

In Person - On Field Football Sessions

Position Specific	Player Position Specific Session <ul style="list-style-type: none">- Session designed based on player position & physical needs<ul style="list-style-type: none">o Position specific technical trainingo Position specific conditioning drills- Involves player intake to determine needs & goals 1 player (\$50 per session) 2 players (\$30 each per session)
Rehabilitation	On field Rehab <ul style="list-style-type: none">- Session designed & progressed based on rehabilitation and injury protocols.- Involves technical, positional and injury specific drills- Involves injury re assessment & treatment if needed \$80 per session
Open Sessions	Open Session (4 players or more) <ul style="list-style-type: none">- Small group session involving technical, pickup, running- Involves football & physical conditioning- Open to any players to turn up on the day \$10 per player

Football Specific Programs

Service Levels	Field Conditioning	Gym only	Field Conditioning + Gym
Per Program as Needed - Player intake via email/text or short call - Program based on player needs - Program is sent to player after written.	\$40 /month	\$60 /month	\$80 / month
	This program level involves receiving a program that reflects your needs. Feedback can be given at conclusion of program to guide the next program Essentially – tell me your program needs, I’ll write the program & will send it to you		
Full - Detailed player intake call & needs analysis - Individualized program & periodization - Ongoing communication via phone/email/text - Program adjusted based on feedback	\$80 / month	\$100/month	\$120/month
	This level is where your program is written progressively based off feedback & performance. Feedback and communication is ongoing and the program can be adjusted. Essentially – I write the program as we go based off your progress & how you are going.		
High Level - Extended player intake call & needs analysis detail - Individualized program & periodization - Ongoing communication via phone/email/text - Scheduled program call every week to review previous week & plan next week - Program adjusted based on weekly feedback - Involves in person sessions/coaching if possible	\$160/ month	\$180/ month	\$300/month
	This is a full level service with unlimited detail and scope. We speak every week to review & plan program Program can be adjusted at anytime based on schedule or ongoing player needs		

Injury Rehab Programs

	Return to running / sport	Gym Rehab	Combined
High Level	\$160/month	\$180/month	\$300/ month
<ul style="list-style-type: none"> - Extended athlete intake call & needs analysis detail - Individualized program & periodization based on rehab timeline - Ongoing communication via phone/email/text - Scheduled rehab update call every week to review previous week & plan next week - Program adjusted at any time - Involves in person rehab sessions if possible 	<p>This is a full level service with unlimited detail and scope.</p> <p>We speak every week to review & plan program</p> <p>Program can be adjusted at any time based on schedule or ongoing player needs</p>		

In Person Physiotherapy

Initial (60 min)	\$150
Review (40 min)	\$60
General maintenance treatment (45 min)	\$50

Online Physiotherapy

Initial (60 min)	\$150
Review (40 min)	\$75

Open High Performance Consultancy

Per hour	\$125
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Intensive In Person Support - Individual athlete or group - Physio/Conditioning/Rehab/Training Camp

Per Day	\$250 plus flights, accommodation costs etc if not in my city. These costs can be negotiated
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This is where I am on location with you and available for intensive full time support