

# HIGH PERFORMANCE SQUAD

## GOLD

\$90 P/W

- 3 strength squad sessions
- +
- Comprehensive movement screenings
- +
- Individualised planning & programming
- +
- Physical performance testing
- +
- 1:1 technical feedback & coaching
- +
- Online coaching, resources & support
- +
- Fortnightly mentoring session

## SILVER

\$70 P/W

- 2 strength squad sessions
- +
- Comprehensive movement screenings
- +
- Individualised planning & programming
- +
- Physical performance testing
- +
- 1:1 technical feedback & coaching
- +
- Online coaching, resources & support

## BRONZE

\$50 P/W

- 1 strength squad sessions
- +
- Comprehensive movement screenings
- +
- Individualised planning & programming
- +
- Physical performance testing
- +
- 1:1 technical feedback & coaching
- +
- Online coaching, resources & support