

Why become involved?

The number one reason to be involved in our program is simple, your team will become better. There is no question that teams who train are stronger, faster and able to perform at a high intensity longer than teams who do not. Although strength and conditioning has had a tremendous impact on the quality of professional sports, it is having an equal if not greater impact on minor sports. Our educated and knowledgeable training staff, as well as our large, well-equipped training facility provides your team with what we believe is the best training experience in the Kitchener-Waterloo region. The best part about us is that we love having fun! Exercise and training should be a demanding but enjoyable experience. This provides the opportunity for athletes to become involved early in exercise and fitness to develop their potential not only as an athlete, but also as an individual with a strong passion for keeping themselves fit long after their athletic career is over. At Depth, our focus is about pushing yourself to become better, as a member of a team and as an individual.



Depth High Performance Services

- Team Performance Testing and Report..... \$159.00
- DEPTH TRAINING TEAM APP..... \$300.00
An all inclusive mobile and online team resource which provides off-season and in-season training programs, nutrition education and resources, mental performance education and online communication with your Depth Team Training Coach all season.
- Nutrition Education Seminar \$99.00
- “Building a Championship Mindset” \$99.00
Mental Performance Seminar and In-Season Program
- TRAINING CAMP PROGRAM..... \$299.00
3 Training sessions to be used as part of a “Training Camp” prior to the start of the season (August/September)

**226.748.9494 or
email justin@depthtraining.ca**

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TEAM TRAINING

at DEPTH TRAINING



www.depthtraining.ca



DepthTraining



@depthtraining



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Depth Training

Who Are We?

The Depth Training team is comprised of individuals who share a passion and commitment to the field of strength and conditioning and the development of young athletes. At Depth we dedicate ourselves to helping individuals discover their inner potential and strive to achieve personal excellence. We are guided by the principle that **“the body can do anything; it’s the mind you have to convince”**. Our staff encourages and coaches individuals to develop a solid work ethic and perseverance to help them realize their full potential. Our aim is to strengthen all of our athletes, both physically and mentally to build self- confidence and the drive to succeed.

Our Program

The Depth Team Training Program (TTP) is provided to local minor sports teams in order to enhance the athletic performance and development of their athletes. The TTP is designed to provide teams with a positive training experience which educates athletes about proper training techniques; exposes athletes to challenging and complex movements; motivates athletes to reach their physical potential; and encourages athletes to build chemistry with one another by working hard as a cohesive unit. The TTP will allow athletes to improve their athleticism by developing STRENGTH, IMPROVING MOBILITY/AGILITY/SPEED and challenging them with full body movements to develop body awareness, balance and explosive power.

Team Training Program Philosophy

The training philosophy for our TTP is simple, yet effective: work hard and have fun! The program is designed to supplement sports specific performance while concurrently addressing individual needs for age, gender and experience levels. We use a combination of dynamic warm up exercises, speed and agility drills, power and strength movements as well as a large emphasis on core development. The teams who train at Depth do not simply sprint or ride the bike for an hour. These sessions are an intense 60 minutes where athletes are pushed, but at the same time educated on proper exercise technique as well as the rational for how the exercise benefits their development and immediate performance. We want all of our athletes to become stronger, both mentally and physically.



HIGH PERFORMANCE TEAM TRAINING PACKAGES

Silver Training Package\$3545.94

- › Pre-Season Team Performance Testing and Report
 - › 20 In-Season Team Training Sessions
 - › Depth TEAM TRAINING APP
 - › Nutrition Seminar
- \$229.24/player

Gold Training Package\$4175.35

- › Spring Team Performance Testing and Report
 - › Pre-Season Team Performance Testing and Report
 - › 20 In-Season Team Training Sessions
 - › Depth TEAM TRAINING APP
 - › Nutrition Seminar
 - › Building a Championship Mindset Mental Performance Seminar
 - › Pre-Season Training Camp (3 Sessions)
- \$266.63/player

Platinum Training Package

- › Spring Team Performance Testing and Report
 - › Pre-Season Team Performance Testing and Report
 - › Post-Season Performance Testing and Report
 - › 10 Summer Team Training Sessions
 - › 20 In-Season Team Training Sessions
 - › Depth TEAM TRAINING APP
 - › Nutrition Seminar
 - › Building a Championship Mindset Mental Performance Seminar
 - › Pre-Season Training Camp (3 Sessions)
- ...\$5144.00
- \$327.98/player

Discount will be applied to each package pricing as a sponsorship on behalf of Depth Training.

(\$500 for Platinum, \$400 for Gold and \$300 for Silver)

*HST EXTRA

INDIVIDUAL TEAM SESSION PACKAGES

- › 1 to 4 sessions\$179.00/session
- › 5 to 9 sessions\$159.00/session
- › 10 to 14 sessions..\$149.00/seeision
- › 15 to 19 sessions..\$139.00/session
- › 20 sessions.....\$129.00/session

**Cost is per team, \$/player is an estimate based on 16 players