

WALNUT CREEK: 2401 Shadelands Dr., Ste. 170 • 925-979-3420

ATHLETE DEVELOPMENT PROGRAM (ADP)

Contact Krisi Bruce, 925-979-3420 or email kbruce@mail.cho.org

This program is intended for: **Athletes • Individual/Team and Conditioning Coaches • League Managers and Sports Directors • Physical Therapists • Physicians**

Program includes:

- Evaluating techniques and movements through video analysis
- Training design plan
- Body composition relative to movement
- Conditioning tests: Strength, speed, flexibility, endurance and agility
- Analysis of games and training sessions for coaches to enhance their practice
- Team profiles to help coaching staff create playing strategies
- Information for the coach, physical therapist and/or doctor to be used in the athlete's development process

Program Outcomes:

- Enhanced safety for young athletes
- Enhanced technique and athletic efficiency
- Enhanced sports training design and implementation
- Provide coaches with objective tools to design training and game strategies

Program schedule:

We offer a complimentary 20-minute consultation about how the program can optimize your training program. The proceeding athlete evaluation lasts approximately 3 hours. After the evaluation, implementation of a proposed training program can begin.

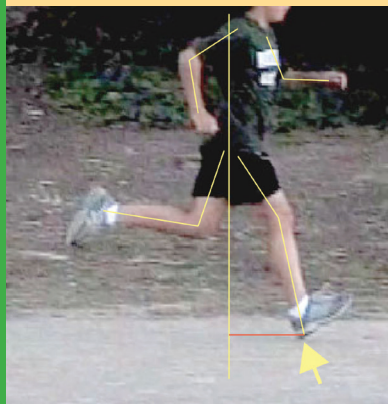
Contact:
Krisi Bruce
kbruce@mail.cho.org
925-979-3420

Video analysis feedback is tailored specifically to each athlete's necessary core skills

Each athlete can obtain copies of their recordings

INITIAL EVALUATION

First contact in front of the center of gravity



EVALUATION AFTER TRAINING

First contact at the same level of the center of gravity

