

# TEAM PERFORMANCE TRAINING



Headwaters  
STRENGTH & CONDITIONING

Headwaters  
FITNESS ± RACQUET CLUB

(519) 942-2255

[headwatersracquetclub.com](http://headwatersracquetclub.com)





# INTRODUCING HEADWATERS STRENGTH & CONDITIONING TEAM PERFORMANCE TRAINING

Team Performance Training is specifically designed to take your athletes' and team's performance to the next level!

Like building a house, we must start with a strong foundation.

First, we strive to improve coordination and balance by pursuing the mastery of movement mechanics to establish that strong foundation.

As movement mechanics improve, we then start to build on top of that foundation with strength, power, and performance, including speed and agility.

Lastly, the ability to increase performance while simultaneously reducing the risk of injury is paramount for all athletes who participate in our programming.

In today's landscape, all high-performing athletes and teams have some sort of "dryland training" scheduled into their sport season. Team Performance Training was originally launched, and continues to be monitored by our Director of Fitness Tyler Robbins:

*"We strive to improve the performance of all athletes and teams who walk through our doors. We improve balance, coordination, speed, agility, strength, and power - all while building team camaraderie and having fun!"*

*~Tyler Robbins*

## TEAM PERFORMANCE TRAINING 3 MAIN TENETS:

### 1. MOVEMENT EFFICIENCY/MECHANICS

A finely tuned machine operates at a much higher (and safer) level than one that is out of sync. An athlete can only go so far on skill and effort alone. By focusing on balance, coordination, and movement mechanics - any good athlete can become an elite athlete!

### 2. STRENGTH AND POWER

The basis of performance is an athlete's ability to not only generate force (strength), but to generate force quickly (power). An athlete that is able to generate maximum amounts of force in shorter amounts of time has such a tremendous advantage over their opponent - it's like programming an athlete cheat code!

### 3. INJURY PREVENTION

Athletes are constantly pushing their bodies to their limit (and beyond)! Combine that with growing, developing bodies, and you have an increased risk of injury. We have a primary focus to keep athletes on the field of play for as long as possible so that they can perform at a high level without being sidelined by an injury. This is the most important step when it comes to young athlete development.

# DID YOU KNOW?

The Certified Strength & Conditioning Specialist (CSCS) credential is the only training certification recognized by the 4 main North American sports leagues (NBA, MLB, NFL, NHL)?

## YOGA (OPTIONAL)

Teams are welcome to schedule Yoga as part of their Team Performance Training package. Yoga works just the same as any other Team Performance Training session – pick a date and a time that works best for your team and we will connect you with one of our highly-trained and experienced Yoga instructors.

Yoga can be a fantastic piece to your Team Performance Training puzzle. Use it as a scheduled session before a big game or tournament to get loose and limber for the big day. Or better yet, use it as a recovery tool following a big competition weekend (such as a tournament) to work on all of those sore areas.

**AGE 8-10  
YEARS**

# ATHLETES	# SESSIONS	TOTAL PRICE	PRICE/SESSION
5 to 9	6	\$870.00	\$145.00
	12	\$1,680.00	\$140.00
	18	\$2,430.00	\$135.00
	24	\$3,120.00	\$130.00
	30	\$3,750.00	\$125.00
	36	\$4,320.00	\$120.00
10 to 14	6	\$990.00	\$165.00
	12	\$1,920.00	\$160.00
	18	\$2,790.00	\$155.00
	24	\$3,600.00	\$150.00
	30	\$4,350.00	\$145.00
	36	\$5,040.00	\$140.00
15 to 20	6	\$1,110.00	\$185.00
	12	\$2,160.00	\$180.00
	18	\$3,150.00	\$175.00
	24	\$4,080.00	\$170.00
	30	\$4,950.00	\$165.00
	36	\$5,760.00	\$160.00



**AGE 11-14  
YEARS**

# ATHLETES	# SESSIONS	TOTAL PRICE	PRICE/SESSION
5 to 9	6	\$990.00	\$165.00
	12	\$1,920.00	\$160.00
	18	\$2,790.00	\$155.00
	24	\$3,600.00	\$150.00
	30	\$4,350.00	\$145.00
	36	\$5,040.00	\$140.00
10 to 14	6	\$1,110.00	\$185.00
	12	\$2,160.00	\$180.00
	18	\$3,150.00	\$175.00
	24	\$4,080.00	\$170.00
	30	\$4,950.00	\$165.00
	36	\$5,760.00	\$160.00
15 to 20	6	\$1,230.00	\$205.00
	12	\$2,400.00	\$200.00
	18	\$3,510.00	\$195.00
	24	\$4,560.00	\$190.00
	30	\$5,550.00	\$185.00
	36	\$6,480.00	\$180.00

**AGE 15+  
YEARS**

# ATHLETES	# SESSIONS	TOTAL PRICE	PRICE/SESSION
5 to 9	6	\$1,110.00	\$185.00
	12	\$2,160.00	\$180.00
	18	\$3,150.00	\$175.00
	24	\$4,080.00	\$170.00
	30	\$4,950.00	\$165.00
	36	\$5,760.00	\$160.00
10 to 14	6	\$1,230.00	\$205.00
	12	\$2,400.00	\$200.00
	18	\$3,510.00	\$195.00
	24	\$4,560.00	\$190.00
	30	\$5,550.00	\$185.00
	36	\$6,480.00	\$180.00
15 to 20	6	\$1,350.00	\$225.00
	12	\$2,640.00	\$220.00
	18	\$3,870.00	\$215.00
	24	\$5,040.00	\$210.00
	30	\$6,150.00	\$205.00
	36	\$7,200.00	\$200.00



# TEAM PERFORMANCE TRAINING

## MEET THE COACHES

### Coach Tyler Robbins - Program Director

- Certified Strength and Conditioning Specialist (CSCS)
- CrossFit Level 3 (CCFT) Trainer
- Strength & Conditioning field since 2011
- Years experience training collegiate and professional athletes

### Coach Melanie Gallant

- Crossfit Level 1 Trainer
- Current soccer player with OWSL
- BaEd/BaPhysEd/BaSc in kinesiology
- Experience coaching (all ages) and programming soccer conditioning

### Coach Michael Panter-Hough

- Certified Personal Trainer
- Specialist in Strength & Conditioning
- Level 2 Pickleball Coach & Pro



# BOOK YOUR TEAM TODAY!

**Tyler Robbins, Fitness Director**

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