



ProPerformance Training Program

"Mastering others is strength. Mastering yourself is true power. Both are required."

General Philosophy

I believe that goals and dreams can be achieved through Structure and Consistency, accompanied by a strong optimistic spirit and discipline.

JJFitness ProPerformance Training Program

To players seeking a future in any sport, preparing for the next season is like getting ready for the ultimate job interview. My ProPerformance Training Program is designed for athletes to maximize their performance in the physical and mental tests of sports competition.

I make it my personal goal to produce results, ensure safety, and build confidence for every participant.

Whether you have already achieved a certain level of success in the game, or are looking for a solid foundation, my role is to take you to the NEXT LEVEL.

I emphasize consistency and appropriate intensity in workouts, whether the objective is to build a solid conditioning foundation, or to develop explosive power, speed, agility, and reaction time. My training system always incorporates specific adaptations to imposed demands – that is, changing up workouts to force the muscles to respond favorably through added strength, growth, endurance, and flexibility.

In the initial time we have together, I dedicate a lot of effort getting to know the athletes I train, making sure I understand their professional and personal goals and challenges. I need to know what factors drive them to succeed as well as what keeps them up at night. Building relationships with the athletes I work with to establish mutual respect, clear communication, and oftentimes even friendship is absolutely critical for developing the discipline, self-awareness, and a strong spirit necessary to reach optimal performance.



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Program Goals and Basic Strategies

The JJFitness ProPerformance Training Program has 4 Goals.

Goal 1: Address any injury/rehabilitation issues following the competitive season

- Interview/examine player, determine if physical therapy must accompany or precede preparatory training program
- Close monitoring of injuries and strengthening of injured areas throughout training program

Goal 2: Strengthen areas that may be susceptible to injury during the course of training.

- Injury prevention exercises to promote balance and stability
- Instruction and close monitoring of form in strengthening exercises
- Adequate warm ups, cool downs, recovery exercises
- Dynamic and static flexibility routines

Goal 3: Increase power, speed, and agility to achieve top performance.

- General strength and conditioning
 - Compound exercises to build upper, lower body and core, mostly higher volume lower intensity workouts
 - Cardiovascular endurance – outdoor terrain/hill training, field turf drills (40 yd dash), pool training
 - Flexibility Training to eliminate tightness, increase range of motion to enhance performance and prevent injuries
- Targeted strength training
 - Focus on “go” muscles (quad, hamstring, glutes) and position specific strength building.
 - Reaching muscle “failure” at the end of sets
 - Ensuring ample rest and recovery of targeted muscle groups, avoiding overtraining
- Speed and agility training
 - Coordination/footwork drills
 - Movement specific resistance drills to mimic plays and movements on the field, in order to improve acceleration (or deceleration), changing directions, delivering (or avoiding) contact, sprinting, quickness in reaction and responsiveness.
 - “Overspeed” training to improve both speed and quickness
 - Contrast training (removal of resistance) for explosive power and speed



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Goal 4: Attain desired body weight and composition

- Determine athlete's basic caloric and protein needs to ensure that the training program I design results in gains lean muscle and fat loss.
- Develop meal plan, provide all additional nutritional support as needed.
- Provide pre- and post-workout nutrient timing protocol to maximize performance, growth and recovery.

Assessment Process

Each training program begins with a comprehensive assessment of the player's strengths and weaknesses. An accurate initial measure of an athlete's ability is the first step toward achieving and measuring actual gains. In addition, the athlete will undergo a series of tests to measure mobility and stability, strength and endurance, power, speed and agility. This process will take no longer than two days.

Performance on events and additional tests will be analyzed to identify flaws and determine strategies for improvement. My training plan will include weekly goals and short-cycle assessments to ensure we are making enough progress and the appropriate modifications along the way. Results will be shared with the player and members of his immediate support team (i.e. physical therapist, agent) so that success can be shared and the player sees himself on the road to accomplishment.

Basic Schedule

Resistance Workouts

This schedule is for professional athletes, the workouts are scaled down for Varsity and University athletes.

Typically I will train the athlete on a four-day weight split for the first month of an 8 week training, and for the first two weeks of a 4 week training. For the second half the 4- or 8-week training period, depending on the athlete's needs, I usually move to a two-day weight split. Players should expect to be working a full seven days a week in some capacity, even on recovery days.

Balance/Core, Speed/Agility, and Resistance Movement Training take place in the morning sessions. Strength/Resistance Training during the afternoon sessions followed by low intensity endurance work.



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Recovery/Rest

On recovery days from resistance training I take the athlete to the pool to do lower gravity training which builds speed and endurance without over-taxing the muscles and also aiding recovering muscle.

As a part of keeping a player's mental muscles sharp without having to over-think strategy, I often insist on a backgammon match (best of 3 games) with me in the evenings. Of course, I also never travel without bringing my xbox360 and PS3 game consoles. I find these are two activities that can be highly effective in relieving some of the pressure from the intensity of training and stress about the upcoming competition, allowing players to relax, have fun while still remaining engaged, focused and working towards a goal.

ProPerformance Training Program Rates

Varsity Level

For youth athletes competing in High School, Junior High School, and/or youth leagues. The following rates are based on estimates of approximately 3 hours/week of direct training time with the athlete, plus additional time for daily workout/diet planning, performance analysis, and general support to the athlete. Rates are adjusted to be more economical when training more than one athlete.

Training Flat Fee:

| | |
|-----------------------------|----------|
| Four week training period: | \$ 1,285 |
| Eight week training period: | \$ 2,500 |

University Level

For athletes competing at or preparing for college athletics. The following rates are based on estimates of approximately 11 hours/week of direct training time with the athlete, plus additional time for daily workout/diet planning, performance analysis, and general support to the athlete. Rates are adjusted to be more economical when training more than one athlete.

Training Flat Fee:

| | |
|-----------------------------|----------|
| Four week training period: | \$ 4,500 |
| Eight week training period: | \$ 8,750 |



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Professional Level

For athletes competing at the professional level or preparing to compete professionally. The following rates are based on estimates of approximately 21 hours/week of direct training time with the athlete, plus additional time for daily workout/diet planning, performance analysis, and general support to the athlete. Rates are adjusted to be more economical when training more than one athlete.

Training Flat Fee:

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|-----------------------------|----------|
| Four week training period: | \$ 9,000 |
| Eight week training period: | \$17,500 |

Additional costs for training outside Maryland:

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|-------------------------------|---|
| Food: | Daily per diem (I typically don't eat at restaurants) |
| Out of town Accommodation: | A bedroom and kitchen is all I require |
| Travel and In-town Transport: | Negotiable |
| Equipment/Training Tools: | Depends on training facility |

Contact:

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