

# Athlete TRAINING Starter Month

## athletes in Gr. 9-12

for athletes in **ANY SPORT** who are **NEW TO DEPTH** who want to experience what **HIGH PERFORMANCE TRAINING** and what Depth Training has to offer.

### Experience the Depth difference!

#### PROGRAM COMPONENTS

##### SESSION 1

- › You will complete an initial performance assessment which includes baseline performance testing specific to each athlete.

The next 8 TRAINING SESSIONS are specific to age, gender, injury history, sport, training goals & performance testing results.

##### SESSION 10

- › You will re-test your baseline performance measures to identify areas of progress and continued areas of need during your future training sessions.
- › Athletes will also receive a Depth Training T-shirt

#### Want to **FULLY MAXIMIZE YOUR RESULTS** during your **1st month of training**?

- › Complete an **Athlete Performance Therapy Assessment** to help rehabilitate former injuries, reduce the risk of future injuries and maximize your performance potential.
- › Register for our **1 on 1 Athlete High Performance Nutrition Coaching Program** to work 1 on 1 with one of our Depth Nutrition Coaches.
- › Ask about our **Athlete Nutrition Supplement**

For more information please email [justin@depthtraining.ca](mailto:justin@depthtraining.ca)

## 10 sessions

USED OVER A 30 DAY PERIOD

## \$149

+HST

\*please note, this offer does not apply to athletes enrolling in specialty programs with specific start and end dates (ie. Pre-tryout prep program, sport specific off-season training programs).

## 226.748.9494

## [www.depthtraining.ca](http://www.depthtraining.ca)

