1st of the month. If you start part way into a month, that month will be prorated for you. Memberships can be cancelled at the end of the year if necessary, but you must let us know prior to the next billing date. Membership options and pricing can be seen below. Please contact your coach or Jeff at admin@outperforme.com to set up any memberships.

- Individual Membership: \$45.85 + GST per month
- Family Membership (2 members): \$70.15 + GST per month
- Family Membership (3+ members): \$90.55 + GST per month

Group Training

Small group sessions are cost effective, and it can be motivating to have athletes training together. Many younger athletes (example 12-13 years) enjoy this type of setting and do very well. Proper technique and body weight training are the main focus of these sessions. Small group sessions are offered year-round. It will run from the beginning of September out until the Holiday Break in December. Group Training is a fun and educating training atmosphere with all groups are capped at 4 athletes.

If you have any questions about the Group Training program or would like any more information please don't hesitate to consult with your coach, or Jeff (admin@outperforme.com) and they would be happy to help. This year we are doing an online registration form for the Group Training program. You can find the link to register on our website www.outperforme.com. We strongly recommend registering by **August 21, 2020** to make sure you get the times you need. This is a soft deadline as everyone tries to plan out their schedules - if you've missed the deadline, please let us know as we will do our best to accommodate you.

We will contact you with your Group Training schedule prior to sessions starting. Although we do our best to accommodate everyone's scheduling needs, at times it is impossible to create a perfect time for every client involved in group training. Please know that we will make every attempt possible to find a training time that you can attend, but keep in mind we are dealing with groups of people with varying schedules.

Group Training Billing Details: In terms of billing we sell Group Training as a package based on the size of the group. Prices can be seen below:

- Group of 2: \$36.90 + GST
- Group of 3: \$29.65 + GST
- Group of 4: \$24.75 + GST

All small group sessions billing is based on attendance. If one group member doesn't attend a session, you still pay, or the price increases, for the other group members to meet to the type of session that was provided. For example, 2 people show up for a group of 3, all 3 are charged the group of 3 rate or the 2 people who attended are charged the group of 2 rate. It is recommended the entire group understands this before they start.

We have several membership options available in Brandon for anyone who wishes to do workouts on their own time in addition to the Group Training sessions. Our memberships run on a monthly basis and each payment is processed on the 1st of each month. To cancel a membership, we need to be notified prior to the next billing date. Membership options and pricing can be seen below. Please contact your coach or Jeff at admin@outperforme.com to set up any memberships.

- Individual Membership: \$45.85 + GST per month
- Family Membership (2 members): \$78.15 + GST per month
- Family Membership (3+ members): \$90.50 + GST per month

JOGA

Joga is a movement system designed using the benefits of yoga and the biomechanics of sport. It was created specifically for an athlete's body and mind set, and is designed to enhance athletic performance. Some of its benefits include helping with recovery, improving concentration, injury prevention and rehabilitation, increasing mobility, strength and body awareness to name a few. It is the governing body of yoga in sport and many professional sports teams and athletes include Joga as a part of their training. Joga can be a great complement to other summer training options that we provide as it targets some things that don't get focused on in the gym, on the ice, on the court, etc.

Joga will run weekly during the Fall with one or two sessions a week online via Zoom. Private sessions are also available upon request. Weekly classes are open to all people and is not limited to strictly athletes. It is also great for the everyday person looking to add something active into their life or to enhance their current fitness regimen. Sessions are sold as monthly packages. JOGA PACKAGES ARE NON-REFUNDABLE. The prices can be seen below. Drop in options are also available for those who do not want to commit to a weekly session.

- Monthly package purchased depending on the number of weeks in the month & expires at the end of each month): works out to \$14.25 + GST per session
- Drop in rate: \$16.40 + GST per session

If you are interested or would like more information, please contact Maddie at admin@outperforme.com and she will get you organized with everything that you need to know. We are once again doing an online registration form for Joga. You can find it on our website www.outperforme.com. Dates and times will be released on a monthly basis based on demand and athlete availability. Although we do our best to accommodate everyone's scheduling needs, at times it is impossible to create a perfect time for every client involved in group training. Please know that we will make every attempt possible to find a time that you can attend, but keep in mind we are dealing with groups of people with varying schedules.

Jump Training

Our Jump Training is designed to work on strength, vertical jump height, hitting velocity, speed, agility and quickness for volleyball players. It will run from the beginning of September out until the Holiday Break in December. Jump Training is a group training atmosphere with all groups are capped at 4 athletes. Jump Training is something we encourage our athletes to do as it is both extremely beneficial for their volleyball specific training and it is also a fun atmosphere with a chance for athletes to train together and have some friendly competition.

The program is periodized and designed to complement the volleyball season and go through different phases of training that will lead to optimal results. For this reason, we require that those participating in Jump Training participate in all 4 months of the program. We require this to help prevent injury and so the athletes can gain the maximal amount of benefit from our Jump Training program.

If you have any questions about the Jump Training program or would like any more information please don't hesitate to consult with your coach, or Jeff (admin@outperforme.com) and they would be happy to help. This year we are doing an online registration form for the Jump Training program. You can find the link to register on our website www.outperforme.com. We strongly recommend registering by **August 21, 2020** to make sure you get the times you need. This is a soft deadline as everyone tries to plan out their schedules - if you've missed the deadline, please let us know as we will do our best to accommodate you.

We will contact you with your Jump Training schedule prior to sessions starting. Although we do our best to accommodate everyone's scheduling needs, at times it is impossible to create a perfect time for every client involved in group training. Please know that we will make every attempt possible to find a training time that you can attend, but keep in mind we are dealing with groups of people with varying schedules.

Jump Training Billing Details:

In terms of billing we sell Jump Training as a package. Prices can be seen below. Each month Jump Training participants will be billed for the number of sessions in the month. **JUMP TRAINING PACKAGES ARE NON-REFUNDABLE.** The only exception being a medical condition that prevents training. Beyond this exception, packages are billed on autopay monthly with the number of sessions in the month. Credit card or bank account information are accepted prior to the first session and will be used for autopay to pay the monthly package invoice. Packages will work out to \$24.75 per session and will be invoiced for the number of sessions in the month.

We have several membership options available in Brandon for anyone who wishes to do workouts on their own time in addition to the Jump Training sessions. Our memberships run on a monthly basis and each payment is processed on the 1st of each month. To cancel a membership, we need to be notified prior to the next billing date. Membership options and pricing can be seen below. Please contact your coach or Jeff at admin@outperforme.com to set up any memberships.

- Individual Membership: \$45.85 + GST per month
- Family Membership (2 members): \$78.15 + GST per month
- Family Membership (3+ members): \$90.50 + GST per month

Mini Outperforme

Mini Outperforme is designed to work on movement patterns, coordination, agility, basic strength and quickness for young athletes (aged 9-12). Mini Outperforme is a small group training atmosphere with the option of participating once or twice per week. All groups are capped at 6-8 athletes. This is something we encourage for young athletes as it helps them to build a solid training foundation for the future. It is also a fun atmosphere with a chance for athletes to have some friendly competition and get to know other Outperformers.

The program is designed to gradually build on itself throughout the 4-month block (ie. week 5 will be a progression of week 1 and so on). For this reason, we strongly advise athletes to participate in the entire program. We suggest this to help prevent injury and so the athletes can gain the maximal amount of benefit from the Mini Outperforme program.

If you have any questions or would like any more information, please don't hesitate to consult with a coach or Jeff (admin@outperforme.com). We are once again doing an online registration form for Mini Outperforme. You can find it on our website www.outperforme.com. We strongly recommend registering by **August 21, 2020** to make sure you get the times you need. This is a soft deadline as everyone tries to plan out their schedules - if you've missed the deadline, please let us know as we will do our best to accommodate you.

We will contact you with your schedule prior to sessions starting. Although we do our best to accommodate everyone's scheduling needs, at times it is impossible to create a perfect time for every client involved in group training. Please know that we will make every attempt possible to find a training time that you can attend, but keep in mind we are dealing with groups of people with varying schedules.

Mini Outperforme Details:

In terms of billing we sell two packages, a Block 1 (Starts the week of August 31 until the week of October 19 – 8 weeks) and Block 2 (Starts the week of October 26 and runs until the week of December 14 – 8 weeks). Prices can be seen below. MINI OUTPERFORME PACKAGES ARE NON-REFUNDABLE. The only exception being a medical condition that prevents training. If your package is not purchased online prior to **August 31st, 2020** then you will be invoiced and billed for it.

- Once per week package: \$27.60 + GST per session (sold as a Block 1 and Block 2 package)
- Twice per week package: \$24.85 + GST per session (sold as a Block 1 and Block 2 package)

All sessions will take place indoors at the gym.